



ST. CHARLES STORM BASKETBALL

IN-HOUSE LEAGUE RULES - GIRLS

Game Rules

In general, the games will be governed by IHSA basketball rules. Listed below are both exceptions for specific Storm League rules (**Sections A and C**) as well as clarifications of rules inconsistently enforced in prior seasons (**Section B**).

Section A: Clock/Time

1. The games will be played using 7 minute quarters. The clock will stop on all whistles.
2. In the event of a tie at the end of the regulation 4 quarters, there will be one 2 minute overtime period. In the event that the game remains tied at the end of the overtime period, the teams will play a sudden-death overtime period with the first team to score being declared the winner.
3. Each team will be allowed two 1 minute timeouts per half. In the event the game goes to overtime, each team will be allowed one additional 1 minute timeout per overtime period.
4. Quarter breaks will be 1 minute long and the halftime break will be 4 minutes long.
5. One official score sheet will be kept at the scorer's table. The home team will provide the scoreboard clock operator and the away team provides a scorebook keeper.

Section B: Fouls/Free Throws

1. All shooting fouls will result in 2 free throws (3 on a shot beyond the 3-point arc) unless the basket was made, which would then result in 1 free throw in addition to the basket.
2. The bonus is reached when 5 team fouls have been committed in a quarter. Non-shooting fouls will result in 2 free throws when in the bonus. Team fouls will reset each quarter.
3. A player will be considered fouled out after his/her 5th foul and may not return to the game.
4. For 5th/6th grade only, the shooter must start the shot attempt behind the foul line, but may jump and land over the foul line.

Section C: Defenses

1. **A half-court zone defense is not allowed under any circumstance.**
2. In the half-court defense, help and recovery defense is allowed but intentional trapping is not allowed.
3. Enforcement of rules C1 and C2 will be at the discretion of the referee. The referee will issue a warning for illegal defense the first time he determines that a team is not adhering to rules C.1 and C.2. For every whistle against that team for an illegal defense after that, a violation will be called and a point awarded to the opposing team.
4. When using a **full-court defense** in the back court, a team must follow rules C.1 and C.2 once the ball crosses the half-court line into the front-court.
5. The rule regarding when a **full-court defense** can be used differs depending on age-group:
 - **For 5th/6th Grade Girls :** Full-court defense will be allowed only in the last 2 minutes of each half (2nd & 4th Quarters). Teams will NOT be allowed to PRESS after they are leading by 15 points.
 - **For 7th/8th Grade Girls:** Full-court defense is allowed at any time during the game. Teams will NOT be allowed to PRESS after they are leading by 15 points.

Coaching Rules

- Every effort should be made to make the playing time approximately equal for every player at each game. Skill level should not be a determinant for playing time. Missed practices should not either.
- Coaches are not allowed to argue with a referee under any circumstance. A coach will not allow a player to argue with a referee under any circumstance either.
- Coaches will teach the game of basketball and instruct their team in both practices and games in accordance with the rules stated in the Storm **Game Rules**, especially with regards to the defensive rules.
- Coaches will instill a spirit of good sportsmanship in their teams and will always set a good example for their players to follow.
- No videotaping or scouting other teams.
- Coaches represent the Storm program as a whole, not just their own team, meaning they will provide support and encouragement to any and all players and coaches in the program.
- Any Bitty or In-House level coach ejected from a game will be suspended a minimum of 2 weeks and a maximum of the entire season as determined by the board. Any ejection by a coach, parent or player shall be reported to the program coordinator within 24 hours of the occurrence.

Facility Rules

- We are playing in these gyms with the permission of the schools and the individual principals. We have to take great care of these schools or we will lose our privilege to use them.
- Our contract with the school district includes use of only the gyms. We do not have the use of locker rooms at any facility. Players must come to the gym prepared to play or practice.
- Players, siblings, and parents must stay in the gym except for restroom visits. Parents must keep their kids with them in the seating area.
- No one is allowed to loiter in the hallways at the school for either the games or practices. Coaches must enforce this. A high school student will be assigned as a gym supervisor for games to assist with this enforcement.
- No food or beverages may be brought into the gyms except player's water bottles. Coaches are responsible for making sure their bench area is cleaned up for the next game.
- No bouncing of balls, shooting or warming up on the sidelines during games or practices. Teams must wait until the game or practice before them is finished.
- Coaches will need to bring a copy of these rules and a score sheet to each game for use at the scorer's table. Some form of a scoreboard will be provided at each game site.