

MIDDLE SCHOOL EXTRAMURALS

GIRLS BASKETBALL RULES AND GUIDELINES

- Four days per week for “A” and “B” teams. Maximum of two days per week for “C” team.
- Each athlete must have a minimum of ten (10) practice days before the first competition.

COMPETITION

- “C” teams will consist of 6th grade participants. (No cuts)
- “A” and “B” teams will consist of teams comprised of 6th, 7th and 8th graders. (Do not cut below 15 for each team)

Please note, if a student is cut from the “A” team or the “B” team and would like to turn out for another sport during the same season that does not have cuts, they will abide by WIAA rule 17.12.3 which states:

“Practices in one (1) sport can not be transferred toward the number of practices required in another sport.”

GENERAL INFORMATION

- Playing time – Teams must play a number of players equal to the smallest number of player on either team. (**Example: Team “Red” has 13 players, Team “Blue” has 15 players; Team “Blue” must play 13 players.**)
- The “A” team game will be played first followed by the “B” team game. The “C” team game will be played at the opposite site of the “A” and “B” team games.
- Emergency information/Equipment - emergency information cards and a first aid box must be carried by the coach to all games.
- “*Activity Contract Form*” - must be on file with the Athletic Director at each school.
- Physical - Each athlete is required to have a current physical form on file with the Athletic Director.
- School issued uniform – school colors, school names, and numbers.
- Each athlete must have a parent permission slip, current grade check, and proof of ASB sticker purchase on file with the building athletic director.

EQUIPMENT

- The home team will furnish a leather basketball
- The home team will provide an adult to supervise the scoring table.
- Visiting teams are encouraged to keep a secondary scorebook at or near the official score table.
- All teams will use the NFHS official leather girls basketball.

RULE CLARIFICATIONS

- “A” and “B” team games will consist of four six (6) minute clock quarters. **“C” team games will consist of four eight (8) minute continuous quarters.**
- “C” team is not allowed to press during the game.
- “A” and “B” teams are not allowed to press after any dead ball.
- **“Dead Ball” – A dead ball is any ball taken out of bounds after a made basket, free throw and/or after a time out is taken by a team or by the official.**
- “A” and “B” teams will be allowed to press the last two minutes of the second (2nd) quarter and the last two minutes of the fourth (4th) quarter.
- If the score is tied at the end of regulation time, a one minute intermission will be taken. Overtime will consist of a three minute clock. The team that is ahead at the end of the overtime period will be the winner. As many such periods are necessary shall be played to break the tie. Each team will be allowed one timeout during overtime.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2010-11 Rules.