



# Coach's Guidelines

1. Coaches will endeavor to teach character and good sportsmanship to their players by example first
2. Coaches will not permit any type of abusive or foul language at any practices or GWMAA events.
3. Coaches and league officials shall always treat each other with respect.
4. Coaches will hold themselves accountable for league rules. **Teams in games where the scores are very lopsided will show good sportsmanship in the event of a large margin of victory**
5. Coaches shall respect the authority of the referee(s) covering the game
6. Under no circumstances shall a coach be alone with a player.
7. Coaches are responsible for clean up after practice and team bench after a game.
8. Be a good example. Typically, a coach who models good sportsmanship has players and parents who do the same.



# 2023-2024 League Rules

*It is the intent of GWMAA Basketball to promote a fair and competitive environment for young people to learn the game of basketball and improve their skills. It is the intent our rules to provide general guidelines promoting equity among the teams. We ask that coaches cooperate with the spirit of these rules, and not search for “loopholes” to give their team an advantage. The league directors reserve the right to adjust or create rules or policies at any time, which, in their judgment, will preserve the mission of the league as, listed above.*

**All divisions will use National Federation of High School (NFHS) and Florida High School Athletic Association (FHSAA) rules with the following exceptions.**

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## **All Divisions**

- 1) All games can begin with four players for a given team.
- 2) Halftime will be 3 minutes.
- 3) Overtime will be 2 minutes. Fourth quarter rules apply in overtime. Each team receiving 1 full timeout per overtime period. Regulation period timeouts do not carry over into overtime.
- 4) At any point during the second half when a differential of 30 points is reached, the game clock shall begin to run continuously during jump ball possessions, held ball situations, fouls, violations, out-of-bounds plays and free throw shooting situations (non-technical foul free throws) for the duration of the game. The game clock shall be stopped only for timeouts, injuries, administration of technical fouls, or if the officials need to address a situation that requires excessive time to resolve.

## **5) Uniform Rules**

- a) League provided uniform (**shirt and shorts**) are to be worn at all times during the game. No alterations or additions are to be made to the uniform of any kind. If a uniform item is lost, damaged, or otherwise unable to be worn it must be brought to the board's attention immediately. If the item is able to be worn, it must be worn until a replacement is provided or a solution is met. Uniform replacements will be at the player's expense.
- b) Anything being worn under/with uniform (including shooting sleeves and leg sleeves) must be solid white, black, or dominant uniform color. Small neutral colored brand logos are acceptable. This includes tights/underwear (Ethika or like brands) worn above the knee. If it shows, it must be solid black, white, or dominant uniform color. All players that choose to wear anything under or in addition to the uniform must wear the same color. The color worn will be designated by the individual coaches. Socks worn past the base of the knee cap are considered tights/leg sleeves, therefore, the same rules apply. If a player wears something that doesn't match or is against the rules, they must take it off prior to

going in the game. If it is something that can't be removed, the player may not enter the game.

- c) Team purchased shooting (warm-up) shirts may only have a combination of team name, logo, or sponsor as well as player name and/or number.
- d) No individual shirts or jackets may be worn during warm-ups. Only the league provided uniform or team-wide warm-up uniform may be worn by the players.

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### **Rookie (7-8) Division**

- 1) Quarters will be 6 minutes, running clock for first three quarters (stops on shooting fouls), 4<sup>th</sup> quarter is a regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).

- 2) The ball used will be a 28.5" basketball.

#### **3) Full court pressing**

- a) Full court pressing is allowed only in the last 1:00 minute of the 4<sup>th</sup> quarter.
- b) A team leading by more than 10 points may not press full court.
- 4) There will be an **official 1 minute timeout approximately halfway through each of the first three quarters for substitution (See Rookie Division Substitution Rules below)**.

- 5) Each team will be given 2 full timeouts per game to be used at any point in the game prior to overtime.

- 6) The basket height will be 8.5 feet, and the free-throw line will be moved to 12'.

#### **7) Rookie Division Defensive Restrictions**

In the Rookie division, man-on-man and zone defense is acceptable.

- a) When playing zone, two players must stay inside the three point arc at all times.
- b) No player without the ball may be covered by more than one defender and no player with the ball may be covered by more than two defenders. Once a player WITH THE BALL enters the three point arc, all players may close in to defend the shot.

#### **8) Rookie Division Substitution Rules**

- a) The referee will call a **1-minute official timeout at approximately the halfway point of the first three quarters for substitution**. The mid-quarter timeouts and the end of the quarters divide the first three quarters into six "substitution periods".
- b) During the timeout between substitution periods (including across half time), all players who were on the bench must enter the game.
- c) The players who are replaced by the substitutes depends on the number of players present for the game, as follows:
  - i) **For teams with 8 or more players:** At the end of the second substitution period (i.e., end of the first quarter), all players who have not yet come out of the game must be replaced by the substitutes from the bench.
  - ii) **For teams with 7 players:** At the end of the second substitution period (i.e., end of the first quarter), two players who have not yet come out of the game must be replaced by the substitutes from the bench. At the end of the third substitution period (i.e., halfway through the second quarter), the remaining

player who has not yet come out of the game must be replaced by a substitute from the bench.

- iii) **For teams with 6 players:** All players must come out of the game for one substitution period (i.e., each player must be on the bench for half of a quarter during the first three quarters).
- iv) **For teams with 5 players:** All players will play all substitution periods (i.e., they will play the whole game).
- d) Failure to replace players as describe above will be a bench technical foul. The opposing team will receive two free throws and possession of the ball following the free throws, and the violating team's coaches must remain seated for the remainder of the game. As usual, a subsequent bench technical foul will result in the ejection of the head coach. **This rule is waived for the first week of the season.**
- e) Substitutions are not allowed during team timeouts in the first three quarters. A substitute may enter the game for an injured player. The injured player may re-enter the game within the same substitution period, following normal high school substitution procedures (i.e., players check-in and enter at dead ball periods when called by the referee).
- f) Unrestricted substitutions are allowed in the fourth quarter and overtime following normal high school substitution procedures.

### **Pee Wee (9-10), Junior (11-12), Senior (13-15)**

#### **1) Quarter Length**

- a) Pee Wee & Junior Divisions: Quarters will be 7 minutes. Running clock for first 3 quarters (stops on shooting fouls) and regulation clock for 4<sup>th</sup> quarter (stops for all out-of-bounds, free throws, fouls, etc.).
- b) Senior Divisions: Quarters will be 8 minutes. Running clock for first 3 quarters (stops on shooting fouls) and regulation clock for 4<sup>th</sup> quarter (stops for all out-of-bounds, free throws, fouls, etc.).

#### **2) Basketball Size**

- a) Pee Wee Division: 28.5"
- b) Junior & Senior Divisions: 29.5"

#### **3) Full court pressing**

- a) Pee Wee Division: Allowed during the entire 4<sup>th</sup> Quarter only.  
Junior & Senior Divisions: Allowed during the entire 2<sup>nd</sup> Half only.
- b) A team may not full court press if they are leading by 25 points or more. At that time, full court pressing is not permitted unless trailing team is back within 15 points.

- 4) Pee Wee division will be given 2 full time outs and Junior and Senior divisions will be given 3 full timeouts per game to be used at any point in the game prior to overtime.

#### **5) Substitution Rules**

- a) The referee will call a **1-minute official timeout at approximately the halfway point of the first two quarters for substitution**
- b) Minimum Playing Time

- i) Junior and Senior 13 Divisions: Each player is required to play one quarter minimum. This must take place in the first half. Players must also play at least 1 minute in the second half.
  - ii) Pee Wee Division: Each player is required to play 1½ quarters minimum.
  - c) The bench must clear at every substitution period.
  - d) Each player must sit at least once in the first half.
  - e) If a team only has six players, one player will not be required to come out but someone different must come out at every substitution period.
  - iii) Senior Division: Each player must play 4 minutes in the first half as well as at least 1 minute in the second half.
- 6) Defense may be man-to-man or zone.
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### **General Clarifications for Coaches**

**Note: NFHS and FHSAA rules apply, except as noted above, and take precedence in any conflict with these clarifications.**

1. Free throws will be awarded for all shooting fouls. If the player is fouled in the act of shooting from behind the 3-point arc, this player will be awarded 3 free throws, otherwise, the player will be awarded 2 free throws.
  2. For non-shooting fouls, the fouled player will be awarded a 1-and-1 free throw opportunity after seven team fouls in one half for the opposing team. Once the opposing team reaches ten team fouls in a half, the fouled player will be awarded 2 free throws.
  3. If a player is fouled in the act of shooting and the basket is made, the player will be awarded one free throw, and the basket will count.
  4. A player is disqualified from the remainder of the game (including overtime) once that player has 5 personal fouls.
  5. If the offense does not advance the ball past half-court within 10 seconds, a backcourt violation will be assessed.
  6. A jump ball will be held at center court to begin each game. Alternating possession will be used in following jump/tied ball situations and at the beginning of quarters.
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### **Clock Operator/Scorekeeper**

Score keepers will be provided for each game but the **HOME TEAM** must provide a volunteer to run the clock.

## **Discipline**

Players may be suspended from games under (but not limited to) the following conditions:

### **Coaches request for suspension:**

**Step 1:** A written request for suspension must be given to the league president. This request must specifically outline reasons for suspension, and accompanied by a set of team rules or policies, which have been presented, to the team.

**Step 2:** The league president will present the request to the league committee for consideration.

**Step 3:** The league committee will approve or disapprove the request within 48 hours. If approved, the suspension will take place at the next game.

*Suspension request due to a player missing practice will not be considered.*

### **League Disciplinary suspension:**

A player may be suspended for the following reasons:

- a). Initiating a fight
- b). Continuing a fight
- c). Initiating contact with a coach, referee or league official as a result of anger
- d). Taunting or use of foul language

**\*\*Fighting includes, but is not limited to:**

An **ATTEMPT** to strike, punch or kick an opponent with a fist, hand, arm, leg of feet **REGARDLESS** of whether contact is made.

An **ATTEMPT** to instigate a fight by committing an unsportsmanlike act toward an opponent that **CAUSES** an opponent to retaliate by fighting

**Serving suspensions:** Players serving a suspension must sit on the bench with the team for the entire game in which they are suspended, or the suspension will not be considered served.

### **Coaches suspensions:**

Coaches are expected to conduct themselves with appropriate behavior at all times. The following are coach's suspension policies.

- a) 2 technical fouls in one game will result in a one game ejection
- b) 2<sup>nd</sup> ejection will result in a one game suspension (next game)
- d) Suspended coaches are not allowed to attend a game.

### **Playoff qualification:**

A player must participate (or in case of injury, be present at) more than half of the team's regular season games to be qualified for playoff game participation.

## **Miscellaneous Conduct**

1. No jewelry is allowed during games.
2. Only team members, coaches and officials are allowed on the court during the warm-up period.

3. Coaches and players will conduct themselves with proper sportsmanship
4. Coaches are responsible for clean up after their team for practices and on the team bench after the game.
5. **Questions concerning score discrepancies are to be addressed to the referee only.**

### **Tie Breaker Formula (For tournament seeding)**

The formula for tie-breakers for tournament seeding will be in the order as follows:

1. **Overall record (e.g. winning percentage)**
2. **Head-to-head record** if two teams are tied. When three or more teams are tied, teams will be seeded by the won-loss percentage of games played among the tied teams.
3. **Margin of victory (point differential)**  
The total number of points a team wins or loses by over the entire season **up to 10 points per game.**
4. **Defensive Points**  
The total number of points a team gives up over the entire season.