RICE LAKE GIRL’S BASKETBALL CITY LEAGUE

DIVISION II PHILOSOPHY and GUIDELINES

*Mission: Provide numbers and enthusiasm for basketball – delivering a high volume of girls who love basketball to the HS program.*

Division II is held for girls who are in 5th and 6th grade. This division meets 2x/week for either a practice or a game. The emphasis of this league is on skill-building and introduction to 5-on-5 game play. The primary focus is to develop each player’s understanding of the game in conjunction with team play and fundamental skills development.

This league consists of the following sections:

* 60-90 minutes of skill development/team practice
* 5-on-5 games against area teams

Girls are assigned to teams and led by a volunteer parent coach in each practice and game.

The competitive play section utilizes the following guidelines:

WIAA rules will be the official rules for this league with the following exceptions:

1. Playing time consists of (4) 6-minute quarters.
2. Half-time will be 5 minutes in length if time allows.
3. Each team is allowed (2) 60-second timeouts per game.
   1. Each team will be awarded an additional timeout in each overtime period.
4. A half court zone defense is not allowed.
5. Full-court press is not allowed.
6. For violation of rules #4 and #5, the coach of the violating team will be warned once per game. A technical foul will be assessed for subsequent violations.
7. THIS IS AN EQUAL PARTICIPATION LEAGUE. There will be automatic substitutions approximately every 3 minutes. On the first dead ball or basket after 3:15, or at 2:45 if neither of these occurs, the clock will stop and all girls not in the game will report into the game. There will be a 30-second official’s timeout to facilitate this.
   1. Each coach will establish a numerical list of the girls available to play at the start of the game. For example, #1-5 play the first 3 minutes of the 1st quarter, then #67812 plays the second 3 minutes of the quarter. At the start of the 2nd quarter, #34567 will report in, and then #81234 will play the last 3 minutes of the half.
   2. In the event of an injury or disqualification, the player entering the game assumes the place in the rotation of the girl exiting. If an injured girl is later able to return to the game, the coach should revert back to his/her original rotation.
   3. During any overtime period, the coach may substitute freely.
8. A coach from each team may be off the bench to instruct and encourage his/her players. The coach may request play be stopped to demonstrate or emphasize a teaching point that is happening in the game.
9. Should the game be tied at the end of regulation playing time, consecutive 2-minute overtime periods will be played until a winner is determined.