

MLGBA Rules 8/HS

Clock/Substitutions – 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.

Subbing 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 –

8/HS- Pressing and full court play allowed with backcourt trapping. (PIAA rules). Teams up by 15 or more cannot trap.

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 dependent on the number of teams and the availability of gym space.

Fouls

Players will be disqualified on the 5th foul. You 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. It's a technical foul if you do not write your players' last names and numbers in the scorebook prior to the game. Any coach or player who receives 2 technical fouls in the season will be suspended for 1 game and the situation must be discussed with the grade commissioner. You cannot substitute a player "in foul trouble" in the middle of the 5 minute rotation.

Foul Shooting

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 2 free throws. On the 10th team foul, the shooter will have a 1 and 1 opportunity for all non-Shooting fouls. 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.

Lane Violations – (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 is permitted during each overtime and there is no carry over of any overtimes not used during game. The clock will stop for all whistles during overtime. No subbing unless due to injury or an ejection. Any five eligible players may begin each overtime period.

Uniforms – League shorts and shirts only. Girls should tuck in or tie shirttails. Incorrect Uniform = Technical foul on the team. No jewelry is allowed. Girls are discouraged from getting ears pierced during the season but if they do they should get soft studs or they may be ineligible to play.

Time Outs – Two (2) Time Outs per team, per half 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.

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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 daughter(s) and accept each call graciously. The game will go on, the ref will leave the gym with his or her ego intact, and your daughter(s) 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 daughter 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 there on the court being 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 two coaches per team during the game and only one can be standing – the other coach 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 two 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. Anyone else on the bench (including siblings of players or coaches' other kids) will result in a Technical Foul. If any coach is assessed a Technical foul, said coach loses the privilege of standing and must remain seated for the duration of the game.

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. Remember, **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.