

2008 /2009 PALM BEACH GARDENS RECREATIONAL LEAGUE

ELEMENTARY LEAGUE RULES

- 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
 - All girls must restrain their hair or tie their hair back.
 - No jewelry of any type can be worn
 - No foul language or disrespectful language will be allowed
- THERE WILL BE NO PROTESTS. ALL GAMES ARE FINAL ONCE THE OFFICIAL HAS RULED THE GAME OVER AND THE OFFICIALS HAVE APPROVED THE SCORE.
- Games will be 4 quarters, **eight 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. Overtime will consist of three minute quarters (stop clock last minute). If it is still a tie after the overtime period, then the first team that scores will win in sudden death. [Note that the clock rules are a deviation from high school rules, to accommodate our limited court time].
- A mercy rule has been adopted. If any team is ahead by more than ten points, then the defenders may not defend beyond the three point line, until the score differential is reduced to less than ten points.
- 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.
- Only approved coaches and assistant coaches may sit on or near the bench area. This year we can have a total of three coaches but only one coach may stand during the game. The other coaches have to remain seated. If the head coach sits

then 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 timeouts (or a player on the court). Only the head coach may speak with the referees.

- No parents, no siblings, etc. should be in the bench area. 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, including minor bumps, bruises and tears.
- We have a MUST PLAY rule. All players must play at least half the game. There will be no substitutions during the first four minutes of each quarter so we can easily monitor this rule. At the four-minute mark, the clock will be stopped and ALL players (unless injured or sick) must be put into the game and play the rest of the quarter. You may substitute freely in the second 4 minutes of any quarter, but only for a player who played the FIRST 4 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 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.**
- The first part of the season all the teams will be required to play man to man defense. If an opponent beats a defender another teammate may pick that player up (switch) but the other player then must switch to the other player's man. (girl)
- In the second half of the season starting with the games on **Sunday December _____** (we will send our correspondence to remind coaches) you may trap AFTER the ball has crossed half court. No player may defend in the back court at any time during the season. The referees will warn the players once and then will call a technical foul if it happens again.

This rule has also lead to controversy over killing the clock with timeouts at the end of the game by not advancing the ball over half court. This is perfectly legal under the rules. The ten-second count to advance the ball over half court begins again after EVERY time out.

- Free throws will be shot from the twelve-foot line, not 15 feet [deviation from high school rule]. The referees have been asked to enforce line violations on free throws.
- You will need to get each of your parents and players to sign the parent and player contracts.
 - **Negative cheering from the players, coaches or fans will not be tolerated or allowed.**
- **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.**

If you have any questions about league rules, discuss them with your league director, not the referees. REMEMBER: ALL GAMES ARE FINAL. NO PROTESTS.