

SKAGIT COUNTY PARKS & RECREATION

GIRLS HIGH SCHOOL BASKETBALL LEAGUE RULES

National Federation of High School Association is official rule book, with the following noted or added:

1. **TWO 16-minute halves** will constitute a game. The clock will stop for all dead ball situations. Overtime is 3 minutes or the first team to gain a four-point lead. A second overtime, if necessary, is 'Sudden Victory', with the first team to score declared the winner. All overtimes start with a jump ball. **Halftime** will be four minutes.
2. **NO SHOT CLOCK** – There will NOT be a 30-second shot clock; however, players have 10 seconds to bring the ball across half-court.
3. **Time Outs:** Each team will be allowed four time outs per game. An additional time out will be granted for each overtime period. Time outs can be carried over from the game into overtime period(s).
4. **Player Eligibility** – Any girl that letters in varsity basketball at a school participating at the "2A" W.I.A.A. classification and above is not eligible to play in the Junior Varsity Division of the Girls High School Basketball League.
5. **Technical Fouls** are all 2 points and side out. Player Technical Fouls are also credited as a personal and team foul. Coach/Bench Technical Fouls count as a team foul, also (NFHS Rules).
6. **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.
7. **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.
8. If a team has its fifth player foul out, and has no eligible substitutes, then that player may continue to play. However, each subsequent foul on that player is 2 points, and counts towards the total team fouls.
9. Teams may start a game with four (4) players.
10. Two (2) technical fouls on a player or coach in one game are an automatic ejection from that game and suspension from the next game. Three (3) technical fouls in a season may result in suspension for the remainder of the season.
11. Substitutes must report to the scorer's table prior to entering the game.
12. All teams are required to wear same color, numbered shirts.
13. No player will be allowed to participate in the league until a Skagit County Parks & Recreation participant waiver form has been completed.

NOTE: Teams ahead by 20 or more points are not allowed to press.

The girl's basketball program is organized to be a recreation league, with the focus on fun, fitness and as an enjoyable LEARNING experience for the girls. Coaches are asked to strive for this and particularly set a good example for kids, parents and fans. Coaches are asked to help control any fans that may lose this focus. **NEGATIVE REMARKS AND SUGGESTIONS TOWARDS OFFICIALS WILL NOT BE TOLERATED.**