

Junior Division, Grades 5 and 6

1) CIAC rules apply except as noted below:

a) Games consist of (4) 8 minute quarters plus 2 minute overtime periods if applicable.

b) Games will be stopped at approximately the 4 minute mark (during a dead ball) of each quarter (games are effectively 8 periods of 4 minutes each) for brief substitutions (No coaching will be done at this time. This is not a time out). All players on the bench (up to 5) should be inserted at this time. Substitutions can always be made for safety, injury or medical purposes and due to player disqualification.

There will be no player line up to start the game or at these 4 minutes substitutions as there is in the minor league.

Any substitution made for safety, injury, medical or disqualification (i.e. for any reason not in the normal course of the game) should be THE NEXT AVAILABLE PLAYER based on the original WHGBL game rotation. That player will be inserted in the game for the remainder of that 4-minute period of play. If the substituted player is safely able to return to play before the end of that period of play, (except for disqualification), the player who took her spot will come out of the game and the original WHGBL rotation for that game will continue as originally submitted. If the substituted player is able to safely return to play at any later time after the substitution, that player will be allowed to return in accordance to the original WHGBL rotation submitted at the beginning of the game.

Rotation sheets will be given to the coaching staff of the opposing team. They are responsible for making sure their opponents rotation is correct before the ball is put into play.

c) All players are required to play an equal amount of time in each game within reason. No player shall play 1/8th more/less than any other player on the team. "WHGBL Rotation", is in effect. See specifics below. Coaches are responsible for monitoring playing time and adhering to this policy in the interest of sportsmanship and fair play. Coaches who fail to adhere to the rotation will be subject to review by the WHGBL committee and possible disciplinary action.

d) Each team is allowed (1) one-minute time-out per half. Unused time outs cannot be carried over to the next successive period of play.

e) Halftime should last no longer than 3 minutes and no longer than 30 seconds between quarters.

f) The league will provide personnel to run the clock and keep score during the game.

g) Individual/team fouls will be maintained by the scorekeeper.

h) No "Clear out" plays are permitted. Team play should be emphasized at all time.

i) *Defensive rebounds below the free throw line require an outlet pass to a teammate before progressing the ball down court to the offensive end.

j) **Once the defensive team has secured possession of the ball, the former offensive team must retreat to an area between the mid-court line and the top of the key (marked by the blue line) before picking up their player on defense. **The 10 second time limit for the team in possession of the ball to advance the ball over half court applies in all situations.** However, a defensive player who gains possession of the ball by any other means besides a rebound can advance the ball down court without having to outlet or pass the ball to another teammate.

k) For the last 60 seconds of the game there is no “blue line rule” for both teams. The clock will start when the ball crosses half court.

2) Fouls and Player Disqualifications

a) Any player assessed 5 fouls or 2 technical fouls in a game is disqualified for the remainder of the game. Rule clarification: This is not a time to rotate in your more experienced players. The next available player based on the WHGBL rotation will be inserted in the game for the remainder of that 4-minute period of play. See rule 1b.

b) Foul shots: A bonus of 1 and 1 will be awarded beginning on the 7th team foul per half. Two shots will be awarded on any “shooting” fouls and beginning on the 10th team foul per half. Note - Team fouls carry over into the overtime period(s).

c) Any player or coach assessed 2 technical fouls in a game is ejected from that game and is automatically suspended from any bench activity/appearance for the next scheduled game. The Head Coach of the penalized team is responsible for communicating the infraction to the League President to ensure the suspension is carried out.

3) Violations: All CIAC rules apply with the addition of the following exceptions:

a) No backcourt defensive play is allowed, once the defensive team has secured possession of the ball, the former offensive team must retreat beyond the mid-court line to begin defensive play (See rule 1j also)

b) Man to man defense only. No Zone defense is allowed at anytime during the game. Coaches should be teaching their players “help side defense”. Players not in “helpside position” can not leave their man to double team the ball.

4) Play-offs

a) There will be 8 regular season games. Play-offs will start on week 9. Only the top 4 teams will be eligible to advance to the Championship game, however all teams will play week 8. Team 1 will play team 4. Team 2 will play team 3. The winners of these two games will play week 10 at Conard.

Week 9 team 5 will play team 6 and team 7 will play team 8. These four teams will not be eligible to advance to the Championship game.

In the interest of teamwork, sportsmanship and fair play, if a team gets a big lead (>15 pts) we request the coaches to instruct their more skilled players to hone their playmaking skills by getting the rest of their teammates involved in the offense.

5) Braces - Casts – Guards

NFHS Basketball rule Section 5 Article 2 states:

a) Guard, cast or brace made of a hard and unyielding substance, such as, but not limited to leather, plaster, plastic or metal shall NOT BE WORN on elbow, hand, finger/thumb, wrist, or forearm even though covered by soft padding.

b) Hard and unyielding items (guards, casts, braces, ect) on upper arm or shoulder must be padded with a closed-cell slow recovery foam padding no less than ½ inch thick.

"WHGBL Rotation" is in effect.

- If 8 players available, number players 1 - 8. Players 1- 5 begin game. At first substitution, players 6 - 8 and 1 & 2 are inserted. At next substitution, players 3-7 are inserted. Follow this pattern for the remainder of the game. *Result: All players play 5 periods NOT INCLUDING OT.*
- If 9 players available, number players 1 -9. Players 1- 5 begin game. At first substitution, players 6 - 9 and 1 are inserted. At next substitution, players 2-6 are inserted. Follow this pattern for the remainder of the game. *Result: players 1-4 will play 5 periods and players 5-9 will play 4 periods NOT INCLUDING OT.*
- If 10 players available, number players 1 - 10. Players 1- 5 begin game. At first substitution, players 6 -10 are inserted. Follow this pattern for the remainder of the game. *Result: All players play 4 periods NOT INCLUDING OT.*
- If 11 players available, number players 1 - 11. Players 1- 5 begin game. At first substitution, players 6 -10 are inserted. At the next substitution, players 11 and 1 - 4 are inserted. Follow this pattern for the remainder of the game. *Result: players 1-7 play 4 periods and players 8-11 will play 3 periods NOT INCLUDING OT. As further example, the first OT would start with players 8-11 and player 1 assuming no previous substitutions for injury, medical etc as in rule 1b.*

If more or less team members are available for play, please format in the manner described above and follow this pattern for the remainder of the game. *It is strongly encouraged that coaches equalize playing time over the course of a season when their game rosters average other than 10 players (players 1-4 will always play considerably more than all other players if an occasional change to the starting WHGBL rotation is not made from game to game).*

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