

Vertical Sports

8-10 Girls Basketball Rules

I. Game Play Rules

Play is governed by the National Federation of State High School Associations' Rules Book (www.nfhs.org).

Playing time rules unique to Vertical Sports:

-Each player is required to start at least three games during the season.
-All players will play at least half of every game. At the end of a close game, it is understood that coaches will desire to play their best possible lineups. Please plan ahead for this situation by playing players fairly throughout the game.

A. Pressing Rule

- **There is no pressing.** Players may be guarded once they cross half court. If team has a 15 point lead they must play defense in the lane.

B. Time Outs

- Each team has 4 "full" (one-minute) time-outs per game. An additional full time-out will be awarded for an overtime period if needed. Time-outs will not carryover to any overtime periods.

C. Free Throws

- Will be standard 15ft free throw shot. May move up a step at ref discretion.

D. Timing Procedures

- 2 20-minute halves with running clock.
- Regulation clock the last two minutes of 2nd half (unless 15+ point lead). 1st half clock will only stop to avoid the buzzer sounding during a player's free-throw motion.
- 3-minute overtime with last minute regulation clock
 - If still tied, move to FT shootoff (like soccer penalty kicks). The 5 players on the court shoot. If tied after 5 shots, bench players begin to shoot. Shoot until tie is broken, in sequential order.

II. Equipment

A. The ball used will be 28.5” women’s ball. Coaches are instructed not to bring basketballs to gyms for games and practices, as Vertical Sports will provide balls.

B. Rim height will be 8.5 ft.

III. Conduct

Coaches must be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a Vertical Sports staff member if you need help in this area.

All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Every technical received for improper conduct will be reviewed by Tanner Arrowood, Sports Minister at Vertical Sports, for disciplinary measures, with maximum penalty being dismissal as coach.

Any player, coach, or parent who receives an unsportsmanlike technical foul will be ejected from that game and suspended for the next game. If the player, coach, or parent receives another unsportsmanlike technical foul during the season they will be ejected from the game and suspended for the rest of the season.

Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be second in priority to our desire to present an effective Christian testimony.

Parents are expected to encourage a positive atmosphere and bring any concerns privately to their coach. Public displays of disagreement or anger toward a player/coach/referee will not be tolerated. All rules are subject to change at the discretion of Vertical Sports.