

9th - 12th Girls High School

RULES AND REGULATIONS

1. Coaches are expected to balance playing time while working to involve all players in the game.
2. Each player should play at least 18 minutes per game.
3. Any style of defense may be used.
4. Full court press may be used at any point in the game. **However if one team is leading by 10 points or more; they may not press and must wait until the ball movers across half court.**
5. Players not in uniform (jersey provided by the city) will not be allowed to play.
6. Players may not wear any jewelry.
7. Any player that receives a conduct related technical foul the following penalty will be enforced.
 - a) First offense player must sit out for 18 minutes.
 - b) Second offense player must sit out an additional 36 minutes, and will be suspended from league until such player meets with Recreation Director.
8. One on One will be shot on 7th team foul; two shots will be given on 10th team foul per half. Players will foul out on 5th personal foul. Technical fouls will be two shots and the ball.

Youth Basketball Game Time

Game time will consist of two 18 min halves with the clock **stopping** for time-outs, free-throws and last two minutes of the half for any violation. Teams will get two time outs per half no carry over.

If the score is tied at the end of regulation time, three minute overtime will be played. If the score is still tied at the end of the overtime, Teams will play sudden death, where the first team to score is the winner

