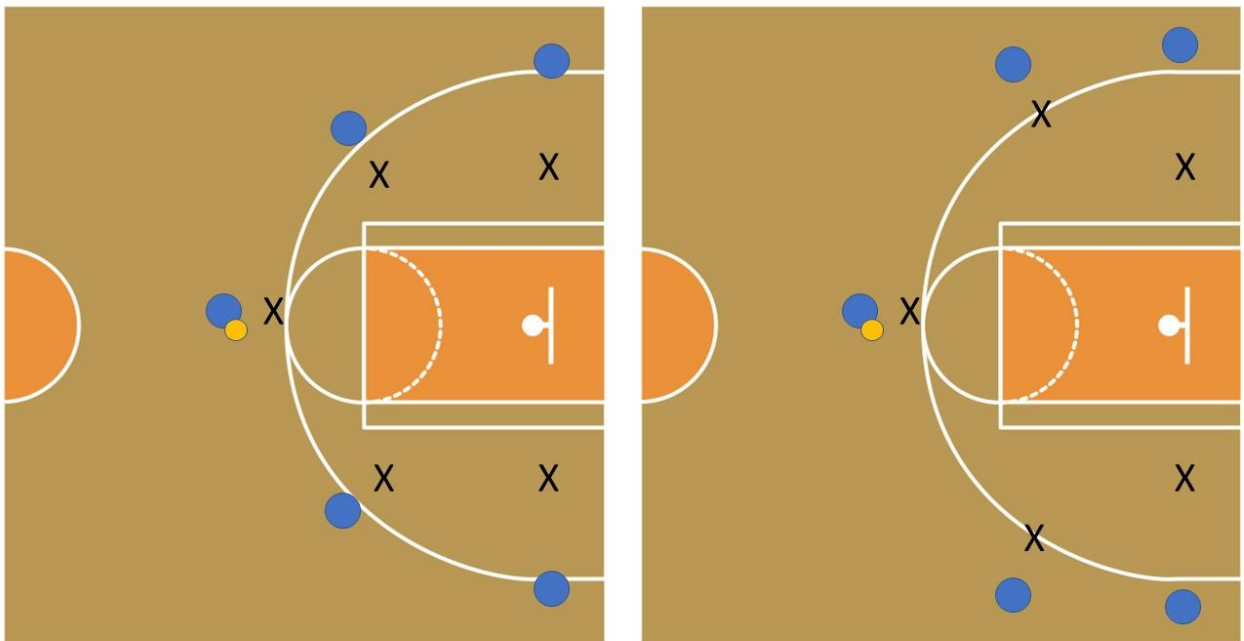
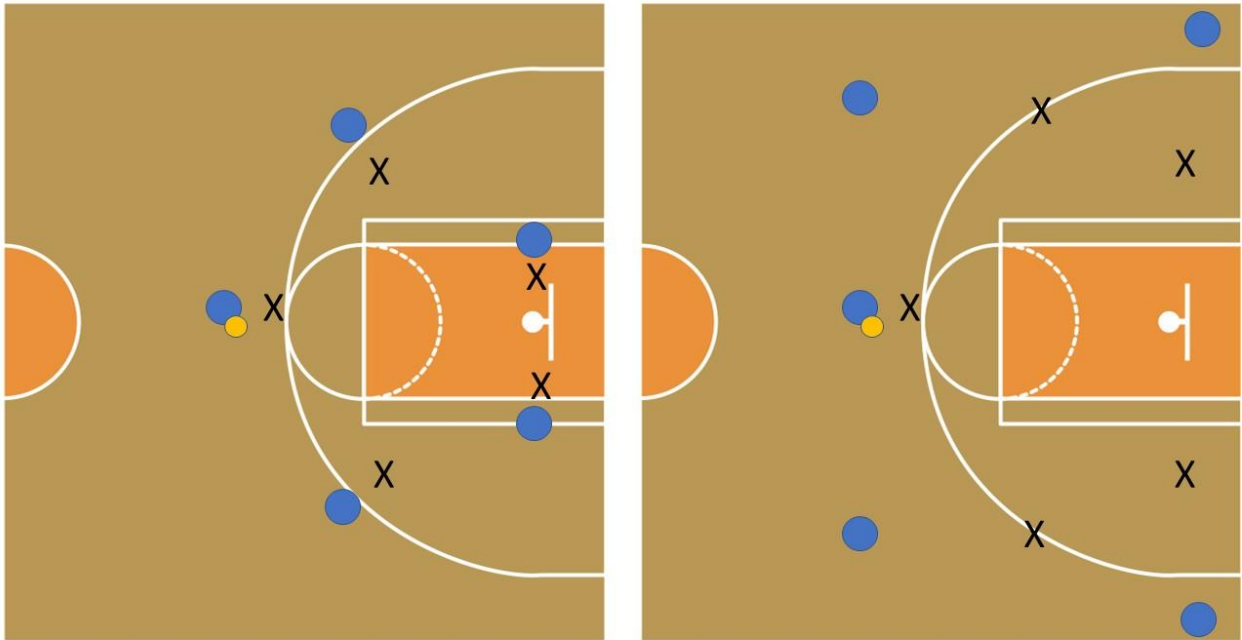


Deer Lakes Youth Basketball Rules – Girls

5th and 6th Grade Girls

- This division will use a 28.5 basketball.
- Games consist of four 6-minute quarters (clock stops on whistles). No overtime.
- Two one-minute time outs and two 30-second time outs per game.
- Due to the tight scheduling, there will be a 1-minute break between quarters and a 2-minute half time.
- The game will be stopped as close as possible to the 3:00 minute mark of each quarter for substitutions to occur. This ideally will happen anywhere between 3:15 - 2:45 mark of each quarter and at the discretion of the clock operator. At this time, all players on the bench will be substituted into the game.
- Every player must sit at least one rotation per game for teams that have less than 10 players participating in any given game.
- Man-to-man defense must be played. No zones are permitted. Fundamental man to man principles should be taught and utilized at all times:
 - The ball must be guarded.
 - Defenders who are one pass away from the ball should be within an arm length of their man within the three-point line.
 - Defenders who are two passes away from the ball may be in help position, but no farther that seven feet away from their man within the three-point line.
 - All players must be guarded on out of bounds plays under the hoop including the man taking the ball out of bounds. Stacking a player or players in the paint is not permitted.
 - Examples are below:





- Pressing (full court man-to-man defense) is permitted in the last two minutes of the 4th quarter only. No zone presses are permitted. No trapping is allowed. Switching is permitted; however, every player must have a man. The player taking the ball out of bounds **MUST** be guarded. A team leading by 10+ points is not permitted to press.
- A team must have five players to start a game. If a team ends up with less than five eligible players in the course of a game, they automatically forfeit the game regardless of score. The game may continue in a four-on-four format after that.
- Players must start behind the free throw line on foul shots but may finish over.
- No player is permitted to question any call made by a referee.
- Head coaches only may question a call, but no arguing is permitted. Head coach only may stand during game. Only one assistant coach is permitted on the bench. If you have more than one assistant helping with practices, rotate games with them throughout the season.
- No taunting will be permitted. Players may or may not receive a warning prior to being ejected.
- Any players that fight will be immediately ejected from that game and suspended for the next game. A second fight results in expulsion from the league.

3rd and 4th Grade Girls

- All 5th and 6th rules apply with the following exceptions:
 - Games consist of two 18-minute halves. Running clock. Clock only stops during timeouts, half time and the last minute of the second half. No overtime periods.
 - One (1) time out per team per half. Timeout length is one (1) minute
 - No pressing is allowed.
 - Players can move in front of the foul line and/or finish over the line on free throws.
 - Playing time should be balanced as much as possible amongst all players, however, all players must play in at least half of the game. The game will be stopped as close as possible every six minutes for substitutions to occur. At this time, all players on the bench will be substituted into the game. Bench players at the end of the first half will start the second half.