

2020 Plymouth Parks & Recreation Youth Basketball

RULES* OF PLAY for

5th – 8th Grade Girls Division

Game Clock:

Four 8 minute quarters, running clock; stopping clock for last one minute of 4th quarter only; stop clock for substitutions and foul shots (with limits); one minute between quarters 1 & 2, and 3 & 4.

Game Ball: Intermediate (28.5"), Size 6 basketball

Halftime: Two minutes

3 Pointers: None

Defense: Only one player pressure until half court; immediate defense for fast-breaks.

Offense: Call 3 second lane, 5 second throw-in, 10 second back court, and 5 second closely guarded violations.

Timeouts: One timeout each team per quarter; 30 seconds each timeout.

Fouls: 5 Fouls max per player; foul shots to be taken when appropriate.

Overtime: 2 Minutes (stopping clock in last minute only); one 30 second timeout for each team. Limit one O/T per game.

Playing Time:

Coaches will place an emphasis on their rotation so that players play about 50% of the game. Playing time for all players is earned when the player displays good sportsmanship, effort, and teamwork.

KEY POINTS:

- The goal of the program is to encourage the players so that they all continue to learn and improve.
- Respect the referees and the coaches.
- The referees are instructed to teach the rules during the games so that the players will both learn the rules as well as have fun. The referees are instructed to use their own judgment on when to blow the whistle.
- Please make sure players are drinking enough water.
- Coaches, parents, and players are expected and required to respect these rules.

*Rules are subject to change at the discretion of the coordinators or director:

Jay Dorso, Coordinator, Eli Terry, Jr. Middle School
Jennifer M. Luba, Coordinator, Fisher Elementary School
Briana J. Brumaghim, Director of Parks & Recreation