

HAMILTON P.A.L. GIRLS BASKETBALL LEAGUE

RULES & REGULATIONS

DIVISION COORDINATORS

- Responsibilities
 - See that players eligible to play are called and reminded to register
 - Assist the directors at tryouts
 - Assist the directors at the draft
 - Assist the directors at registration
- Duties
 - Accept protests and grievances
 - Keep league directors informed of problems.

ELIGIBILITY

- Freshman Division
 - Girls in the 1st thru 4th grades
- Sophomore Division
 - Girls in the 5th and 6th grades
- Junior Division
 - Girls in the 7th and 8th grades
- Senior Division
 - Girls in the 9th thru 12th grades

REGISTRATION

- Email
 - July 1, 2010
- Snail Mail
 - August 1, 2010
- In-Person Registration
 - September 9, 2011 from 6:00pm-8:00pm
 - September 10, 2011 from 9:00am - 12:00n
- Deadline
 - Thursday, September 8, 2011
- Late registrants may tryout but will be placed at the discretion of the League

PRACTICE

- Practices are held once per week
- Freshman practice for one hour
- Sophomore, Junior and Senior divisions for 1 1/2 hours.
- Every players responsibility to attend practice
- MUST call your coach if you can't attend practice.

SAFETY CONCERNS

- No player may wear jewelry of any kind during the game
- Pierced earrings must be removed – NO EXCEPTIONS – NO TAPE!
- No player may wear metal or plastic clips in her hair
- No player may chew gum while playing
- Shirts must be tucked in all the way around

NOTE: These safety rules are state mandated. Each team gets one warning after which the player must be replaced and may not re-enter during that quarter.

SPORTSMANSHIP

- The Hamilton PAL has a Zero Tolerance Policy
- Unsportsmanlike conduct will not be tolerated by any player, coach, or spectator
 - Vulgar or profane language
 - Poking fun at opposing players
 - Fighting
 - **Berating referees, coaches, scorekeepers, or other players**
- **PENALTY –**
Go before **REVIEW BOARD** first offense – one to three game suspension
REVIEW BOARD second offense – dismissal from the league
Spectators will be asked to leave the gym. Refusal to leave will result in a forfeit and the police will be called.
- Coaches who threaten the integrity of the league will be dismissed
- Parents, players, and coaches will sign a pledge or they can't participate

PLAYING TIME

- Each player must play at least two full quarters, Unless:
- A player is sick or injured and can not return to the game.
A player fouls out of a game, or is ejected from the game by the referee.
- A quarter is defined as a complete quarter from start to finish with no substitutions.
- Subs are permitted in the event of a foul out, injury, sickness, or eviction.
- Once every player on a team has played 2 full quarters, a team may sub freely for the remainder of the game.
- A coach may sub freely if he has less than 10 players present as long as each player plays 2 full quarters from beginning to end.
- If a player leaves a game due to sickness or injury and the coach puts her back into the game, she then is subject to the 2 quarter rule and the quarter she was playing in at the time of her removal **DOES NOT COUNT** toward the 2 quarter rule.

PENALTY –

- A forfeit will occur if illegal substitutions are made or playing time rules are not followed.
- It is each coach's responsibility to ensure the scorebook is **CORRECT** and initialed
- The scorebook is official and final once the next game begins.
- Please remember that our scorekeepers do the best they can.
They are not professional scorekeepers. Their experience and expertise vary.
Please check the book for playing time as well as the score to ensure accuracy.
- Each player must be available to play by the beginning of the 3rd quarter or she is ineligible to play in the rest of that game.

DEFENSE

FRESHMAN DIVISION

- Players must play man-to-man defense with no double teaming.
Man to man defense is defined as playing within 3 steps
NO CLEAR OUT PLAYS!!!!!! Any questions???
- The defense must fall back to half court on any change of possession
- A team with a 5 point lead must restrict its defense to within the "3 point arc".

Sophomore Division

- Any type of defense is permissible
- Teams can only press full court during the last 2 minutes of the 2nd and 4th quarter.
- Teams with a 10 point lead must fall back to half court including the last minute of the 2nd and 4th.

- Teams with a 15 point lead must restrict its defense to the paint.

JUNIOR DIVISION

- Any type of defense is permissible
- Teams with a 10 point lead must fall back to half court.
- Team with a 15 point lead must restrict its defense to “THE PAINT”
“THE PAINT” is defined as having one foot in the foul lane below the foul line.

SENIOR DIVISION

- Any type of defense is permissible.
- Teams with a 15 point lead must fall back to half court.
- Teams with a 20 point lead must restrict its defense to “THE PAINT”.

LANE VIOLATIONS

- Senior Division – three seconds
- Junior Division - three seconds
- Sophomore Division – three seconds
- Freshman Division – five seconds

FOUL SHOTS

- Senior Division – 15 foot foul line
- Junior Division – 15 foot foul line
- Sophomore Division – 14’ foot foul line
- Freshman Division – 13 to 9 feet (See Freshman Rules Below)

REPLACEMENT PLAYERS

- If an opening occurs on a team for any reason, a player will be added from the waiting list
- If there are no players on the waiting list, a player may be added from another division for this year only but she must agree to play on both teams

INCLEMENT WEATHER

- Game cancellations will be posted on the website, time permitting
- The email and/or phone chain will go from the league directors to the division coordinators, to the coaches, and finally to the players. I will backup the phone chain with email
PLEASE... Have an Email for ALL your players!!!!

MAKEUPS

- Any games postponed for any reason will be made up.
- The date, time, and location of makeups will be determined by the league directors.
- The league directors will issue a makeup schedule ASAP

OVERTIME

- Freshman and Sophomore divisions play **ONE** two minute overtime period then sudden death
- Junior and Senior divisions play **ONE** three minute overtime period then sudden death
- There are NO ties in basketball!

BREAKING TIES IN THE STANDINGS

- Head-to-head competition
- Fewest points allowed head to head
- Fewest points allowed throughout the season
- Coin flip

MISCELLANEOUS

- If a team has less than four players at game time, it will lose the game by forfeit. No grace period.
- Before a quarter begins, all five players from each team must check in at the scorers table. Coaches may check in for their players. The referee may call a technical foul on the coach for delay of game if his/her team does not check in.

GAME TIME

- **Freshman Division**–
The game will consist of four 6 Min quarters with a running clock
The clock will stop only the last minute of each quarter
- **Sophomore & Junior Division**
The game will consist of four, 6 minute quarters with a stop clock.
- **Senior Division**
The game will consist of four 8 minute quarters with a stop clock
The clock is stopped on each whistle and restarted when the referee drops his hand.
- All players must wear the unaltered team shirt or they will not play.
- Players must wear the same number each week to prevent confusion at the table.
- Players must appear in one-half of her teams scheduled games to be eligible for the playoffs.

COACHES AND ALL ASSISTANTS

- All coaches and assistants must be fingerprinted and have a background check done prior to the first game of the season or you cannot work with the players. No exceptions.
- All coaches and assistants must wear a coaches shirt or they will be asked to leave the bench.
- Each team must have at least one coach present during the game but not more than 3 coaches on the bench at one time.
- Only one coach may stand at any one time.

GRIEVANCE / PROTEST COMMITTEE

- Against a coach or player
- Coach may protest a forfeit
- Coach may protest rules violations
- Bill Lawson will oversee the the Protest/Grievance Hearing.
- Division Co-ordinator will chair the hearing.
- Three Division Co-ordinators will vote on the merits of the protest within the context of these rules.

SPECIAL RULES FOR THE FRESHMAN DIVISION

- The third quarter is reserved for your younger and weaker players. This means that your five best Players will not be able to play in the third quarter. Please keep this among the coaches.
We would not want to hurt anyones feelings.
- The referee will be calling all violations this year from day one. Walking, double dribble, etc. so please teach the fundamentals in practice.
- We will have three foul lines for the freshman; 13 feet for 4th grade players, 11 feet for 3rd grade, and 9 feet for 1st and 2nd grade; but if they go over the line, it is a violation. Teach them that they can not go over the foul line until the ball hits the rim.

UNBALANCED TEAMS

- If a team has 10 players, each player plays 2 quarters.
- If a team has 9 players, the opposing coach may designate 1 player that can not play extra quarters.
- If a team has 8 players, the opposing coach may designate 2 players that can not play extra quarters.
- If a team has 7 players, the opposing coach may designate 3 players that can not play extra quarters.

Updated - 8/10/11

