

GREAT FUTURES START **HERE.**



BOYS & GIRLS CLUBS
OF GREATER WASHINGTON

Prince William County/Manassas Branches

Boys & Girls Club Basketball Rules

All leagues will play under the rules of the **BGC LEAGUE!**

1. Ages 5-7 Instructional Division

- We will use one official during the regular season & post season. Wins and losses will be kept by Athletic Coordinator.
- The clock will continue to run only stopping for timeouts, two shoot fouls and halftime.
- Teams will shoot 1 and 1 when opposing team gets 7 team fouls in a half
- Players will get 7 fouls before fouling out of the game
- The clock will stop on all whistles under 1 minute.
- They will play two 12 min halves with a 2 minute halftime
- 3 pointers will be counted
- Player will have 12 seconds to cross half court
- Players will get a 5 second lane violation instead of 3 seconds
- No full court pressing until last minute in each half
- Teams must play defense behind the volleyball line unless under 1 minute they may pick up full court.
- Teams are allowed two 30 second timeouts per half and one timeout for over time. **No carryovers**
- Games that end in a tie will go into 2 minute overtime, if still tied at the end of overtime, it will be a draw. If it's the playoffs we will play a sudden death, which is, first team that scores wins. Clock will stop on all whistles under 1 minute in OT.

2. Ages 8-10, 11-13 & 14-17

- There will be a running clock except for timeouts, and two shoot fouls. On 1 & 1 foul shots, the clock will start when official hands player the ball until the last 2 minutes in each half.
- The clock will stop for every whistle under 2 minutes of each half.
- They will play two 16 minute halves with a 3 minute halftime.

- Player will have 10 seconds to cross half court
 - 3 second violation will apply for all 3 ages.
 - **Ages 8-10 may press last 2 minutes in each half only.**
 - **Ages 11-13, and 14-17 you may press the entire game unless your team goes up by 20 points.**
 - Teams are allowed two 30 second timeouts per half and one timeout for overtime. **No carryovers**
 - Games that end in a tie will go into 3 minute overtime, if still tied at the end of overtime, it will be a draw. Clock will stop on all whistles.
3. COACHES MUST PLAY EACH PLAYER AT LEAST 6 MINUTES PER GAME WITH SOME PLAY COMING IN EACH HALF UNLESS TOO MANY PLAYERS PERMITT THE TIME REQUIRED. **FAILURE TO FOLLOW THIS RULE WILL RESULT IN IMMEDIATE FOREFIT OF THE GAME NO EXCEPTIONS!!**
 4. Foul language and unacceptable behavior on the basketball court calls for an automatic technical foul. Any parent or coach caught using profanity will automatically be asked to leave the arena and one year suspension. The second time it will be permanently.
 5. **COACHES** are to provide a clock or bookkeeper prior to start of game; one volunteer per team.
 6. If a team is ahead by 20 or more points, no more points will be put on the scoreboard for the winning team, until the lead is less than 20 points. Correct score will still be kept by the bookkeeper.
 7. Teams may start the game with 4 players and play through the first half after which they must have 5 players unless opposing coaches agree to finish the game. The outcome of the game will go in the books as win or loss, no matter what.
 8. There will only be **two** coaches allowed on the bench per team.
 9. For 1st game only, if there's not enough players to start the game we will shorten the game time to play the first game when at least 4 players show for each team. Each game thereafter will get a 2 minute grace period to start. **No exceptions.**
 10. Only the Head coach May speak to the Referee...If players or assistant coach is caught talking to referee they will be assessed a warning.... 2nd time a technical will be administered, 3rd time, coach or player will be removed from facility and suspended for next game... If this issue continues the individual will be suspended for the season.
 11. **Absolutely no jewelry or hair beads allowed at no point.**

Please remember this is for the kid's and thank you for your time and efforts as a volunteer coach. **PERSONAL NOTE TO ALL COACHES:** All coaches are expected to act like role models at all times. Failure to do so will lead to an immediate dismissal of that coach's services.

Coach Name: _____

Coach Signature: _____

Date: _____