

## 2024 Girls Middle School Basketball Game Rules

1. **Five (5) Period Basketball Game – Seven (7) minutes each**
  - a. Minimum of ten (10) players
  - b. Roster is divided into 2 equally skilled teams “A” and “B.”
  - c. “A” Squad plays Quarters 1 and 3. “B” Squad plays Quarters 2 and 4
  - d. No player is allowed to play three Quarters in a row.
  - e. 5th Period is left to Coaches discretion; anyone can play.
  - f. Rosters are exchanged prior to the 1st Quarter.
  - g. One additional 30 sec Time Out is awarded during the 5th period (4 Full & 2 30sec)
2. **Four (4) Quarter extended play game**

If either team has 6, 7, 8 or 9 players, teams will play four extended Quarters. The first quarter will be 8 minutes, and the last three will be 9 minutes. No athlete is allowed to play all 4 quarters if team has 7,8,9 players. Athletes can play 3 quarters, but if possible, try and not have them play 3 in a row.
3. **Four (4) Quarter regular play**

If either team has only five players, teams will play four (4), seven (7) minute quarters. 4 full timeouts and 2 30 sec timeouts.
4. **Defense**

Play person-to-person and 2-3 Zone only. No double teaming, and no isolation plays. **Double teaming is allowed inside the free throw lane.** It is illegal to send players to the corners and have one player go one-on-one. Another example that may not be employed is sending four players to the left or right sideline and having the fifth player drive one-on-one to the basket. The referees are required to enforce this rule. Officials will stop play once and ask the coach to enforce the spirit of the rule. If a team continues to violate, a Technical Foul will be assessed directly against the Head Coach. Two Direct Technical Fouls against the Head Coach, and he/she will be ejected, and required to leave the gym.
5. **Pressing**

Pressing is ONLY man to man (must guard the in- bouncer) and is allowed in the final period of every game throughout the entire season. In a five-period game, pressing is only allowed in the fifth period. In a four-period game, pressing is only allowed in the fourth period. Pressing is also allowed in all overtime periods.
6. **Player Fouls**

All player fouls carry over to the 5th Period. This rule is mandatory and is not left up to the Referees or Coaches’ discretion.
7. **Team Fouls**

A team is awarded two free throws for each common foul committed by a team's 5th foul during EACH period.

**8. Three (3) Point Shots**

Three (3) point shots ARE ALLOWED, if the court is marked with a three-point line.

**9. Overtime**

If the game is tied at the end of regulation play, there will be an overtime period of three (3) minutes. If the score is still tied at the overtime period, an additional overtime period of three (3) minutes will be played which will end in **Sudden Victory** with the first points scored.

**10. Clock Stoppage**

After a made field goal, the clock does not stop in the last minute of the game.

**11. No Shot Clock**

There is no shot clock. There must be a 10 Second Count and if the Offensive Team does not get the ball past the division line prior to 10 seconds it must be ruled a violation.

**12. Advancing The Ball**

Teams are allowed to advance the ball to the frontcourt, tableside or opposite the scoring table in the fourth quarter or any overtime period, as long as they have not previously advanced the ball prior to the timeout being granted. (Advancing the ball means dribbling, passing, or making a move to go to the frontcourt before the timeout is granted.) Once the timeout is called and granted the Officials need to ask the Coach if they want to advance, which side of the Court the team would like to advance the ball to and advise the Opponent that the ball will be advanced to where it will be advanced to.

**13. All Other Women's Rules Apply**

All other women's rules, including 10 second back-court count, apply. There are NO new 10 seconds back court when:

- a. There is a held ball, and the offense retains it.
- b. When the ball goes out of bounds by the defense.
- c. There is a technical foul against the offense.
- d. The offense takes a time out---they DO NOT get a new 10 sec count.

**14. Substitutions**

Substitutions are allowed prior to the first free throw or after the last successful free throw.