Brooklyn Girls League

Winter Basketball League Rules

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1. Registration & Communication

- All players must be registered for the current Brooklyn Girls League season before participating in any practice or game.
- Players must be officially assigned to a team roster prior to participation.
- All adults assisting in practices or games must be registered as a Volunteer **Head Coach, Assistant Coach, or Volunteer** before working with players.
- League communication will be sent through the **LeagueApps Play app** and email.
- All coaches and player families **must download the LeagueApps Play app** and ensure their contact information—especially email—is accurate and up to date.
- Maximum of 11 players per team

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2. Schedule & Cancellations

- Game schedules will be distributed before the season begins via email and posted on the Brooklyn Girls League website.
- Schedule updates, cancellations, or reschedules (due to weather or facility closures) will be communicated via email and/or the LeagueApps Play app.
- Families and coaches are responsible for keeping contact information current and logging into the app using the email associated with league registration.

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3. Uniforms

- All players must wear the **league-issued jersey** during games.
- Dark shorts
- No jewelry or sharp hair accessories are allowed.
- All players must wear sneakers.

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4. Scoring

- Field goals: **2 points**
- Three-point shots: **3 points**
- Free throws: **1 point**

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5. Scorekeeping

- Both teams must keep score using the league-provided scorebook.
- Scores and fouls should be confirmed at halftime and, if time allows, at the end of each quarter.
- Any discrepancies should be resolved at the next stoppage of play with the referee.
- Each player's **first initial, last name, and jersey number** must be recorded in the scorebook.
- The score must be uploaded by the winning coach or assistant coach after the game and reviewed by the scorekeeper after the game.
- A copy of league rules will be available at the score table.

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6. Timekeeping & Game Length

- An **official league timekeeper** will be provided. If unavailable, the home team must supply a timekeeper.
- **Game Clock Rules**:

    - Clock stops for timeouts, shooting fouls, held balls, and substitutions.
    - During the final **2 minutes of the first half, fourth quarter, and all overtime**, the clock stops on **all whistles**.
- **Backcourt Rule:** The 10-second backcourt rule is used.
- **3 Second Rule:**
    - 1st-3rd grade: Warnings will be issued after January for 3 second violations on offense.
    - 4th- 9th grade: Players will be issued a warning upon the first 3 second violation by an offensive player. Any following violations will result in the defensive team receiving possession of the ball.

Game Length by Grade

- 2nd Grade: 4 × 6-minute quarters
- 3rd Grade: 4 × 6-minute quarters
- 4th Grade: 4 × 7-minute quarters
- 5th Grade: 4 × 7-minute quarters
- 6th Grade: 4 × 8-minute quarters
- 7th Grade: 4 × 8-minute quarters
- 8–9th Grade: 4 × 8-minute quarters
- Halftime: **3 minutes**
- Quarter breaks: **1 minute**

Overtime

- Regular season overtime is **one 2-minute period only**.
- If still tied, the game ends in a tie (except during end-of-season tournaments). In which case there will be an additional 2 minute overtime.

Game Time Limits

- Games may be ended by referees if total runtime exceeds:
    - **60 minutes** (4th-9th)
    - **45 minutes** (1st-3rd grade)
- This ensures fairness and schedule continuity.

Mercy Rule

- If a team leads by **30 points or more** at halftime or any second-half stoppage:
    - The score clock stops updating
    - The game clock runs continuously
    - No further score is recorded

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7. Timeouts

- Each team receives **3 full (60-second) timeouts** and **2 thirty-second timeouts** per game.
- One additional full timeout is allowed per overtime.
- Unused timeouts do **not** carry over to overtime.
- If the timeout type is not specified, it will be charged as a full timeout.
- The clock stops only when the referee signals the timeout to the timekeeper.

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8. Substitutions

- Substitutes must check in at the scorer's table and enter only after the referee signals.
- No substitutions are permitted in the **final minute of the game**, except for injury or disqualification.
- Coaches are asked to rotate players by quarter to support equal playing time. Even when there are less than 10 players, coaches are asked to make their best effort in rotating players equally.
- **During tournament play, each player must receive a minimum of 8 min.**
- The clock stops for substitutions and resumes on the referee's whistle.

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9. Basketball Size

- Grades 1–3: **27.5” ball**
- Grades 4 and up: **28.5” ball**

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10. Defensive Rules

Pressing

- Grades 1–4: **No pressing at any time**
- Grades 5:
    - No pressing or trapping until January
    - No pressing or trapping in first quarter of any game
    - No pressing or trapping with a 20+ point second-half lead
- Grades 6-9:
    - No pressing or trapping in the first quarter
    - No pressing or trapping with a 20+ point second-half lead

Defensive Formation

- 1st-4th grade: Person-to-person only
- 5th: Person-to-person required; limited zone allowed for instruction during one quarter

Violations:

- First offense: Warning
- Second offense: Technical foul (2 shots + possession)

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11. Fouls and Foul Shots

- **Player foul limit**: 6 fouls (includes technicals)
- **Intentional fouls**: 2 free throws + possession
- **Technical fouls**:

    - Count as personal and team fouls
    - Two technicals result in ejection
    - Ejection includes **automatic one-game suspension and meeting with a board member.**

Team Fouls

- 1st-9th grade
    - 7 fouls = 1-and-1
    - 10 fouls = 2 free throws

Foul Shots

- Grades 6th and up-regulation foul line
- 5th grade is permitted 12 inches forward from regulation foul line
- 4th grade is permitted 18 inches forward from regulation foul line
- 2nd and 3rd grade can move 12 inches forward from the PS321 foul line if the player or coach requests.

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12. Coach, Bench, and Spectator Conduct

- All coaches must be registered with the league.
- Only the Head Coach and **up to two Assistant Coaches** are permitted on the bench.
- Coaches are responsible for player and spectator conduct.
- Spectators are not allowed on the bench or court.
- Spectators are expected to cheer their players on, they are not permitted to coach their children, speak to the referees or negatively impact the game from the sideline.
- If there is a violation of our code of conduct, the referee or site supervisor will ask the spectator to leave the game.

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13. Participation & Playing Time

- Brooklyn Girls League prioritizes **development, respect, and fun**.

- Coaches must ensure **equal playing time**:
    - Each player should play at least **two full quarters**, one in each half during the regular season.
    - Teams may play with a minimum of 5 players.
    - **During tournament play, each player must play a minimum of 8 minutes**.
- If players are not played equally, in accordance with the rules, the game will result in a forfeit and be reflected on the League app.
- If fewer than 5 players remain, the game may continue as a scrimmage.

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14. Playoffs & Tournaments

- 1st grade: **No playoffs**
- 2-9th **End-of-season tournament**
- All teams participate.
- The league **will track standings or win/loss records**.
- The scorekeeper will log the score and outcome of each game.
- In the result of ties, standings will be determined by point deficit.

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15. Rescheduling games

- Only in extreme circumstances will Brooklyn Girls League reschedule games.
- Coaches will be provided with a contact list of all head coaches within their division.
- Coaches may work out rescheduling and email Brooklyn Girls League to let the directors know of the game time.
- If a game is rescheduled during a non-designated court time, Brooklyn Girls League is not responsible for scorekeeper or referee.

16. Rule Changes

- Only the Brooklyn Girls League Rules Board may modify these rules.

- Any changes will be communicated to all families and coaches with an effective date.