

Homewood/Trussville/Vestavia Hills
Girls Basketball Rules

1. Player Participation

- All players are to play at least half of a regulation game.
- Therefore, all leagues will have substitutions at the halfway mark of each quarter. Play will be stopped during a natural break or dead ball around the halfway mark by the officials to allow for substitutions to occur.
- In addition, a coach is allowed to substitute freely as long as it doesn't jeopardize the player participation rule.
- If this rule is broken, coaching status will be in jeopardy and subject to suspension and possibly expulsion from coaching youth basketball.

2. Game Specifications

League	Goals	Lane	Game Length	3ptr	Free throw	Press
8U	8 ft	5 sec	6 min. running clock*	no	12 foot	No press allowed
10U	10 ft	5 sec	7 min. running clock**	yes	12 foot	4 th qtr. up by <10pts
12U	10 ft	3 sec	7 min. running clock**	yes	15 foot	OK if up by <10pts
18U	10 ft	3 sec	8 min. running clock**	yes	15 foot	all game

*Clock stops on free throws and last minute of each half.

**Clock stops on free throws and last 2 minutes of each half.

3. Timeouts

- Each team will have three timeouts per game and one additional timeout in the event of overtime/sudden death. Any timeouts not used in regulation play will not carry over.

4. Overtime

- In the regular season, OT periods will be played for two minutes each. A maximum of two OT periods will be played before sudden death (no clock, first to score wins).
- In the playoffs, OT periods will be played for two minutes each. A maximum of three OT periods will be played before sudden death. However, there will be no sudden death in championship games.
- Foul shots will be determined by total team fouls.

5. Miscellaneous Rules

- Time between quarters will be one minute and a three minute halftime break.
- All ages will use a 28.5" basketball.
- Violations on pressing will result in a warning by the official. Additional violations will result in a technical foul.
- All Technical fouls will automatically be rewarded with 2 points in lieu of free throws and possession of the ball.
- 8U and 10U will line up beginning at the lower block for foul shots.
- 8U no zone defense allowed.
- 8U not allowed to double team offense beyond three point arch.
- Mercy rule: the clock will not stop as long as a team is ahead by 20 or more points.
- In interleague play, Vestavia Hills teams are responsible for getting two volunteers to work the scorebook and scoreboard.