

SKAGIT COUNTY PARKS & RECREATION

Girls S.W.I.S.H. Basketball League Rules

This program is organized for the primary focus of skill development, fitness, teamwork, fair play, and sportsmanship. Please keep these concepts in mind at all times!

Official playing rules are the National Federation of High School Associations, with the following noted or added exceptions:

1. **7th-8th Grade Divisions (GOLD & SILVER)** – Full court pressing and zones allowed. No full court pressing allowed if ahead by 20 or more points.
2. **4th-6th Grade “GOLD” Divisions** – Full court pressing and zones allowed. No full court pressing allowed if ahead by 20 or more points.
3. **4th-6th Grade “SILVER” Divisions** – Zone defenses allowed, but no full court pressing, except the last 2 minutes of the game.
Note: In all divisions, when full court pressing is not allowed (i.e. see rules above), a penalty for illegal defense (i.e. full court pressing) is 1 point and possession of the ball. A referee need not warn a team before penalizing.
4. A regulation game is FOUR 7-minute STOP CLOCK quarters. The first overtime is 3 minutes or the first team to gain a 4-point lead. The second overtime is a “Sudden Victory” format, with the first team to score being declared the winner. Both overtime periods start with a jump ball.
5. There will be no 30-second shot clock. Instead, players will only have 10 seconds to bring the ball across half-court.
6. Halftime will be 4 minutes in length.
7. **CLOSELY GUARDED:** NFHS uses a closely guarded 5 second count in the frontcourt when HOLDING or DRIBBLING the ball. Note that the WIAA does not utilize the closely guarded dribbling rule in girl’s basketball.
8. Barring injury or sickness, all players should play a minimum of 7 minutes each game. Coaches are responsible to monitor playing time of players.
9. Technical Fouls (including Intentional & Flagrant Fouls) are two points and possession of the ball. Two “T’s” on the same player or coach will result in an ejection from that game and the next scheduled game. Three technical fouls in a season are grounds for suspension for up to 1 year. Fighting is an automatic ejection.
NOTE: A Technical Foul on a player will count as a personal foul and count towards the team total. A Coach/Bench Technical Foul will also count as a team foul (NFHS Rules).
10. If a player fouls out, causing her team to have less than 5 eligible players, the disqualified player may continue to play. However, each subsequent foul on that player will be an automatic two points for the opposing team (NO SIDE OUT), as well as administering any free throws for the personal foul.
11. Substitutes must report to the official scorer and be motioned into the game by an official during a dead ball.
12. **Time Outs** – Teams provided four (4) full 1-minute time outs per game. An additional time out will be granted for any overtime period. Time outs can be carried over from the game and overtime periods.
13. **Free Throws** – Teams will be in the bonus and shoot two (2) foul shots after the 7th team foul of each half. There will be no 1-and-1 foul shots. Technical fouls are counted as team fouls.
14. **Free Throw Lane Administration** – Marked lane spaces may be occupied by a maximum of four defensive and two offensive players. The fourth spaces (nearest the Base Line) shall not be occupied and are not considered marked lane spaces. Players in the lane may move/step into key on the release of the shoot. Players behind the 3-Point Line and Shooter must still wait for the ball to hit the rim before moving.
15. Players may play on only one S.W.I.S.H. team, regardless of Division of play.
16. League Tournament Participation – Each player should play in four games (8 regular season + 1 Seeding Game) in order to participate on a team in the League Tournament.
17. Teams may start a game with 4 players.
18. Coaches are responsible for the actions and conduct of their players and spectators. **Negative remarks and suggestions towards officials will not be tolerated.**
19. Players are required to have same colored, numbered jerseys.

Please: Wear only clean shoes to the gym for games.
Try to arrive no more than 15 minutes prior to your scheduled game time.
Pick up your litter and dispose of it properly after games.
Play hard and remember to have fun!