



OGRCC Girls Basketball League Game Rules and Regulations

The OGRCC will follow the rules of the National High School Basketball Association with certain modifications.

The rules are as follows:

1. In the 4th/5th grade and 6th-8th grade divisions, each game will consist of four, 10-minute quarters running time except for the last 1 minute of each half. The game clock will stop when the official blows the whistle during the last 1 minute of each half.
2. Games begin with a center jump. The 2nd, 3rd, and 4th quarters will begin with alternating possessions. Overtime period begins with a center jump.
3. Each player is permitted four fouls. Upon the fifth foul, a player will be disqualified from the game.
4. Each team is permitted four team fouls in each quarter. On commission of the fifth foul, the opposition will shoot 2 penalty shots. Team fouls will reset each quarter. New for 2023.

League Modifications

The following adjustments to the High School rules will be made for all divisions:

5. Playing Time:

Each player will play at least one half of every game, however, no player can play more than 1 session more than any other player. Substitutions will be made at the 5-minute mark of each quarter or for injuries at any time. The whistle will blow at the 5 minute mark and substitutions will be made. Overtime periods are 3 minutes stop time and will commence with a jump ball with substitutions at the 1:30 mark. Substitution time is NOT an extra time out. When substituting for an injured or disqualified player, the new player should be of equal or lesser playing ability.

6. Timeouts: Each team may call a maximum of 3 timeouts per game and 1 in overtime.
7. Flagrant Fouls: If called, will result in immediate game disqualification for the player. Any repeat offender will be banned from the league upon review by the League Directors and Commissioner. Naturally, fighting will be construed by the officials as a flagrant foul for purposes of this rule.

8. Profane or Abusive Language:

Such an outburst from a player, coach, or spectator will result in a technical foul.

9. Possession:

Once possession has been established on a defensive rebound, or a basket is made and the ball is given over to the other team, the opposing team cannot contest the ball in that half of the court. All defenders must be instructed to drop back over the half court line.

Exceptions to this rule are as follows: In the 4th and 5th Grade and 6-8th Grade Divisions, backcourt pressure is permitted during the last minute of each half and the last 30 seconds of overtime.

10. Defense:

Man-to-man defense is encouraged, but zone defense is allowed. Double teaming is only allowed inside the 3- point line.

11. Unguarded Player:

Whenever an offensive player is in the frontcourt - in the area between the foul line extended and the baseline (or inside the 3-point line) - that player must be defended in a closely guarded situation. "Defended" means the defender must be within one step of the offensive player. If the defensive player is not within one step of the offensive player it is an illegal defense violation. Definition: A player is zero steps from a player when she can touch the player in a normal defensive stance.

12. Double Teaming:

Double teaming another offensive player outside the 3 point line is an illegal defense violation. A double teaming situation is not created when an offensive player beats their defender and another defensive player comes over to help, or when an offensive player dribbles into traffic or drives against more than one defensive player. Further, a double teaming violation will not be called immediately following a loose ball situation or immediately after a rebound; any player may legally pursue a loose ball or rebound. Teams may only double team the ball inside the 3-point line. No doubling off the ball or triple teaming is permitted at any time and, if done, a warning will be

given by the referees. On the next infraction, a technical foul will be called for an illegal defense.

12. Packing In:

Denying access to the 'key' area by "packing in" is considered to be an illegal defense violation. Each team will be allowed two illegal defense warnings. The third violation, and all subsequent violations, will result in a bench technical foul, with two shots and the basketball awarded to the offensive team. The illegal defense call-count does not reset at the half, it accumulates throughout the game.

13. Isolation Plays:

Isolating single offensive players in an effort to take advantage of the foregoing rules is prohibited. By way of example, if an offensive team sends four players to the margins of the floor in an effort to create an isolation-one-on-one for a particular offensive player, the officials will stop the play and warn the offensive coach as to this illegal "isolation play". Repeated violations of this rule are considered sportsmanship violations and technical fouls may be assessed. By definition, a play that involves more than one player is not an "isolation play." Every well-designed, well-executed basketball play results in isolation at some point. Further to this rule, coaches may not isolate any of their offensive players on the margins of the floor in order to remove strong defenders from being located close to the action of the game. Repeated violations of this rule are considered sportsmanship violations and technical fouls may be assessed.

14. Foul Line:

In the 4th through 8th Grade Divisions, the foul line shall be the normal 15 feet from the basket. In the 4th and 5th Grade Division, it is permitted for players shooting foul shots to jump past the foul line in the act of shooting as long as they stand behind the line at the commencement of the shot. If the player advances past the line they cannot continue towards the rim for the rebound until after the ball touches the rim. In the 6th thru 8th Grade Division, the foul line shall be the normal 15 feet from the basket and it is not permitted for players shooting foul shots to jump past the foul line in the act of shooting. This will be a violation and any made basket will not count.

15. Coaching:

Coaches will primarily be parent volunteers. All Coaches (Parent and Student Volunteers) will be required to sign a Code of Conduct Statement prior to the first practice.

16. Referees:

All Divisions will have a minimum of one referee per game. NOTE: THE OGRCC will not tolerate any arguing or abusive language towards the Refs at any time, whether it's a Coach or Spectator. After the FIRST Warning, a technical foul will be assigned and after the SECOND WARNING, the Coach or Spectator will be ejected from the court and a double technical foul will be assessed.

17. Foul Calls/Violations:

For the 4-8th grade divisions, all fouls and violations will be called including 3 seconds, 10 seconds (to get across half court), back court, traveling, double dribble etc. In the beginning of the season, Refs will use their discretion to allow novice players time to understand what they did incorrectly.

18. Technical Fouls:

A technical foul will result in two foul shots for the offended team and the offended team shall maintain possession. Any player, coach, or spectator that receives two technical fouls will be ejected from that game and will be automatically suspended for the subsequent game.