

Training League Girls - Summer

Except for the following rules specific to each division, KHSAA rules will apply. Officials maintain authority on rule interpretations and all decisions are final.

Specifications

1. 3 or 4 players v 3 or 4 players (coach's discretion)
2. Cross court instead of full court
3. Ball size: 28.5"
4. Goal height: 9'
5. Free-throw line: 12' from center of hoop

Pre-Game Expectations

1. Coaches must submit a full team roster (player last names and jersey numbers) to the scorekeeper by halftime of the preceding game. Game-time changes (i.e. absent player) should be communicated prior to tip off.
2. The Home team will take the benches closest to the front door of the gymnasium. Each team will warm up on their starting offensive goal, opposite their bench.
3. Reversible jerseys will be provided. The Home team will wear white.

Regulations

1. Games are played in four 6-minute quarters. Overtime periods are 2 minutes each and repeat as needed.
2. There is a continuous running clock, with the exception of free throws and timeouts (bench or official). The clock will also stop in a dead-ball situation during the final two minutes of each half and in any overtime periods.
 - a. A made basket does NOT constitute a dead-ball situation.
 - b. Beginning in the 4th Quarter, if a team leads by 20+ points, the clock will not stop at all (unless a coach specifically calls a timeout).
3. Each team is granted two timeouts per half in regulation play. Each team is granted one timeout per overtime period. Timeouts are not carried over between halves or overtime periods.
4. Possession will alternate each time "jump ball" is called. The possession at the beginning of each quarter is included in this rotation.
 - a. Overtime periods begin with players performing a center jump for the ball and possession alternating from there.
5. No three-point shots are counted.

Playing Time Requirements

Given the fluctuation of attendance, the Training Leagues Girls summer coaches have agreed to utilize open substitution. Therefore, playing time is not strictly mandated.

More specific requirements may be added if necessary.

Backcourt Guarding

1. Backcourt guarding is allowed ONLY in the final minute of the 4th quarter and any overtime periods.
 - a. A team may NOT backcourt guard if leading by 10+ points. This would also be treated as a backcourt violation.
2. During the periods when there will be no back court defensive guarding, the defensive players must gain control of the ball before the teams are required to shift between offense and defense. Once possession is attained, the offensive player has the right to have no defensive pressure until the ball is advanced beyond mid-court. If defensive pressure is applied, the official will call a backcourt violation.
 - a. The ball must still cross the mid-court line before ten seconds elapses.
3. With the third backcourt violation, as well as all subsequent instances, two technical foul shots will be awarded to the offensive team. The offensive team will retain possession after the technical free throws.

Technical Fouls & Misconduct

1. An official can remove a player from the game at any time due to misconduct on the court. The player will not be allowed to return to the game for the remainder of that half. This will result in a forfeiture of the player's minimum playing time requirement for the applicable period.
2. Technical Fouls - Coaches
 - a. Conduct and Procedural technicals are viewed differently
 - b. Following 1st conduct "T" on a coach, officials may require the coach to remain seated.
 - c. Following 2nd conduct "T", the coach is ejected from the remainder of the game and must leave the premises immediately. This also results in a suspension for the following game, during which the coach is not allowed on the premises.
 - d. Any coach ejected from two games in a season will no longer be allowed to coach in the Glendover Basketball League for that season.
3. Technical Fouls - Players
 - a. Technical and flagrant fouls follow KHSAA procedure.
 - b. Following 2nd conduct "T", the player is ejected from the remainder of the game and must leave the premises immediately. This also results in a suspension for the following game, during which the player is not allowed on the premises.

- c. A player ejected from a game for fighting as defined by the official will be banned from the league.
 - d. Any player engaged in destructive behavior toward any facility will incur a one game suspension, during which the player is not allowed on the premises. If there is a 2nd offense, the player will be banned from the league.
4. Officials may require spectators to stay off the court during timeouts, half-time, or between games. Failure to adhere to the official's request may result in being asked to leave the facility. League participants are subject to a one game suspension for not adhering to official's requests.
 5. Head coaches are responsible for maintaining proper behavior from their bench. This includes assistant coaches and players as well as team family, friends, & fan conduct.