

Girls Fall Fundamental League "GFFL" -- GAME RULES

Game Length: 8 four minute periods (could be 3 minutes to accommodate a one day event). 1 minute between periods. 3 minutes after period 4. Time outs: Three 30 second time outs per team per game. Technical foul if more than 3 called. T-foul, lose ball & 2 points. In 1st/2nd & 3rd/4th fundamental league timeouts can be called with or without possession of ball, 5th & 6th grade team must have possession for time out. Clock stops for free throws, free throws for shooting fouls only. LAST TWO periods, clock stops at whistle and must have possession for time out. 25 point advantage clock continues

Referees: 1st & 2nd graders together use coaches or experienced family members, 3rd & 4th graders high school or adult, & 5th & 6th high school or adult. Each town is responsible for the arrangement and payment of the referees.

Equal Play Time: All participants shall have equal play time. 10-12 girls per team, absolute maximum of 15.

Player Point Limit: 12 point player limit, no shot limit. 13-14th point would not count and ball to other team. Second offense includes player foul in addition to the no points and turn over. This rule is to help the dominating player to pass the ball.

Pressing: Will not be allowed for the 1st & 2nd and 3rd & 4th teams. A man-to-man full court press will be permitted for 5th & 6th grade teams in the 4th, 7th & 8th periods. During the 7th & 8th period no full court presses with zone. 20 point rule, once ahead by 20 no press.

Defense: 1st & 2nd graders man to man, 3rd & 4th graders man to man, & 5th & 6th man to man. 2-3 zone allowed in the 5th through 8th period for 5th & 6th graders. This will allow the older girls to learn zone defense prior to travel basketball. Full court press is not allowed in the 5th & 6th period.

Double team defense is only allowed inside the three point line/arch

Basket Height:

1st & 2nd grade 8-8 ½ feet

3rd & 4th grade, 10 foot

5th & 6th grade, 10 foot

This will assist in keeping games on schedule

Free Throws:

1st & 2nd: 3 feet in from line

3rd & 4th: 2 feet in from line

5th & 6th grade regulation

Equipment:

1st & 2nd grade teams will use a 27.5" ball instead of the 28.5" standard

Uniforms: Colors are listed below. Numbers must be on front and back for the referee to call fouls (ex. no numbers over 5 permitted; 55 ok, 56 is not).

- Princeton will be black & orange t-shirts
- Zimmerman will be navy blue and light gray
- Becker will be light blue and white (or dark gray.)

General Guidelines

Practices: Recommendations

Due to limited court time one of the two practices could be half court practices. GFFL is to focus on fundamentals and a team of 10-12 could hold one practice on half court. YOUTH BASKETBALL BOARDS SHOULD BALANCE PRACTICE TIME FOR EACH TEAM AND THE IN HOUSE COMMITTEE SHOULD SUBMIT THE PRACTICE TIME FORMS. Each town can handle the practices as it deems best. We need to remember that equal teams must have equal practice times and practice schedule balance.

- 1st & 2nd grade, 1 ½ hour per week.
- 3rd & 4th grade, two 1 hour practices
- 5th & 6th grade, two 1 ½ hour practices

Coaches: 1st & 2nd and 3rd & 4th can have first year coaches. 5th & 6th grade teams must have a person that has coached before at elementary age level. BOARDS will provide equipment list and basic practice drill suggestion.