



# WESTFIELD YOUTH SPORTS

## First and Second Grade Girls Basketball Rules

1. Standard IHSAA rules will be followed with the following exceptions.
2. **CLOCK RULES:** Games will consist of four 8-minute quarters with a running clock. Start all games on time and allow 1 minute between quarters with a 3-minute halftime. Score will be kept but should be reset after every quarter.
3. **GAME SETUP:** Coaches will determine alternating possessions at start of quarters after the jump ball at the start of a game. Games will be played 5 on 5 with a 28.5" basketball on a 9' foot goal. Fouls will not be shot, rather possession given back to the player fouled.
4. **SUBSTITUTIONS:** The timekeeper will sound the horn at a time close to the 4-minute mark of each quarter, when there's a break in play, and will stop the clock to allow for substitutions. Substitutions must be done in a quick and timely manner.
5. **PLAYING TIME:** Playing time should be balanced amongst the players present. If during the course of a game, a player gets injured or in foul trouble, then this requirement is waived for that player. Each player should be given the opportunity to play each position, if desired, throughout the regular season, but this will be at the discretion of each coach. At the end of the year all players should have played roughly the same amount of time per game attended. *Referees are not timekeepers, coaches should be responsible and accountable for balanced playing time!*
6. **DEFENSE:** Only half court Man-2-Man defense will be allowed. There will be no double teaming, although the defense will not be required to vacate the lane area in rebounding situations. There will be no pressing or zone defense. A player cannot steal the dribble or grab the ball out of an opposing player's hand (unless competing for a rebound). Steals are allowed on the pass. No blocking shots.

7. **OFFICIALS:** Each team should have at least one coach on the floor during play to coach their team and help officiate. Officiating should be instructional. Explanation should be given on infractions. Out of bounds calls are to be enforced starting in Game 2 forward. Traveling and double dribbles will not result in loss of possession on the first infraction; rather, the player committing the infraction given the ball and instructed to try again. On repeat infractions by the same player, the ball will be given to the other team. All coaches are to be consistent with their calls in officiating of the games. If any coach should have a question on the officiating of the games, the 2nd Grade Commissioner is to be consulted. Violations of emphasis should be: Out of Bounds, Traveling, Double Dribble, and Fouls.

During the last month of the season a referee will be on the court. When there is a referee, coaches must remain on the sidelines with their team.

8. Coaches will stress fundamentals of basketball during practices and games. The goal of the WYSI program is to develop these skills

9. Referees have the final say in all disputes and are given authority to kick players, coaches and parents out of a gym or potentially forfeit a game if they think it's in best interest of the league. Don't put the Referee in a position to do this as they will be backed up by the WYSI Basketball Commissioner.

10. Every Coach, Parent, and Player has agreed to follow the WYSI Code of Conduct Policy. Coaches will present a safe, friendly environment for the players. Coaches will control their behavior and present good sportsmanship, this includes a responsibility to remind their fans to exhibit good sportsmanship. Confrontation amongst players, parents, and/or coaches will not be tolerated and will be subject for removal. The goal of the WYSI program is to provide a fun and competitive league that develops a player's skill level.

11. Only players and coaches are allowed on the gym during practice and games. No parents or siblings will be allowed to shoot around or dribble in the gym during practices or games.