

RAMMS Basketball Rules¹

RULES THAT APPLY TO ALL BASKETBALL LEAGUES

1. **Evaluations/Draft:** All athletes are expected to go to evaluations unless they make arrangements with the Director of Boys/Girls Basketball in advance for a separate evaluation process. In the event the child of a coach does not go to evaluations or make separate arrangements, that child is automatically the coach's first round draft pick. Any other athlete who does not go to evaluations or is not separately ranked cannot be drafted and will be randomly assigned to a team at the end of the draft.

2. **Uniforms:** The "home" team should wear white/lighter colored jerseys and the "away" team should wear the darker colored jersey.

3. **Pre-Game Discussion:** Coaches are encouraged to have a coaches meeting with officials before the start of every game to address any potential issues and to work cooperatively toward having a fair, fun game for all of the athletes.

4. **Time:** Each game shall consist of four ten minute running quarters. There shall be a sixty second official timeout at the five minute mark of each quarter for substitutions only. The clock shall run continuously EXCEPT for timeouts; injuries and all free throws and whistles during the last two minutes of the second half and overtime.

5. **Scorekeeper and Scoreboard Operator:** The HOME team will provide an **adult** scorekeeper who will keep score in the scorebook and keep track of the number of periods that each player plays. The VISITING team will provide an **adult** scoreboard operator/clock operator. In the REGULAR season only, if both head coaches agree, they may elect to use **minors** instead of adults, as the scorekeeper and scoreboard operator/clock operator. Adult scorekeepers and scoreboard operators/clock operators are required for all PLAYOFF games.

6. **Play:** Each team will have five players on the court at one time. The teams will play five on five.

7. **Attendance:** To be eligible to play in a game, a player must be on the bench for the start of the third quarter. If a player shows up to a game after the start of the third quarter, the player may not play because that player is not able to play the minimum number of periods - four.

¹ Revised 2025

8. Player Call-ups: If a team cannot field a team of at least four of its own players within five minutes after the scheduled starting time, that team will forfeit the game and the teams will play a scrimmage during the time allotted. During the regular season, a team that has four of its own players may "call up" substitute players from the lower league directly below their league. A team with four of its own players may "call up" up to two players. Also, a team with five of its own players may "call up" one player. A substitute player may be called up by a particular team only ONCE per season. The Director of Basketball Operations or League Commissioner must approve the player who is to be "called up", before the player can play. Player call ups are only allowed during the regular season and are not allowed during the playoffs.

9. Timeouts: In the REGULAR season, each team will have one sixty second timeout in the first half, one in the second half, and one per overtime period. In the PLAYOFFS, each team will have two in the first half, two in the second half, and one per overtime period.

10. Substitutions: There will be a sixty second official timeout called at the five minute mark of each quarter for **SUBSTITUTIONS ONLY**. Coaching shall be kept to a minimum during the five minute timeout. The purpose of the timeout is to allow sufficient time to "match up" the players only. Substitutions are not permitted during play at times other than the five minute mark and at the end of each quarter, except for injury or foul disqualifications.

If one team has fewer players such that it has a higher maximum periods allowed than its opponent, the opponent with a lower maximum period allowed can designate two players to play the maximum allowed periods of its opponent as long as everyone else on the team plays the minimum required play for its number of players. For example: If Team A has 6 players and Team B has 8 players, Team A's maximum allowed is 7 periods, while Team B's maximum allowed is 6 periods. Team B can designate 2 players to play 7 periods as long as every other player on Team B plays the minimum for an 8 player team [4 periods]

Substitution/maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

11. Change of Possession: Possession of the ball shall alternate at the end of each quarter, half, and on jump balls. The team not winning the beginning jump ball shall be entitled to the first alternating possession. Possession of the ball shall not change at the five minute timeouts and the ball shall remain with the team having possession when the timeout is called.

12. Fouls: A player is disqualified from the game following a fifth personal foul.

13. Technical Fouls: Technical fouls shall be charged as a personal foul and will result in two points awarded EXCEPT in the last two minutes of the second half or in the last two minutes of overtime, when they will result in a stopped clock and two free throws. Any player, coach or spectator receiving two technical fouls shall be ejected from the game and must leave the gym area. Any player, coach or spectator that has been ejected, at a minimum, shall be suspended for the next game. Technical fouls called for illegal defense will not count as personal fouls and will not count toward the two technical fouls that would lead to an ejection.

14. Injury and Disqualification Substitutions: If a player is injured, a coach may substitute a player in for the injured player. If the injured player is able to return that same period, the player may return to the game at the first available dead ball.

The partial period played by the injured player will count as a full period toward the player's maximum and minimum required play.

The partial period played by the substitute player will count as a full period of play in regard to a player's maximum allowed periods, but will not count toward a player's minimum required periods.

(For example, if a player is required to play 4 periods and they played 3 periods plus a partial period as a substitute, they will still need to play one more full period. However, if a player has a maximum allowed 6 periods and they have played 5 periods plus a partial period, the partial period will count as a 6th period and the player cannot play anymore periods until overtime. Likewise, if a player has already reached their maximum allowed periods, they cannot enter as a substitute.)

As with an injured player, when a substitute for a fouled out or ejected player comes in to play a partial period, this will count toward the player's maximum allowed play, but not toward his minimum required periods.

If an injury or disqualification occurs early in the game, we encourage the coaches to have a discussion to reach an agreement on changes to minimum/maximum playing time requirements. In no event is a coach permitted to encourage a player to purposefully foul out or get injured with the intent of avoiding maximum playing time requirements.

15. Overtime: If the score is tied at the end of regulation play in the regular season, the teams shall play a TWO minute overtime period. The rules applying to the last two minutes of the second half play shall apply to the last two minutes of the overtime period. The playing time requirements do not apply to the overtime period and each coach is permitted to put whatever five players they want on the floor. In the playoffs, the overtime period will be increased to five minutes. During the regular season, if the game remains tied after the two-minute overtime period, the game will be scored as a tie. During

playoffs, if the game remains tied after a five-minute overtime period, the parties will conduct additional two-minute overtime periods until the final result is no longer a tie.

16. Safety: Basketball shoes shall be worn on the court. No watches, necklaces or personal jewelry shall be worn during play. No casts, whether soft or hard, shall be permitted under any circumstances. No spectators will be allowed on the court during the game.

17. Rules: Unless there is a specific RAMMS Basketball rule on point, RAMMS Basketball follows the current edition of the National Federation Basketball Rules Book.

18. Ejections. Any player, coach, or spectator ejected from the game by the referee for whatever reason must immediately leave the field area. Any player, coach, or spectator that has been ejected will automatically be suspended for the next game, regardless of whether it is the regular season or post season. All ejections will be reviewed by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action.

19. Games Are Final: Once a game is called final by the official, RAMMS will not go back and change the outcome of a game. Coaches should raise issues with the official when they occur.

20. Practices. The RAMMS approved Head or Assistant Coach for each team **MUST** be at every **PRACTICE, GAME** or **TEAM EVENT**. **NO PRACTICES, GAMES** or **TEAM EVENTS** may be conducted without the presence of either the RAMMS approved Head or Assistant Coach. If a RAMMS approved Head or Assistant Coach is unable to make a scheduled game, please contact the Director of Boys or Girls Basketball or your league Commissioner to discuss potential solutions.

18. Playoff Tiebreakers: Playoff rankings will be based on winning percentage. In the event of a tie when determining playoff rankings, the following tie breakers will be used in order: (1) Head-to-head; (2) Record vs. common opponents; (3) Coin flip (or random number generator if more than 2 teams left at that point).

BOYS BASKETBALL RULES

KINDERGARTEN RULES

- 1. Hoop Height:** The hoop will be set at EIGHT feet.
- 2. Ball:** The game ball will be a 25.5" ball.
- 3. Player Time:** Games consist of four ten minute quarters, with each quarter divided into two five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

4. Fouls: One point and the ball shall be awarded for fouls committed in the act of shooting EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two free throws. Offensive fouls shall result in change of possession.

5. Defensive limitations: Teams MUST play man to man defense. Teams may not play zone defense, double team in or outside the paint, or defend in the backcourt unless permitted in paragraph 8. Defensive players may "sag" off their man. When the offensive player is inside the three point area, the "sag" should be no more than three feet. When the offensive player is outside the three point area, the "sag" can be more. Players may NOT STEAL the ball from the player that they are guarding or any other

player on the court. Players may NOT SWIPE at the ball when the player that they are guarding has the ball or another player dribbles near them. Players may SWITCH on a pick and roll, but need to SWITCH back at the first available opportunity. Players may INTERCEPT passes. Players may try to block shots, when the player they are guarding shoots the ball.

Teams will be given two warnings per half with respect to each of the defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

6. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

7. Free Throws: Players may pass over the foul line while shooting without penalty. The free throw line for the league shall be approximately 10 feet and shall either be marked with tape prior to the game or shall be otherwise established by the referees.

8. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court. All other defenses are still prohibited.

9. Wristbands: In order to help the players, coaches and referees know which players are matched up to one another, all players shall wear a colored wristband when in the game. At the beginning of each Period, one team shall put on the wristbands first and the other team shall match up by putting on the appropriate colored wristband.

The Director of Boys Basketball will provide information regarding wristband order to the coaches at the beginning of the season. The wristband order will be alphabetical by color going from the strongest player to the weakest player. RAMMS may decide to have two wristbands of the same color for the strongest players. If there are two wristbands of the same color, coaches can decide which player guards the opposite team's player of the same wristband color.

Coaches MUST match their better players against the opposing team's better players and SHOULD not be trying to create mismatches. If during play a mismatch results, a coach may call a timeout, tell the referees and opposing coach that he will be switching wristbands, and make the switch. Coaches SHOULD

be able to match up the players without a problem. However, if the two coaches cannot agree on the matchups, the referees will decide them. The referee will also report the two coaches to the Director of Basketball Operations. Players may only guard the player who has the same colored wristband. The only exceptions to this rule are if the player is the only person available to stop a fast break or on a SWITCH on a pick and roll. In those two situations, the player may guard a player who has a different color wristband. However, the no double team rules still apply.

FIRST AND SECOND GRADE BOYS RULES

1. **Hoop Height:** The hoop will be set at EIGHT feet.
2. **Ball:** The game ball will be a 27.5" ball.
3. **Player Time:** Games consist of four ten minute quarters, with each quarter divided into two five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

4. **Fouls:** One point and the ball shall be awarded for fouls committed in the act of shooting EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two free throws. Offensive fouls shall result in change of possession.

5. **Defensive limitations:** Teams MUST play man to man defense. Teams may not play zone defense, double team outside the paint, or defend in the backcourt unless permitted in paragraph 9. Defensive players may "sag" off their man. When the offensive player is inside the three point area, the "sag" should be no more than three feet. When the offensive player is outside the three point area, the "sag" can be more.

Players may STEAL the ball from the player that they are guarding. Players may SWIPE at the ball when another player dribbles near them, provided that the player dribbling the ball initiates the action. Players may SWITCH on a pick and roll, but need to SWITCH back at the first available opportunity. Players may DOUBLE TEAM in the paint. To encourage dribble drives into the paint and increasing scoring, defensive players may only leave the man that they are guarding and double team another offensive player, when the offensive player they want to double team is in the process of entering the paint with the ball or is in the paint with the ball. In the paint, a player may STEAL the ball from any player, SWIPE at the ball at any time, and try to BLOCK the shot of any player. Teams will be given two warnings per half with respect to each of the defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

6. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

7. Free Throws: Players may pass over the foul line while shooting without penalty. The free throw line for the league shall be approximately 13 feet and shall either be marked with tape prior to the game or shall be otherwise established by the referees.

8. Lane Violations: Offensive players shall be called for a lane violation if they are inside the key area for: five seconds.

9. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court and may double team the ball. All other defenses are still prohibited.

10. Wristbands: In order to help the players, coaches and referees know which players are matched up to one another, all players shall wear a colored wristband when in the game. At the beginning of each Period, one team shall put on the wristbands first and the other team shall match up by putting on the appropriate colored wristband. The wristband order will be alphabetical by color going from the strongest player to the weakest player. RAMMS may decide to have two wristbands

of the same color for the strongest players. If there are two wristbands of the same color, coaches can decide which player guards the opposite team's player of the same wristband color.

Coaches MUST match their better players against the opposing team's better players and SHOULD not be trying to create mismatches. If during play a mismatch results, a coach may call a timeout, tell the referees and opposing coach that he will be switching wristbands, and make the switch. Coaches SHOULD be able to match up the players without a problem. However, if the two coaches cannot agree on the matchups, the referees will decide them. The referee will also report the two coaches to the Director of Basketball Operations. Players may only guard the player who has the same colored wristband. The only exceptions to this rule are if the player is the only person available to stop a fast break or on a SWITCH on a pick and roll. In those two situations, the player may guard a player who has a different color wristband. However, the no double team rules still apply. Coaches must place wristbands on players according to their skill level. The Director of Boys Basketball will provide information regarding wristband order to the coaches at the beginning of the season.

THIRD AND FOURTH GRADE BOYS RULES

1. **Hoop Height:** The hoop will be set at NINE feet.
2. **Ball:** The game ball will be a 28.5" ball.
3. **Player Time:** Games consist of four ten minute quarters, with each quarter divided into two five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

4. **Fouls:** One point and the ball shall be awarded for fouls committed in the act of shooting EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two or three free throws (depending on whether the shot was a two or three pointer). Offensive fouls shall result in change of possession.

5. **Defensive limitations:** Teams MUST play man to man defense. Teams may not play zone defense, double team outside the paint, or defend in the backcourt unless permitted in paragraph 9. Teams may play a true man to man defense with primarily one exception: defensive players who are on the weak side (two passes away from the ball) may not "sag" into the paint unless the man that they are guarding is within three feet of the paint. Defensive players who are on the strong side (one pass away from the ball)

may “sag” off their man. When the offensive player is inside the three point area, the “sag” should be no more than three feet. When the offensive player is outside the three point area, the “sag” can be more. Players may STEAL the ball from the player that they are guarding. Players may SWIPE at the ball when another player dribbles near them, provided that the player dribbling the ball initiates the action. Players may

SWITCH on a pick and roll. Players may DOUBLE TEAM in the paint. To encourage dribble drives into the paint and increasing scoring, defensive players may only leave the

man that they are guarding and double team another offensive player, when the offensive player they want to double team is in the process of entering the paint with the ball or is in the paint with the ball. In the paint, a player may STEAL the ball from any player,

SWIPE at the ball at any time, and try to BLOCK the shot of any player. Teams will be given two warnings per half with respect to each of the defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

6. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

7. Free Throws: Players may pass over the foul line while shooting without penalty. The free throw line for the league shall be approximately 13 feet and shall either be marked with tape prior to the game or shall be otherwise established by the referees.

8. Lane Violations: Offensive players shall be called for a lane violation if they are inside the key area for five seconds.

9. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court and may double team the ball. All other defenses are still prohibited.

FIFTH AND SIXTH GRADE BOYS AND SEVENTH AND EIGHTH GRADE BOYS RULES

- 1. Hoop Height:** The hoop will be set at TEN feet.
- 2. Ball:** The game ball will be a 29.5" ball.
- 3. Player Time:** Games consist of four ten minute quarters, with each quarter divided into two

five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

4. Fouls: One point and the ball shall be awarded for fouls committed in the act of shooting two point shots, and two points and the ball shall be awarded in the act of shooting three point shots EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two or three free throws (depending on whether the shot was a two or three pointer). Offensive fouls shall result in change of possession.

5. Defensive limitations: Teams may play three quarter court man to man defense, zone defense inside the three point line extended in the front court, and may double team inside the three point extended in the front court. Teams will be given two warnings per half with respect to each of the

defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

6. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

7. Lane Violations: Offensive players shall be called for a lane violation if they are inside the key area for three seconds.

8. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the three point line extended in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court and may double team the ball. All other full court defenses are still prohibited.

GIRLS BASKETBALL RULES

KINDERGARTEN AND FIRST GRADE GIRLS RULES

- 1. Hoop Height:** The hoop will be set at EIGHT feet.
- 2. Ball:** The game ball will be a 25.5" ball.
- 3. Player Time:** Games consist of four ten minute quarters, with each quarter divided into two five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

4. Fouls: One point and the ball shall be awarded for fouls committed in the act of shooting EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two free throws. Offensive fouls shall result in change of possession.

5. Defensive limitations: Teams MUST play man to man defense. Teams may not play zone defense, double team in or outside the paint, or defend in the backcourt unless permitted in paragraph 8. Defensive players may "sag" off their man. When the offensive player is inside the three point area, the "sag" should be no more than three feet. When the offensive player is outside the three point area, the "sag" can be more. Players may NOT STEAL the ball from the player that they are guarding or any other

player on the court. Players may NOT SWIPE at the ball when the player that they are guarding has the ball or another player dribbles near them. Players may SWITCH on a pick, but need to SWITCH back at the first available opportunity. Players may INTERCEPT passes. Players may try to block shots, when the player they are guarding shoots the ball.

Teams will be given two warnings per half with respect to each of the defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

6. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

7. Free Throws: Players may pass over the foul line while shooting without penalty. The free throw line for the league shall be approximately 10 feet and shall either be marked with tape prior to the game or shall be otherwise established by the referees.

8. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court. All other defenses are still prohibited.

9. Wristbands: In order to help the players, coaches and referees know which players are matched up to one another, all players shall wear a colored wristband when in the game. At the beginning of each Period, one team shall put on the wristbands first and the other team shall match up by putting on the appropriate colored wristband.

The Director of Girls Basketball will provide information regarding wristband order to the coaches at the beginning of the season. The wristband order will be alphabetical by color going from the strongest player to the weakest player. RAMMS may decide to have two wristbands of the same color for the strongest players. If there are two wristbands of the same color, coaches can decide which player guards the opposite team's player of the same wristband color.

Coaches MUST match their better players against the opposing team's better players and SHOULD not be trying to create mismatches. If during play a mismatch results, a coach may call a timeout, tell the referees and opposing coach that he will be switching wristbands, and make the switch. Coaches SHOULD

be able to match up the players without a problem. However, if the two coaches cannot agree on the matchups, the referees will decide them. The referee will also report the two coaches to the Director of Basketball Operations. Players may only guard the player who has the same colored wristband. The only exceptions to this rule are if the player is the only person available to stop a fast break or on a SWITCH on a pick and roll. In those two situations, the player may guard a player who has a different color wristband. However, the no double team rules still apply.

SECOND AND THIRD GRADE GIRLS RULES

1. **Hoop Height:** The hoop will be set at EIGHT feet.
2. **Ball:** The game ball will be a 27.5" ball.
3. **Player Time:** Games consist of four ten minute quarters, with each quarter divided into two five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

4. **Fouls:** One point and the ball shall be awarded for fouls committed in the act of shooting EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two free throws. Offensive fouls shall result in change of possession.

5. **Defensive limitations:** Teams MUST play man to man defense. Teams may not play zone defense, double team outside the paint, or defend in the backcourt unless permitted in paragraph 8. Teams may play a true man to man defense with primarily one exception: defensive players who are on the weak side (two passes away from the ball) may not "sag" into the paint unless the man that they are guarding is within three feet of the paint. Defensive players who are on the strong side (one pass away from the ball) may "sag" off their man. When the offensive player is inside the three point area, the "sag" should be no

more than three feet. When the offensive player is outside the three point area, the “sag” can be more. Players may STEAL the ball from the player that they are guarding. Players may SWIPE at the ball when another player dribbles near them, provided that the player dribbling the ball initiates the action. Players may SWITCH on a pick. Players may DOUBLE TEAM in the paint. To encourage dribble drives into the paint and increasing scoring, defensive players may only leave the man that they are guarding and double team another offensive player, when the offensive player they want to double team is in the process of entering the paint with the ball or is in the paint with the ball. In the paint, a player may STEAL the ball from any player, SWIPE at the ball at any time, and try to BLOCK the shot of any player. Teams will be given two warnings per half with respect to each of the defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

6. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

7. Free Throws: Players may pass over the foul line while shooting without penalty. The free throw line for the league shall be approximately 13 feet and shall either be marked with tape prior to the game or shall be otherwise established by the referees.

8. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court and may double team the ball. All other defenses are still prohibited.

10. Wristbands: In order to help the players, coaches and referees know which players are matched up to one another, all players shall wear a colored wristband when in the game. At the beginning of each Period, one team shall put on the wristbands first and the other team shall match up by putting on the appropriate colored wristband.

The Director of Girls Basketball will provide information regarding wristband order to the coaches at the beginning of the season. The wristband order will be alphabetical by color going from the strongest player to the weakest player. RAMMS may decide to have two wristbands of the same color for the strongest players. If there are two wristbands of the same color, coaches can decide which player guards the opposite team’s player of the same wristband color.

Coaches MUST match their better players against the opposing team's better players and SHOULD not be trying to create mismatches. If during play a mismatch results, a coach may call a timeout, tell the referees and opposing coach that he will be switching wristbands, and make the switch. Coaches SHOULD be able to match up the players without a problem. However, if the two coaches cannot agree on the matchups, the referees will decide them. The referee will also report the two coaches to the Director of Basketball Operations. Players may only guard the player who has the same colored wristband. The only exceptions to this rule are if the player is the only person available to stop a fast break or on a SWITCH on a pick and roll. In those two situations, the player may guard a player who has a different color wristband. However, the no double team rules still apply.

FOURTH AND FIFTH GRADE GIRLS RULES

- 1. Hoop Height:** The hoop will be set at NINE feet.
- 2. Ball:** The game ball will be a 28.5" ball.
- 3. Player Time:** Games consist of four ten minute quarters, with each quarter divided into two five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

- 4. Fouls:** One point and the ball shall be awarded for fouls committed in the act of shooting EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two or three free throws (depending on whether the shot was a two or three pointer). Offensive fouls shall result in change of possession.

Defensive limitations: Teams MUST play man to man defense. Teams may not play zone defense, double team outside the paint, or defend in the backcourt unless permitted in paragraph 9. Teams may play a true man to man defense with primarily one exception: defensive players who are on the weak side (two passes away from the ball) may not "sag" into the paint unless the man that they are guarding is within three feet of the paint. Defensive players who are on the strong side

(one pass away from the ball) may “sag” off their man. When the offensive player is inside the three point area, the “sag” should be no more than three feet. When the offensive player is outside the three point area, the “sag” can be more. Players may STEAL the ball from the player that they are guarding. Players may SWIPE at the ball when another player dribbles near them, provided that the player dribbling the ball initiates the action. Players may SWITCH on defense provided that only one player is guarding the other player at a time outside the paint. Players may DOUBLE TEAM in the paint. To encourage dribble drives into the paint and increasing scoring, defensive players may only leave the

man that they are guarding and double team another offensive player, when the offensive player they want to double team is in the process of entering the paint with the ball or is in the paint with the ball. In the paint, a player may STEAL the ball from any player,

SWIPE at the ball at any time, and try to BLOCK the shot of any player. Teams will be given two warnings per half with respect to each of the defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

5. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

6. Free Throws: Players may pass over the foul line while shooting without penalty. The free throw line for the league shall be approximately 13 feet and shall either be marked with tape prior to the game or shall be otherwise established by the referees.

7. Lane Violations: Offensive players shall be called for a lane violation if they are inside the key area for five seconds.

8. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court and may double team the ball. All other defenses are still prohibited.

SIXTH THROUGH EIGHTH GRADE GIRLS

- 1. Hoop Height:** The hoop will be set at TEN feet.
- 2. Ball:** The game ball will be a 28.5" ball.
- 3. Player Time:** Games consist of four ten minute quarters, with each quarter divided into two five minute periods.

Nine Players: If a team has nine players present, every player must play four periods and no player may play more than six periods.

Eight Players: If a team has eight players present, every player must play four periods and no player may play more than six periods.

Seven Players: If a team has seven players present, every player must play four periods and no player may play more than six periods.

Six Players: If a team has six players present, every player must play six periods and no player may play more than seven periods.

Five Players: If a team has five players present, every player may play all eight periods.

Please review Paragraph 7 and 11 of Rules that Apply to All Basketball Leagues for additional information for certain circumstances.

Maximum playing time violations need to be raised at the time they occur and addressed between coaches. Coaches need to track their player's playing time. If there is a violation of playing time rules, the resolution is that the athlete needs to sit out the period and not play more than the maximum periods permitted.

4. Fouls: One point and the ball shall be awarded for fouls committed in the act of shooting two point shots, and two points and the ball shall be awarded in the act of shooting three point shots EXCEPT in the last two minutes of the second half or in the last two minutes of overtime. Any defensive shooting or non shooting fouls in the last two minutes of the second half or overtime shall result in a stopped clock and two or three free throws (depending on whether the shot was a two or three pointer). Offensive fouls shall result in change of possession.

5. Defensive limitations: Teams may play three quarter court man to man defense, zone defense inside the three point line extended in the front court, and may double team inside the three point extended in the front court. Teams will be given two warnings per half with respect to each of the

defensive rules set forth above. Each subsequent violations of a particular rule, per half, will result in a technical foul.

6. Offensive limitations: A team may not implement a four corner offense or isolation offense in which the majority of the offensive players are stationed in the corners or perimeter of the court, except for the final thirty seconds of a period when a team is holding the ball for a final shot or stalling. The first violation in each half will result in a warning. Each subsequent violation, per half, will result in a technical foul.

7. Lane Violations: Offensive players shall be called for a lane violation if they are inside the key area for three seconds.

8. Back Court Defense: Except in the last two minutes of the second half and in overtime, a team may not play defense in the three point line extended in the backcourt once the opposing team has gained control of the ball. In the last two minutes of the second half and overtime a team may play man to man defense full court and may double team the ball. All other full court defenses are still prohibited.