

Woodcroft Athletic Association Basketball Rules - 2008-2009

Rules for all leagues:

- 1) Sportsmanship is the key!!!
- 2) All leagues will play by National Federation High School rules with the exceptions below.
- 3) All leagues will play games with eight-minute quarters. Teams will receive five minutes to warm up before the game, a five-minute halftime, and one minute between quarters.
- 4) In all leagues, the clock will run without stopping except for the following:
 - a) The last two minutes of the game
 - b) Time outs
 - c) Free throws
 - d) Referee's discretion (injury, etc.)
- 5) Every player is required to play at least one half of each game. Coaches should strive to play players relatively equally. During each quarter the buzzer will sound during the first dead ball after the four-minute mark. Coaches should sub players at this time.
- 6) In all leagues, a team may play with four players if five are not available. The opposing team may still play with five players. A team may not play with less than four players and will forfeit the game if it does not have four players ten minutes after the scheduled start time of the game.
- 7) If a team is playing with only five players and one fouls out, that player is not eligible to continue. If a team is playing with four players and one fouls out, the team must forfeit the game.
- 8) 7-8 boys and girls leagues will play with 8-foot goals. All other leagues will play with 10-foot goals.
- 9) 7-8 boys and 7-8 girls leagues will use a junior-size (27-27.5") ball. 9-10 boys, 9-10 girls, and 11-15 girls will use a reduced-size (28.5") ball. All other boys leagues will use a full-size (29.5") ball.
- 10) In all age groups, the game officials will meet with captains and coaches of both teams at mid-court before every game.
- 11) Players are required to remove all jewelry before the game. Girls may not wear hard hair clips.
- 12) A coach may discipline a player for team or conduct infractions, including benching the player for part or all of the game. In the event that a coach determines that a player is to be benched, the opposing coach must be notified. League officials must be notified of any infractions severe enough to require benching or other disciplinary action.
- 13) This is a recreational league! The player's enjoyment and development is the top priority!

Rules for 7-8 boys/girls and 9-10 boys/girls leagues:

- 1) There is no pressing in the back court except for the last two minutes of the game. If this violation occurs, a warning will be given to the defensive player who committed the violation, and the ball will be given to the offensive team out of bounds.
- 2) These leagues will not use a ten-second limit in bringing the ball into the front court, but the offense must make progress toward the front court (referee's discretion). Back court violations will be called.
- 3) In case of a tie at the end of the regulation playing time, one three-minute overtime period will be played. If the game is still tied at the end of the overtime period, it will remain a tie.
- 4) In these age groups, a three-point shot will not be used.
- 5) In the 7-8 boys and girls leagues, a defensive player may not attempt to steal the ball while the offensive player is dribbling. He or she may not attempt to steal the ball while the offensive player is holding the ball by slapping at it or tying up the ball unless the ball handler is in the process of giving up possession of the ball by either passing or shooting. This rule does not apply when the offensive player is in his or her key. If the defensive player commits a stealing violation, the ball will be given to the offensive team out of bounds.
- 6) In the 9-10 girls league, free throws will be shot from behind the arc that is inside the lane.

Rules for 11-12, 13-15, 16-18 boys and 11-15 girls leagues:

- 1) An 11-12, 13-15, or 16-18 boys team that is winning by twenty or more points may not press in the back court. An 11-15 girls team that is winning by ten or more points may not press in the back court. If this violation occurs by a defensive player, a warning will be given to the player and defensive coach, and the ball will be given to the offensive team out of bounds.
- 2) In case of a tie at the end of the regulation playing time, three-minute overtime periods will be played until there is a winner.