

Rules Governing ALL Divisions BOTH Recreational and Competitive

REQUIRED Equipment: Women's Ball Matching jerseys (t-shirts) w/numbers Home Book, kept at scoretable

Time: 3-minute warmu-ups, if multiple games at a site we WILL start early TWO 16-minute halves, 2-minute halftime, 1-minute OT

Time-outs: Two fulls per game, one 30-second each half and every OT (thirties NEVER carry) - OT is extension of 4th so press and bonus rules apply

Man-to-Man Definition: Def. must be within 6ft. of man on/within perimeter when on ball side or if covering ball. NO distance restriction on weak-side or outside perimeter, BUT, when ball's on one side of court, defender whose man is on opposite side of ct. MUST have 1 foot in paint! If covering baseline inbounder must be within 6ft. & facing them. Double teaming IS allowed IF doubling defender was within 6ft. of man when ball was dribbled/passed into double. No doubling a player w/o ball! **For reference double teaming is NEVER allowed wing-post, top-wing, wing-elbow, top-elbow, corner to rim as these are all more than 6 feet away!**

Transition Defense Definition: Once change of possession occurs, defensive team must retreat. HOWEVER, a defender may steal a pass or dribble in the backcourt if offense advances the ball via dribble or pass. If a team holds the ball, the defense must go back. NOTE a player with ball on the ground CAN be defended.

Mercy Rule: No team can press w/a lead of 10 plus or play transition D w/a lead of 20 plus. A team down by 10 plus can press at any time if their division allows press

Bonus: 1 and 1 shot on 10th foul of half. NO double bonus. Last minute of game BOTH teams automatically in 1 and 1 if lead is under 10

POINT OF EMPHASIS: Subs are made ONLY on dead balls! NEVER on the fly! Players foul out on the 5th foul of the game at ALL LEVELS!

RECREATIONAL RULES BY POOL

POOLS	A, AA, BB	C, CC	E, G, H, DD
FT Line	12 Ft. Must be clearly marked, players on sides all move down one lane marker	Players can shoot from any distance 12ft back, if 12 ft. players on side move down one lane.	15 Ft. Leniency on jumping over, running in before ball hits rim not allowed
Backcourt Violation	None, but once ball crosses back over the halfcourt line, it can be guarded.	None, but once ball crosses back over the halfcourt line, it can be guarded.	IS called, line should be clearly marked
Defense	Man-to-man only not beyond top of key thru 1/16 from 1/17 on D is 1/2 court unless lead is 20 plus	1/2 Court Man unless the lead is 20 plus, then must be within top of the key	1/2 Court Man unless the lead is 20 plus, then must be within top of the key.
Press	NEVER	None through 1/16 then last minute of the game 1/17 on, press can be zone	Last 2 minutes of the game thru 1/16 then last 2 minutes of each half 1/17 on, press can be zone
Coaches	Always allowed AROUND, NOT ON the court	Always allowed AROUND, NOT ON the court	Always allowed AROUND, NOT ON the court

COMPETITIVE RULES BY POOL

POOLS	B, D	F, EE, FF	I, J, K, L, GG
FT Line	12 Ft. Must be clearly marked	15 Ft. Enforced	15 Ft. Enforced
Backcourt	None, but if ball crosses back over, it can be guarded.	IS called, line should be clearly marked	IS called, line should be clearly marked
Defense	Half-Court Man Only, Zone defense only allowed when pressing, must go back to man in 1/2 court.	1/2 Ct. Man only thru 1/18. From 1/19 on Zone is allowed in the 2nd half ONLY. Junk defenses like Box & 1 and Triangle & 2 NEVER allowed	1/2 Ct. Man only thru 1/18. From 1/19 on Zone is allowed in the 2nd half ONLY. Junk defenses like Box & 1 and Triangle & 2 NEVER allowed
Press Def.	Last 1 minute of the game thru 1/16, from 1/17 on last minutes of 1st half and last 2-minutes of 2nd	Last 2-minutes of of game thru 1/16, then from 1/17 on last 2-min of 1st half and of game	Last 2-minutes of each half thru 1/16 then from 1/17 on last 4 minutes of each half

ONLY the head coach is allowed to stand during games and ONLY the head coach is allowed to address the officials! This MUST be enforced!

Any games between competitive and recreational or between teams in different rule subsets will be played by rules of lower level team.