

MLGBA 6th & 7th Grade Rules

Clock – Games will consist of two twenty-minute halves with a three-minute half time. The clock will stop for all whistles during the last 2 minutes of each half. Otherwise, the clock runs except for timeouts and referee stoppages.

Substitutions – Substitutions will occur at five (5) minute intervals during each half. Coaches must have their subs ready to enter or re-enter the game before the stoppage. The subs should know the positions they will play and the players they will replace before the buzzer sounds and they must be in position at the scorers table/on the sideline to enter the game. The clock runs during substitutions. The ref will start the game and charge the delaying team with a time out in his/her discretion. **All players must play as equal amount of time as possible. Teams may play any 5 players during overtime. Never should any able-bodied player participate in less than 20 minutes of any game unless a team has 11 players.**

Defense and Pressing – Teams are required to employ player-to-player defense. There is to be NO ZONE DEFENSE. There is no double-teaming or trapping outside the 3 point arc except in the last 2 minutes of each half. Teams cannot press or double team outside the 3 point arc if up by 10 or more points.

Teams may do a full court press during the last two (2) minutes of the game but no backcourt trapping/double-teaming in the backcourt. Teams must employ player-to-player defense. Teams are allowed to trap or double team once the ball has crossed half court. The offense must get the ball over half court within ten seconds. Teams cannot press or double team if up by 10 or more points.

Scores and Standings – Scores and standings will be kept. There will be playoffs in each division and will be either double elimination or single elimination depending on the number of teams and the availability of gym space.

Fouls & Foul Shooting – Players will be disqualified on the 5th foul. If a player fouls out the coach must substitute a player who is not already playing the maximum amount of time (for example, if you have 9 players some will play 5 rounds and some 4 rounds – if a player fouls out you need to pick someone who has only played 4 rounds and not pick your star player to play a 6th round unless there are no other options – equal playing time trumps over using your star player). No subbing for foul trouble.

For all non-shooting fouls that are called, offensive possession is maintained with no foul shooting. For any offensive & team/player control fouls that are called, a change of possession will occur. For all loose ball falls that are called, possession is awarded to the appropriate team.

For all fouls called in the act of shooting, the shooter will receive two (2) free throw opportunities. At 10 Team Fouls player will get a 1 and 1 opportunity. All free throws will be played live on rim contact. Free throws and out-of-bounds possessions post foul calls will have a running clock except in the last two (2) minutes of each half.

Technical Fouls – If a player receives a technical foul, the opposing team is awarded two foul shots and possession. The team that is awarded the foul shots can choose which players to shoot them. The first technical foul for a coach results in the coach being required to sit on the bench for the rest of the game except to request a time-out, confer with the scorer's table, or replace an injured or disqualified player. Any coach or player who receives two technical fouls will be ejected from the game. All technical fouls must be reported to the Executive Director and grade level commissioner(s).

Lane Violations – Three (3) seconds in the lane.

Overtime – 3 minute overtime followed (if necessary) by a sudden-victory overtime. Begin each overtime with a jump ball. One time out per team is permitted during each overtime and there is no carry over of any time outs not used during game. The clock will stop for all whistles during overtime. No substitutions unless due to injury or an ejection. Any five eligible players may begin each overtime period.

Uniforms – League shirts only. Girls should tuck in or tie shirttails. NO jewelry is allowed. Players are discouraged from getting ears pierced during the season. Any earrings that cannot be removed must be covered front and back with medical tape during practices and games.

Time Outs – Three (3), thirty second time outs per team per game can be used at any time. Players are to remain on the court.

Game/Practice Cancellations – All games are on unless otherwise stated on the MLGBA website (www.mlgba.com). Practices/Games are canceled if the Lower Merion schools are closed that day for any reason.

Officials – The referees will make mistakes. Officiating mistakes happen at every level of basketball. Remember that the teams are made up of our daughters who are playing to learn the game and to have fun. This is not the NCAA or the WNBA. Please exercise good judgment during the game if the ref makes a questionable call. Set a good example for your players and accept each call graciously. The game will go on, the ref will leave the gym with his or her ego intact, and your players will have had a good day. No critical comments to the ref; we all make mistakes. **There is Zero Tolerance on this issue; the ref can declare a forfeit if coaches or players are out-of-line.**

We will be introducing experienced student referees in to ref with an adult PIAA referee in the older grades. MLGBA is a teaching program not only for players but also for our more experienced players to learn how to referee. Treat them with respect and know they will make mistakes. Consider how you would want your own child treated in the same position – they may be a ref some day! We want to encourage more girls to train as referees so that we can start seeing more women out on the court as referees.

There may be a situation where a coach feels the safety of his/her players is at risk. In this situation, a coach should call a time out and the two head coaches and the referees should conference to decide how best to control aggressive play. This is a matter of communication, respect, and cooperation, not a time for accusation and argument. Player safety must come first especially in a league where the range of experience can be wide. Solve the problem and play the game. Report concerns regarding rough play or weak officiating to the commissioners.

Gyms – Respect each facility or we may not be invited back. Food and drink are not permitted except sealed water bottles for the players. Don't bring your coffee into the early morning games and tell parents to do the same, if you see it. Siblings and guests must sit and watch; no playing, roaming, or jumping on equipment. No pets and please clean up before leaving and take all of your team's belongings. The last teams to play at the gym on either practice nights or game days should police the gym before leaving. This means have your team fan out and pick up any trash, water bottles, balls and clothing and notify the

custodian of your departure. We must be good tenants in our gyms so that we can continue to have access to use these facilities.

Coach's Area – Teams are limited to three coaches per team during the game and only one can be standing – the other coaches must be on the bench with the team giving individual instruction/handling substitutions, etc. We want the girls to be focused on the game and making their own decisions and two coaches standing and shouting instructions is not helpful. If you want an additional coach to help during practices that's fine but only three coaches at each game. During the game, coaches must stay on the sideline between the 28ft line and the baseline and are not permitted on the court. The 28ft line is a little above the 3pt line; all high school gyms will have a black line at this spot, if not the refs find a line closest to it. Coaches should not be running up and down the sideline to coach their players. The players should remain seated on the bench except for time outs and substitutions. Each team may only have coaches and substitutes on the bench.

Finally – The purpose of organizing teams by a draft is to create teams that will be equally competitive. Sometimes, we fail. In any case, it is the coach's duty in the MLGBA to see to it that, win or lose, each girl has a positive experience during the season. Learning to lose – although not a goal – is as important as learning to win. **If your team is up by 15 points or more, you must take measures to see to it that you do not win by 20 or 30 points. That means:**

- a) there should be no fast breaks,
- b) teams should make four passes before shooting the ball,
- c) no double teaming or pressing,
- d) have the strong players feed the less strong players,
- e) rotate players from their "natural" positions, and
- f) the defense should be pulled back first inside the 3-point arc then inside the lane if still well ahead.