

Murfreesboro Parks and Recreation
9 - 10 Girls' Division
Youth Basketball

National Federation of High School Sports basketball rules will be used except for the rules stated below.

RULE # 1: Coaches, Players, and Team Bench

Section 1: Players

- a) **Free substitution is not allowed in any quarter.**
- b) Each player is required to play half of the game (at least one quarter in each half of the game).
- c) If a team has eight or more players, then no player may play more than three quarters in any game. **If a team has seven or less players, and a player plays in all four quarters, that player will not be able to start in the next scheduled game.**
- d) **Player Conduct: If a player receives a technical foul, she must sit out the remainder of that half.**

Section 2: Coaches

- a) Only two coaches are allowed on the bench during the game and only one standing

RULE # 2: TIMING

Section 1: Quarters

- a) All quarters will be eight (8) minutes in length.
- b) Game clock will run the entire game except for the last two (2) minutes of the game. If a team is ahead by 20 or more points within the last two minutes of the game, the clock will continue to run, except for timeouts.
 - 1) First overtime period will consist of two (2) minutes with the clock stopping on everything.
 - 2) Second overtime period will be one minute with the clock stopping on everything.
 - 3) Third overtime will be **SUDDEN VICTORY** (first team to score wins).
Note: In overtime, you may start any five (5) players you want. **There will still be no free substitutions.** Full court pressing is still allowed during overtime.
- c) The game will start with a jump ball and alternating possession will be in effect for the rest of the game. Each overtime period will start with a jump ball.

Section 2: Time Outs (Timeouts do not carry over.)

- a) Each team will receive two (1-minute) timeouts per half.
- b) Each team will receive one (1-minute) timeout in overtime.
- c) The Head Coach or player may call for a timeout.

RULE # 3: VIOLATIONS

Section 1: Back Court Violations

- a) There will be no backcourt violations called, until the last two (2) minutes of the game when a team is allowed to press. **Exceptions: 1)** if a player while in the backcourt steps out of bounds; **2)** if a player throws the ball out of bounds; **3)** if a player re-enters the backcourt after crossing the division line (half court).
- b) **No full court pressing will be allowed until the last two (2) minutes of the game, and overtime.** When a team has possession of the ball, the other team must get back down court on defense until the last two (2) minutes of the game. **If a team is ten (10) or more points ahead, the team ahead cannot press at any time.**

Section 2: Lane Violations/Free Throws

- a) It is a violation if a player remains in the foul lane for five (5) seconds
- b) Free Throws: 9-10 Girls' Division will use a modified free throw line that is clearly marked.

Section 3: Defensive Pressure Line Violations

- a) The offensive team has ten (10) seconds to penetrate the defensive pressure line.
- b) The defensive pressure line for the 9-10 girls' games will be the division line (half court line).
- c) Penalty for guarding in the backcourt (except for the last two minutes of the game and overtime in which teams are allowed to press), play is stopped and the team with possession will take the ball out of bounds at half court
- d) The defensive pressure line is not in effect the last two (2) minutes of the game, if a team is allowed to press.

If you have any questions regarding our program or your child's involvement please contact:

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Our league website is:

<http://www.allprosoftware.net/mprdyouthbasketball/>