

2008 Fulmont Girls Basketball League

General Rules

1. Fouls:

- A. **Personal:** 5 personal fouls per player per game. Once a player has 5 fouls she is out of the game.
- B. **Team:** After 7 team fouls; other team shoots 1 & 1. After 10 team fouls, other team shoots 2 free throws every foul.
- C. **Foul Shots:** The first two blocks are not occupied. No player can move into the lane until the ball is released by the shooter. Only 5 players can line up along the lane. (3 defense, 2 offense) Once the official has given the ball to the shooter, no one can move.

2. **Traveling:** A player must continually dribble when moving her feet.

3. **Double Dribble:** A player cannot use two hands to dribble the ball and cannot stop dribbling and then start again without passing the ball.

4. **5 Seconds:** An offensive player can only stay in the lane for 5 seconds. The 5 seconds is restarted once a shot has been taken.

5. **Pressing:** is NOT allowed.

6. Defense:

5th Grade: Man to man defense ONLY. No zone defense is allowed. Man to man begins at the top of the key. Defensive players cannot go beyond the 3-point line.

6th Grade: Half Court man to man defense (As agreed on by Both coaches before the start of every game.) After a 6 point lead the leading team must go back to man to mandefense beginning at the top of the key. Defensive players cannot go beyond the 3 point line.

No zone defense is allowed at any time.

7. **In-Bounds:** A player has 5 seconds to in-bounds the ball from out of bounds.

8. Back Court:

A. Once the team with the ball crosses half court, it cannot go back over the half court line. If the ball crosses the half court line, it is a violation and the other team gets the ball. If the other team deflects the ball back across the half court line, there is NO violation.

B. On the in-bounds pass from the sideline, a player may cross half court to receive a pass.

9. Alternating Possession:

At the start of a game there is a jump ball. Whichever team wins the jump ball, the other team gets the ball the next time there is a "jump ball". A "jump ball" occurs when 1 or more players from both teams have their hands on the ball. Every time the official calls a "jump ball", the ball will go to the team that has the possession arrow.

10. **Fast Breaks:** Fast Breaks are allowed. However, refer to defensive rule #6, there is no stealing the ball over the 3 point line if that rule is in effect. If during a Fast Break there is a loose ball for any reason the opposing team may attempt to take possession during the transition.

11. Ball Movement:

At NO time can the game be "stalled" in order to run out the time. Players must dvance the ball at all times. A turnover can be called after a 5 Second Delay in the last quarter of the game or in the last four minutes of the half.