

LEAGUE RULES

Hollis- Brookline/Milford 7-9 Grade Girls Basketball League

League Rules:

1. We will use a 28.5" ball and play 5 on 5.
2. Games will consist of 4 quarters of 8 minutes with stoppage per normal basketball rules and a 3 minute halftime.
3. If there is a tie at the end of regulation time, the game shall be considered a tie. An overtime period will be used in the playoffs
4. Teams will have 3 full (1 minute) and 2 short (30 second) timeouts per game.
5. Focus on equal play for players.
6. Defense cannot engage the offensive players until the ball crosses the half court line.
7. Teams can play man-to-man or zone defense.
8. Beginning January 9th, full court pressing will be allowed, but only during the fourth quarter. A team cannot press if they are ahead by 10 or more points.
9. The normal basketball rule shall be in effect which includes the following (this is not an inclusive list):
 - 10 second backcourt violation.
 - 5 second possession violation.
 - 3 second lane violation.
 - Limit of 5 fouls per player.
 - Shooting fouls, floor fouls, offensive fouls, and technical fouls will be called.
 - Team Fouls: one-and-one foul shot upon the 7th team foul and 2 foul shots upon the 10th team foul.
10. Peter Pitsas will keep the standings. Both coaches of each game should email the score to pitsas@comcast.net. In case of a tie in the standings, the tie shall be broken based on head-to-head record.
11. A playoff format will be determined at a later date.
12. Home team to supply the referees.