



LEAGUE RULES (Updated 2025-2026)

Divisions – Girls 4th/5th Grade

Regular Virginia High School rules apply unless overridden by the "LEAGUE" rules

1. BALL SIZE

- Women's Size 28.5" ball.

2. GAME LENGTH

- 6 minute stopped clock quarters. 3-minute half-time break. 2-minute break between other quarters. On occasion referees have the authority to reduce breaks if games are running behind.

3. TIME OUTS

- Three full time-outs and two 30-second time-outs per game. One additional full time-out is allowed per overtime period (plus game carryovers.)

4. HALF-COURT AND FULL-COURT DEFENSE

- Any half-court defenses (i.e. Zone, man-to-man, press) are allowed in this grade division.
- Full court pressure is only allowed in the last minute of the 4th quarter. No back court defense if there is a 20-point lead. Warnings will be given for the first 2 violations. A 3rd violation will result in the offensive team getting a single foul shot and the ball out of bounds under the offensive team's basket. This violation does not result in a team technical foul.
- If there is a 30-point lead in the second half, then the clock will be a running clock until the lead gets under 20 points. The clock will only stop on time-outs and injuries.

5. OVERTIME PERIOD

- One 3-minute overtime.
- Then 1-minute sudden death 2nd overtime, then tie is declared, except in tournament competition, where the 2nd OT keeps going until a team scores (and wins via sudden death.)



6. GOAL HEIGHT

- 9 ft.

7. THREE-POINT SHOT

- The 3-point shot is allowed and will be counted so long as the gym has a 3-point line. 3-point shots will not be counted in gyms that do not have a 3-point line.

8. PENALTY FOR FOULS

- 5th team foul per quarter begins 2 foul shots.
- Player fouls out with 5 personal fouls per game.

9. TECHNICAL FOULS

- Coach will be ejected on the 2nd technical foul and will be required to leave the gym. The ejection will be reviewed by the Board.
- Players assessed two technical fouls will be ejected.
- An ejected player, coach, or assistant must leave the gym and will receive one game suspension for next game. The ejection will be reviewed by the Board.
- Any fan causing a technical foul to be assessed against their team must leave the gym. The incident will be reviewed by the Board.

10. FREE THROW LINE SHOOTING

- Foul line is regulation distance. All violations should be called.

11. LANE AND BACK COURT VIOLATIONS

- **Lane violation:** 5 seconds.
- **Backcourt violation:** The failure to bring the ball from the backcourt into the frontcourt in the allotted 10 seconds.

12. GAMES CAN BE PLAYED WITH A MINIMUM OF FOUR (4) PLAYERS.

13. FIGHTING

- Fighting among players will not be tolerated. Players will be assessed a flagrant technical foul, ejected from the game, and suspended for the next game.



- A player receiving a second suspension for fighting will be expelled from the team for the remainder of the season. Any ejection must be reported to the commissioner by coach and referee.

14. TAUNTING AND PROFANITY

- Taunting another player will not be tolerated. The use of profanity on the court will also not be tolerated. Players taunting another player or using profanity of any kind on the court or bench will be assessed a flagrant technical foul and ejected from the game. Player will be suspended for the next game.

15. BENCH

- The head coach and up to two coaches may be on the bench. No one besides the three coaches and players are allowed on the bench.
- Only one coach may stand up while the game is going on.
- Coach's Box will be from the Scorer's Table to the Foul Line.
- All players must remain seated on bench during game when they are not playing.
- All parents should sit on the opposite side of the gym unless designated to be on the bench by the coach.
- Coaches are responsible for enforcing these rules.

16. UNIFORMS

- All league players will be required to wear the GBA issued jersey and athletic shorts that do not have any pockets.

PLAYER PARTICIPATION RULE

1. **Coaches are required to bring a planned player participation schedule to every game.** If a player participation sheet is not submitted BEFORE the start of the game, the bench will receive a TECHNICAL Foul. This will result in 2 shots for the opposing team plus possession under their hoop.
2. **It is the responsibility of the coach to keep a written record of all time played by each player in every game.** This must be kept during each game and be available at the end of the game.
3. **Barring injury or sickness, all players present before the start of the game must play at least 2 COMPLETE, UNINTERRUPTED quarters (one in each half).**
4. **Barring injury or sickness, there are no substitutions in the first quarter.**



5. **All players must sit at least 1 COMPLETE, UNINTERRUPTED quarter. Our goal is to minimize substitutions during games, which can be difficult to track and can be used by coaches in an attempt to gain a competitive advantage.**
6. Any player showing up at halftime or later may play at the coach's discretion.
7. No player shall play more than the time equivalent of three-quarters of play during any game.
8. The only exception to Rule 7 will be when all players present have played a total of three quarters. Any player may play more than three quarters only when all other teammates on roster have played the equivalent of three quarters in that game. THIS WILL ONLY BE THE CASE IF YOU HAVE 6 OR LESS PLAYERS!
9. A coach or parent may file a complaint against a coach for violating the Player Participation Rule. Such a complaint should include the specific violation of the rule. Complaints may be made to Division rep or League Commissioner.
10. Should the Commissioner find a coach in willful violation of the Player Participation Rule, the coach will be suspended for two games (including tournament games) and will be charged with a loss during which game(s) the violations occurred.
11. If the Player Participation Rule violation occurs during tournament play, the offending coach shall be barred from any coaching or coaching-related activities for the subsequent season.

The following table offers easy to follow guidelines based on the number of players that show up to a game:



Players at Game	Number of Quarters Played Per Player		
	2 Quarters	3 Quarters	4 Quarters
10	10		
9	7	2	
8	4	4	
7	1	6	
6		4	2
5			5

For example:

If a team has 10 players at a game, all 10 players must play 2 quarters each. No one can play more than 2 quarters.

If a team has 9 players at a game, 7 players can play two quarters and 2 players can play up to three quarters. No players can play 4 quarters.

If a team has 8 players at a game, 4 players can play 2 quarters and 4 can play up to 3 quarters and no players can play 4 quarters

If a team has 7 players at a game, 1 player can play 2 quarters and 6 can play up to 3 quarters and no players can play 4 quarters

If a team has 6 players at a game, all players can play 3 quarters and 2 can play up to 4 quarters

If a team has 5 players at a game, all players must play all 4 quarters

Remember for all scenarios listed above all players must play at least two uninterrupted quarters (one in each half) and sit at least one uninterrupted quarter!