

2008 /2009 PALM BEACH GARDENS RECREATIONAL LEAGUE

Middle School LEAGUE RULES

1. All games are played under high schools rules adopted by the National Federation of High School Associations (with slight modifications as noted below). It is suggested that you obtain a copy of the rules. They are available at www.nfhs.com. Rules that will be enforced more closely this season
 - a. All girls must restrain their hair or tie their hair back.
 - b. No jewelry of any type can be worn
 - c. No foul or disrespectful language of any sort will be allowed
2. THERE WILL BE NO PROTESTS. ALL GAMES ARE FINAL ONCE THE OFFICIAL HAS RULED THE GAME OVER AND THE OFFICIALS HAVE APPROVED THE SCORE.
3. Games will be 4 quarters, ten minutes each. The clock will run, except for the last two minutes of the second quarter and the last two minutes of the fourth quarter. There is a two-minute intermission, between quarters one and three. Half time intermission is five minutes.
 - a. Overtime will be 2 minutes stopped clock. If the teams reach a third overtime period it will be sudden death with the first team scoring winning the game.
4. Full court pressing will begin with games starting on Sunday December _____. We will send out correspondence to the coaches to confirm the dates.
5. There will be a mercy rule when a team has a lead of 12 points or more. Once that is reached then the leading team must drop back into a half court defense. If the lead drops below 12 points then the team may resume full court pressure.
6. Each team is allotted three full times outs (60 seconds) and two 30-second times' outs per game. For each overtime period, a team is allotted one additional full time out. Any timeouts not used during regular play may be carried over into overtime.
7. Only approved coaches and assistant coaches may sit on or near the bench area. No parents, no siblings, etc. A parent may not visit the bench area during the game. Please advise your parents that absent a significant injury, you will manage and deal with your players during the game.
8. Only one coach may stand during the game. If the head coach is standing, the assistant must be sitting. If the head coach is sitting

an assistant may stand. **Failure to follow this rule will result in a technical foul assessed by the referee. A second violation will result in another technical and ejection of the head coach.** Only the standing coach may call for timeouts (or a player on the court). Only the head coach may speak with the referees.

9. We have a MUST PLAY rule. All players must play at least half the game. There will be no substitutions during the first five minutes of each quarter so we can easily monitor this rule. At the five minute mark, the clock will be stopped and ALL players (unless injured) must be put into the game and play the rest of the quarter. You may substitute freely in the second 5 minutes of any quarter, but only for a player who played the FIRST 5 minutes of that quarter. **If a team (coach) violates this rule they will first be given a warning (from the board) followed by a suspension of one game for the second offense. If this happens during the playoffs, then the violating team will forfeit the game. If a player due to an injury, illness or other circumstances can not play half the game, then the head coach must inform the other head coach, ref and score keeper of the circumstances as they become aware of them.**
10. If a player arrives late to the game the coach is required only to play her half of the time that is remaining in the game. (ie: A girl shows up at half time only is required to play one quarter not the whole second half.
11. You will need to get each of your parents and players to sign the parent and player contracts.
 - a. Coaches shall lead by positive example in their conduct towards their own team, the opposing team, the referees, parents, the scorers table and other league representatives.
 - b. Unsportsmanlike conduct by a coach will not be tolerated and will subject the coach to immediate dismissal from the league.
 - c. Coaches shall emphasize to parents and family members the importance of a supportive atmosphere of sportsmanship.
Negative cheering is not acceptable and will not be tolerated..
12. The referees will be in control of the game at all times. All decisions of the referees will be final.
 - a. The referees have the authority to eject any player, coach or attendee at a game for unsportsmanlike conduct. The referees in their absolute discretion, may provide a warning first, if they decide it is appropriate to do so. (**They do not have to give a warning**)
 - b. The referees may cancel a game for any condition they consider detrimental to the league or to the safety of the

children. If the referees determine that such a condition is caused by coaches, players or attendees associated with one team, the referees may rule that the responsible team has forfeited the game.

13. The President and members of the board reserve the right to review the rules and make changes as necessary to ensure that the league maintains its goals for sportsmanship and fair play.
14. If you have any questions about league rules, discuss them with your league director, not the referees. **REMEMBER: ALL GAMES ARE FINAL. NO PROTESTS.**