

OBGC Girls Basketball Rules, 2022-23

	4/5	6/7	Junior/Senior
Games	8 minute quarters	8 minute quarters	8 minute quarters
Clock Stoppage	All fouls, jump balls (possession) & timeouts. Last 1:00: all whistles.	All fouls, jump balls (possession) & timeouts. Last 1:00: all whistles.	All fouls, jump balls (possession) & timeouts. Last 1:00: all whistles.
Playing Time	Min: 2 quarters (play in both halves unless more than 10 players), Max: 3 quarters (unless 7 or fewer players). Rule suspended if player arrives late or leaves early. Honor system.	Min: 1½ quarters (play in both halves unless more than 10 players), Max: 3 quarters (unless 7 or fewer players). Rule suspended if player arrives late or leaves early. Honor system.	Min: 1½ quarters (play in both halves unless more than 10 players), Max: 3 quarters (unless 7 or fewer players). Rule suspended if player arrives late or leaves early. Honor system.
Substitutions	Only subs for injury, illness, etc.	Free substitution. Coaches keep track of playing time.	Free substitution. Coaches keep track of playing time.
Defense	Man to Man ONLY, No defense outside 3--point arc except <u>half--court</u> defense allowed last 2:00 of each half & overtime. No half--court defense by teams ahead by 10 or more. <i>Offense must make an attempt to penetrate the 3-- point arc (no stalling) within reasonable time – first incident results in warning, 2nd incident results in a turnover.</i>	Zone & Man to Man. <u>New</u> : Half---court defense allowed entire game. Full court defense last 2:00 of game and overtime. Coaches of teams ahead by 10 or more should pull back and play defense inside the 3---point arc to avoid blowouts. <i>This will be honor system, refs will not enforce violations of defense outside 3-- point arc.</i>	Zone & Man to Man. Half---court defense allowed entire game. Full court press in last 2:00 of the game. No full---court press by teams ahead by 10 or more points.
Matching Up	Coaches can assist girls in matching---up on defense at beginning of quarters	No game stoppage for matchups. Players match up themselves with coach assistance from sidelines as needed.	No game stoppage for matchups. Players match up themselves with coach assistance from sidelines as needed.
Overtime	1 st overtime: 3:00 2 nd : 1:00	1 st overtime: 3:00 2 nd : 1:00	1 st overtime: 3:00 2 nd : 1:00

	3 _{rd} : sudden death	3 _{rd} : sudden death	3 _{rd} : sudden death
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Time outs:	2 each half, duration: 1:00, unused not carried- --over, 1 st overtime: 1 TO (1:00) 2 nd overtime: 1 TO (:20)	2 each half, duration: 1:00, unused not carried- --over, 1 st overtime: 1 TO (1:00) 2 nd overtime: 1 TO (:20)	2 each half, duration: 1:00, unused not carried- --over, 1 st overtime: 1 TO (1:00) 2 nd overtime: 1 TO (:20)
Three point shots:	Yes	Yes	Yes
Fouls	Shoot 1&1 on 7 th team foul, shoot 2 on 10 th . Max 5 per player.	Shoot 1&1 on 7 th team foul, shoot 2 on 10 th . Max 5 per player.	Shoot 1&1 on 7 th team foul, shoot 2 on 10 th . Max 5 per player.
Foul Line	Shoot 2 feet closer. Players enter lane when ball hits the rim.	Regulation distance. Players enter lane when ball hits the rim.	Regulation distance. Players enter lane when ball hits the rim.
10-- second rule to cross half- - court:	Yes	Yes	Yes
3-- seconds in lane:	Yes ---Enforced if abused (5---6 seconds).	Yes	Yes
Jewelry	None	None	None
Ball size	28.5 intermediate	28.5 intermediate	28.5 intermediate
Minimum # of players	3 or forfeit	3 or forfeit	3 or forfeit

OBGC Code of Conduct: Parents will understand that OBGC and its activities are for the benefit of children and parents are required to conduct themselves in a manner consistent with creating a positive experience for children and their families. As a Parent or Guardian of a child registered with OBGC, you are responsible for the conduct of your guests and other family members. OBGC will not tolerate a parent yelling at or belittling a child, officials, coaches or other parents in any way. Any and all violations of the Code of Conduct will result in sanctions and may lead to the immediate expulsion of that parent from an event and other OBGC activities.

** Coaches are ultimately responsible for enforcing the Code of Conduct for their own players, coaches, and fans. Please review the Code of Conduct and share with your team and families. For more information:

<http://www.obgc.com/OBGCHistory/OBGCpolicies>

Rules Contact for Girls Basketball Leagues (2017-18 season):
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