CARROLLTON BASKETBALL RULES – Updated 2025

9 - 10 GIRLS LEAGUE

1. All players are requested to arrive at least 10 minutes before the scheduled playing time. Games may be started early when there is an opportunity to do so. *If a player arrives after the second quarter begins, she is ineligible to play for the remainder of that game. No exceptions*.
2. All players should bring a 28.5 inch basketball to the gym on game days.
3. Only water may be brought into the gym. There is a water fountain available too.
4. No one is allowed to wander the Trinity school. All players must remain in the gym area.
5. Team players and two coaches only for each team will be allowed on or behind the bench during each game. **Each team may be required to provide one adult to assist the scorer at the scorer's table.**
6. There must be at least 4 players on the court at the start of the game for the game to be played. Any team having fewer than 4 players will be given 5 minutes grace period before the forfeiture is called. The grace period will commence at the time the referee calls for the game to start.
7. A player must have her team shirt at the time she must first compete in the game, or she will be ineligible to participate in that game. No exceptions, no grace period. No switching of shirts allowed. If a player has lost her shirt, she must make arrangements with the coordinator to obtain a replacement.
8. A player who scores **16 points** will be disqualified from further play in that game once she has scored the 16th point. Disqualification occurs only after the play has been completed. For example, if a player who has 15 points successfully makes a field goal, both points will count and the player will then be disqualified. In the same example, if a foul is called against the defensive player, the shooter will be allowed to attempt the appropriate number of free throws before being disqualified.
9. All players present must play a minimum of two full quarters during regulation time with **one full quarter of participation in each half.** During the **fourth quarter only**, there will be free substitution for those players who have completed a minimum of one full quarter in each half. Thus, only a player who has played a full quarter in the first half and has played the full third quarter is eligible to be substituted for when she plays the fourth quarter. There will be free substitution during overtime. Until the last two minutes of the fourth quarter or overtime, time will be stopped only until the substitution is completed.
10. If the time requirement for a player is violated, the team concerned will forfeit the game.
11. A player removed from a game due to injury may return to play during the quarter in which she was injured after properly checking in with the scorer’s desk, or she may play her next scheduled quarter. The quarter she was injured in will be considered a full quarter played for purposes of Rules 9 and 10.
12. Every player must check in at the scorer's desk each time she enters the game. Failure to do so will result in a technical foul.
13. The coach must complete the scorebook prior to the commencement of the game. Each player’s last name must be entered in the book. Players must be listed in numerical order from lowest to highest numbers. Failure to properly complete the scorebook may result in a technical foul on the bench. All coaches and players must refrain from obstructing the view of the scorekeepers. Players not on the floor must remain seated at all times. Violation of this rule may result in stoppage of play, and the assessment of a technical foul on the bench
14. Each quarter will be 6 minutes long. There will be a 2-minute break between each quarter. A warning will be given 30 seconds before the end of each break. Teams not **fully** checked in

before the end of the break may be assessed a technical foul and the opposing team will receive possession of the ball without a change in the possession arrow. Players must stand in front of the scorer's table with their backs to the table in order to be properly checked in. Players must not leave the check-in area until told to do so by the scorer's table.

15. At the end of the first half, each player on both teams will take one free throw. If the free throw is made, a point will be added to that team's point total. Each point will be included in the individual player's point total. The team shooting at the far basket in the first half will shoot first. No practice shots will be allowed by either team. Both teams will shoot at the same basket. Each team may choose up to two (2) girls to shoot from the 7/8 foul line. All other girls must shoot from the regulation foul shot line.
16. The clock will be stopped only for foul shots, substitutions, and time outs during the game, except for the last two minutes of the fourth quarter and the last two minutes of an overtime period. In the last two minutes of the fourth quarter and an overtime period, the clock will stop on the referee's whistle (which includes all fouls, out of bounds plays and substitutions). The clock will restart when the ball is touched inbounds by any player.
17. Each team will be allowed no more than **2 time outs for each half**. Time outs will last for 1 minute. Time outs can be requested by the coaches or the players. There is no carryover of time outs between halves.
18. In case of a tie at the end of the fourth quarter, no overtime period(s) will be played unless it is the playoffs and then there is an overtime period of 3 minutes. All players who have not been disqualified during regulation are eligible to play during overtime, at the option of their respective coaches. Each team has one time out available during an overtime period. There is no carryover of time outs not used during regulation time or a prior overtime period.
19. Five (5) personal fouls disqualifies a player.
20. Bonus shots (1+1) are in effect on the 7th team foul of a particular half. Super Bonus (2 shots) is in effect on the 10th team foul of a particular half.
21. A 5 second offensive lane rule will be applied as will the 5 second rule for holding a ball and throw ins.
22. Jump Ball Rule - Only at the beginning of the game and the beginning of overtime will there be a jump ball. Otherwise, where there would normally be a jump ball, the teams will alternate possession.
23. **Teams must play non-zone defense.** The defensive team may not have more than one person guard an offensive player without the ball. *Teams may employ a ball trap and may use a "help" defense.* When a team is found to be employing a zone defense or otherwise in violation of this rule, a warning will be given. A technical foul will be charged against that team by the referee for each subsequent offense.
24. Full Court Press Rule - When the ball changes hands, all defensive players must return immediately to the other end of the court without interfering with the other team until the ball passes mid-court. When a defensive team is determined to be interfering with the ball in the back court, a warning will be given. A technical foul will be charged against that team by the referee for each subsequent offense. **A full court man to man press may be used by a team during the last 2 minutes of the fourth quarter, and the last 2 minutes of overtime, except no pressing will be allowed by a team with a lead of 15 or more points**.
25. All teams will participate in a single elimination playoff tournament, subject to gym availability. Teams will be seeded on the basis of their overall records. If teams are tied for purposes of playoff tournament seeding, head-to-head competition will control. If the tie is not then eliminated, a coin flip will be employed.
26. During free throw attempts, a maximum of 6 players will be allowed on the lane. The shooting team is allowed the shooter and two rebounders. The defending team is allowed

three rebounders. No player may cross their respective line before the ball touches the rim. Entering the lane before the ball touches the rim will result in a lane violation.

27. Goal height is 9 feet. Free throw line is 12 feet. Biddy basketball (28.5 in.) is used.

28. If necessary due to the number of players per team, games will be played 4 v 4.