

M & M Girls High School Basketball League

GAME RULES & REGULATIONS:

1. **Players** – A game may not start unless there are a minimum of 4 players per team. A team will have 5 minutes from the scheduled starting time to field the minimum number of players; if after 5 minutes a team still does not have the minimum the game will be deemed a forfeit – teams are then to be combined in order to allow for a scrimmage to be played.
2. **Game time** – Two (2) twenty minute halves, utilizing a “running” clock. Stop clock will be used for the last 2 minutes of each half. Clock stops on all foul shots with restart when foul shot is rebounded or put back into play if made.
3. **Overtime** – overtime periods will be two minutes with clock stopped on all whistles. There are no maximum number of overtime periods. Overtime is considered an extension of the four minute free play session.
4. **Substitutes** –
 - ❖ 1st Half - Official shall stop the clock at the first dead ball following each 5 minute interval (15:00, 10:00 & 5:00)
 - ❖ 2nd Half - Official shall stop the clock at the first dead ball following each 4 minute interval (16:00, 12:00, 8:00 & 4:00). The final/last 4 minutes of the 2nd half/game can be free subbing at coach’s discretion. Please remember our BE A SPORT motto...if the game is out of hand- in your favor or against, try to play the less talented players in the last 4 minutes, since you would probably not play them if the game was very close
 - ❖ Bench sub in/out (entire bench) applies to all of these sub periods.
 - ❖ These are not time outs- coaches are expected to have their substitutes ready. At the official’s discretion, coaches that take excessive time in making substitutes can be charged with a time out, and if no time outs are available, a technical foul.
 - ❖ No additional substitutes are permitted except for disqualification due to Personal or Technical Fouls, injury or health issues. If a coach believes it is necessary to remove a player for disciplinary reasons, he may do so. That player must sit for the remainder of that substitution period and cannot re-enter the game until his original rotation has returned.
 - ❖ Players removed for health or injury issues may only replace the player who came in as a result of the injury or health issue. The replacement can only occur during the same substitution period.
 - ❖ No player can play an entire half unless there are 6 players or less. In the event of only 6 players present, all players must sit at least one of the segments. No player can remain in the entire game unless only 4 or 5 players are present.
 - ❖ There are no adjustments for a minimum number of players.
 - ❖ As a reminder -Free substitutions will be permitted ONLY during the last 4 minutes of the game.
 - ❖ In overtime, anyone can play, as long as they are eligible (Did not foul out/ejected from game)
5. **Time Outs** – All divisions will be permitted 2 one minute time-outs per half. There will be no carry-over to the next half or overtime. One additional time-out will be allowed for overtime.
6. **Fouls** – Each player will be permitted 5 fouls per game. The 5th foul will result in removal from the game. The intentional foul rule will be enforced. No team will be permitted to continue play with less than four players. If a team only has four eligible players and a player fouls out the player shall be able to continue, receiving an additional penalty of an automatic two foul shots and loss of possession for each common foul. (This exception does not apply to ejected players.) If a player receives his fourth foul in the first half, that player can be removed and be replaced by any player currently on the bench. The player with 4 fouls cannot re-enter the game until the 2nd half. This option can only be used when the 4th foul occurs. If the coach decides not to utilize the option at this point, the option is forfeited. Normal substitution rules are still in effect. The substitute assumes the role of the player she replaced.

7. **Free Throws** - Foul shots will be awarded "1 and 1" on the 10th team foul in each half or 3rd team foul in the last two minutes of each half. All technical fouls are 2 shot fouls. All team and personal fouls carry over into overtime.

8. **Defenses** – Man to Man or Zone defenses are permitted in all divisions.

- ❖ Backcourt pressure is allowed the entire game.
- ❖ .The 5 second closely guarded rule will be in effect for all divisions.
- ❖ If game point differential is 15 or more, no backcourt pressure will be permitted.
- ❖

9. **3 Point Shot** – The Three Point Shot will be in effect in all gyms that have a 3 point "line" or circle.

10. **3 Second Lane** – The Three Second Lane is in effect.

11. **Playoffs** - All teams make the playoffs. To be eligible for the playoffs, a player must have participated in at least half of his team's games.

*****New Jersey High School Federation Basketball rules will apply unless noted otherwise.**