

# 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. [COVID Sporting Activities Guidance](#) will be followed for all games.
2. **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.
3. **NO SHOT CLOCK** – There will NOT be a 30-second shot clock; however, players have 10 seconds to bring the ball across half-court.
4. **Time outs:** Each team will be allowed four (4) 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).
5. **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.
6. 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).
7. One-and-one penalties will be shot on the 7<sup>th</sup> team foul of each half. Two shots will be awarded on the 10<sup>th</sup> team foul.
8. **Free Throws** – 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.
9. **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.
10. 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.
11. Teams may start a game with four (4) players.
12. 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.
13. Substitutes must report to the scorer's table prior to entering the game.
14. All teams are required to wear same color, numbered shirts.
15. 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.**

➔ **COVID Specific Protocols on NEXT PAGE...**

## **Additional COVID Specific Protocols – High School Basketball League:**

- Teams (players, coaches, spectators) are asked to not enter a gym until the previous game(s) have completed and all previous teams have left the gym (unless one or more team(s) are scheduled for a doubleheader).
- **Team COVID Protocols – Coaches will be responsible on the ‘Honor System’ to ensure that their team meets ALL COVID Protocols:**
  - **Masks are not required for athletes competing in high-contact indoor sports such as basketball regardless of vaccination status ONLY when they participate in screening testing as required in the [Screening Testing for Sporting Activities](#) section. Universal masking is required indoors at all times when not actively practicing or competing.**
  - All coaches are required to wear a mask at all times.
  - These protocols are subject to change, which will be communicated to teams if/as they occur.
- Spectators will be required to wear a mask at ALL times, regardless whether they’ve been vaccinated.
- No food or beverages will be allowed in the gym for spectators, which helps us mitigate mask issues.
- Hand Sanitizer will be available at the score table.
- No end of game handshake will occur.
- Electronic Fox-40 Whistles may be used by referees in place of a traditional whistle.
- Only team personnel and players should be in the team bench area
- Pick up your litter and dispose of it properly after games.
- Promptly leave the gym following your game(s).

**SAFETY FIRST**



**PLEASE WEAR A MASK  
THANK YOU!**