



Pleasant Grove
Utah's City of Trees

WOMEN'S BASKETBALL RULES

1. High school rules apply.
2. If you do not have enough players by game time, you will be given 5 minutes past game time to have at least 4 players before forfeit time. You must have **4** players to start.
3. Games will be played in **two twenty minute halves**.
4. The clock will stop the last **minute** of the first half and the last **2 minutes** of the second half.
5. If there is a lead of 15 points or more in the second half, the clock will not stop except for timeouts.
6. Each team is allotted **2 one minute timeouts per half**. These will not carry over.
7. Overtime will last **3 minutes** with the clock stopping the last minute. One timeout will be given in overtime.
8. Technical Fouls: **1st**- Sit out 20 minutes of game.
 2nd- Sit out the remainder of the game plus one more.
 3rd- Remove from the league.
9. **SPORTSMANSHIP IS A MUST AND SHALL BE ADHERED TO BY ALL PLAYERS, COACHES AND FANS.** Technical fouls will be given for unsportsmanlike conduct. *Foul language of any kind is not acceptable. Technical fouls will be given for foul language.
10. **TEAM ROSTERS** with player's signature must be handed into the league supervisor by the **FIRST GAME**. Only players listed on the roster are allowed to play, players wanting to play will need to sign roster **before** they can play.
11. **FINAL ROSTERS** are due when there are 2 games left in the season. Any players added after this date will not be eligible to play in the post season tournament.
12. Players must **play** in at least two season games to be eligible for the post-season tournament.
13. Each team is limited to two ex-college players on their roster. However, additional college players may be allowed **IF** that player has only played one year in college, only played for a Jr. College team, or is over the age of 30. **NO OTHER EXCEPTIONS!!**
14. There is no limit of players on a team roster. However, the league will only give out a maximum of 10 individual awards for the first and second place teams
15. Free Throw Provisions: This rules change affects players in marked lane spaces. The new rule allows players in marked lane spaces to enter the lane when the ball is released by the free thrower. The restrictions for the free thrower and players not in marked lane spaces remain in effect until the free throw touches the ring or backboard, or until the free throw ends.
16. Coaches are responsible for making sure their team knows all rules and conditions of playing in league