



Coach's Guidelines

1. Coaches will endeavor to teach character and good sportsmanship to their players by example first
2. Coaches will not permit any type of abusive or foul language at any practices or GWMAA events.
3. Coaches and league officials shall always treat each other with respect.
4. Coaches will hold themselves accountable for league rules. Teams in games where the scores are very lopsided will show good sportsmanship in the event of a large margin of victory
5. Coaches shall respect the authority of the referee(s) covering the game
6. Under no circumstances shall a coach be alone with a player.
7. Coaches are responsible for clean up after practice and team bench after a game.
8. Be a good example. Typically, a coach who models good sportsmanship has players and parents who do the same.
9. Coaches will have fun!



League Rules

It is the intent of the GWMAA to promote a fair and competitive environment for young people to learn the game of basketball and improve their skills. It is not our intent to generate a volume of rules specific to each age division, but rather provide general guidelines to promote equity among the teams. We ask that each coach cooperate with the spirit of these rules, and not search for “loopholes” to give their team an advantage. The league directors reserve the right to adjust or create rules or policies at any time, which, in their judgment, will preserve the mission of the league as, listed above.

All leagues will use Florida High School rules with the following exceptions.

Rookie Rec Division

1. Quarters will be 6 minutes, regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).
2. The ball used will be an “undersized” ball (27”) and the baskets will be ~ 8.5 feet.
3. Full court pressing is allowed only in the last 3 minutes of each half and during that time, the pressing team must be behind or ahead by 10 points or less.
4. An official time-out will be called at the 3-minute mark for each of the first 3 quarters. At that time, all players on the bench must come into the game. At the second substitution period, all players who have not yet come out of the game must be replaced. Unrestricted substitutions will be allowed in the fourth quarter (any player may play in the fourth quarter regardless of how much time has been played prior to the fourth quarter).
5. Each player shall play a minimum of 1-½ quarters. Failure to abide by this rule will result in game forfeiture.
6. There will be one official time-out at the 3-minute mark for each of the first three quarters. Each team will be given 2 full time-outs per game.
7. Overtime will be 2 minutes. Fourth quarter rules apply in overtime, with each team receiving 1 additional full time-out.
8. Defense will be man-to-man only. Double teaming will be allowed when it occurs during the normal course of play (such as two defenders being in the same area when a screen is being set but no “chaser” or “designated defender” is allowed); however triple teaming is not (see rules below). The following penalty will be assessed for violation of this rule:
 - 1st offense - Warning
 - 2nd offense - Technical Foul
 - 3rd offense - Game Forfeiture
9. The free-throw line will be moved to 12’.

10. Defense shall not extend beyond the top of the 3-point circle when the defensive team is ahead by 10 points or more. However, there shall be no “stalling” outside the designated defensive area by the offense. Offensive teams shall initiate movement towards the basket and below the top of the 3-point circle extended within a reasonable time after crossing half court.

Man-to-man defense rules

- a) Each player will guard a player from the opposing team.
 - b) It is illegal to utilize a “chaser”, where one player is designated to chase the player with the ball while leaving his/her player unguarded.
 - d) Defensive players converging on the ball when it is in the lane or close to the basket is not considered triple teaming and is allowed. However, during the execution of normal half-court play, defensive players must stay within a reasonable distance of the player they are guarding, and not “cheat” into the center of the floor.
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Pee Wee Rec Division

1. Quarters will be 7 minutes, regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).
 2. The ball used will be an “undersized” (28.5”) ball.
 3. Full court pressing is allowed only in the last 3:30 of each half and during that time, the pressing team must be behind or ahead by 10 points or less.
 4. An official time-out will be called at the 3:30 mark for each of the first 3 quarters. At that time, all players on the bench must come into the game. At the second substitution period, all players who have not yet come out of the game must be replaced. Unrestricted substitutions will be allowed in the fourth quarter (any player may play in the fourth quarter regardless of how much time has been played prior to the fourth quarter).
 5. Each player shall play a minimum of 1-½ quarters. Failure to abide by this rule will result in game forfeiture.
 6. There will be one official time-out at the 3-minute mark for each of the first three quarters. Each team will be given 2 full time-outs per game.
 7. Overtime will be 2 minutes. Fourth quarter rules apply in overtime, with each team receiving 1 additional full time-out.
 8. Defense may be man-to-man or zone.
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Junior Rec Division

1. Quarters will be 7 minutes, regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).
 2. The ball used will be an “undersized” (28.5”) ball.
 3. Full court pressing is allowed only in the last 3:30 of each half and during that time, the pressing team must be behind or ahead by 10 points or less.
 4. An official time-out will be called at the 3:30 mark for each of the first 3 quarters. At that time, all players on the bench must come into the game. At the second substitution period, all players who have not yet come out of the game must be replaced. Unrestricted substitutions will be allowed in the fourth quarter (any player may play in the fourth quarter regardless of how much time has been played prior to the fourth quarter).
 5. Each player shall play a minimum of 1-½ quarters. Failure to abide by this rule will result in game forfeiture.
 6. There will be one official time-out halfway through each of the first three quarters. Each team will be given 2 full time-outs per game.
 7. Overtime will be 2 minutes. Fourth quarter rules apply in overtime, with each team receiving 1 additional full time-out.
 8. Defense may be man-to-man or zone.
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Senior Rec Division

1. Quarters will be 8 minutes (may be shortened if games begin to run over 1 hour), regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).
2. The ball used will be a regulation size ball.
3. Full court pressing is allowed anytime.
4. An official time-out will be called at the 4 minute mark for each of the first 3 quarters. At that time, all players on the bench must come into the game. At the second substitution period, all players who have not yet come out of the game must be replaced. Unrestricted substitutions will be allowed in the fourth quarter (any player may play in the fourth quarter regardless of how much time has been played prior to the fourth quarter).
5. Each player shall play a minimum of 1-½ quarters. Failure to abide by this rule will result in game forfeiture.
6. There will be one official time-out halfway through each of the first three quarters. Each team will be given 2 full time-outs per game.
7. Overtime will be 2 minutes. Fourth quarter rules apply in overtime, with each team receiving 1 additional full time-out.
8. Defense may be man-to-man or zone.

Rookie Comp Division

1. Quarters will be 8 minutes, regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).
2. The ball used will be an “undersized” (28.5”) ball.
3. Full court pressing is allowed anytime.
4. Free substitutions are used throughout the entire game (same as Florida High School basketball rules). There is no minimum play time requirement.
5. Each team will be given 5 time outs (2 full, 3 30-second) to be used at any point in the game.
6. Overtime will be 2 minutes with each team receiving 1 additional time-out.
7. Defense may be man-to-man or zone.

Junior Comp Division

1. Quarters will be 8 minutes, regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).
2. The ball used will be an “undersized” (28.5”) ball.
3. Full court pressing is allowed anytime.
4. Free substitutions are used throughout the entire game (same as Florida High School basketball rules). There is no minimum play time requirement.
5. Each team will be given 5 time outs (2 full, 3 30-second) to be used at any point in the game.
6. Overtime will be 2 minutes with each team receiving 1 additional time-out.
7. Defense may be man-to-man or zone.

Senior Comp Division

1. Quarters will be 8 minutes, regulation clock (stops for all out-of-bounds, free throws, fouls, etc.).
 2. The ball used will be a regulation sized ball.
 3. Full court pressing is allowed anytime.
 4. Free substitutions are used throughout the entire game (same as Florida High School basketball rules). There is no minimum play time requirement.
 5. Each team will be given 5 time outs (2 full, 3 30-second) to be used at any point in the game.
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 7. Defense may be man-to-man or zone.
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Common Rules (All Divisions)

General Clarifications

1. Three points will be awarded for any basket made from beyond the 3 point arc.
2. Free throws will be awarded for all shooting fouls. If the player is fouled in the act of shooting from behind the 3 point arc, this player will be awarded 3 free throws, otherwise, the player will be awarded 2 free throws.
3. For non-shooting fouls, the fouled player will be awarded a 1-and-1 free throw opportunity after seven team fouls in one half for the opposing team. Once the opposing team reaches ten team fouls in a half, the fouled player will be awarded 2 free throws.
4. If a player is fouled in the act of shooting and the basket is made, the player will be awarded one free throw.
5. A player is disqualified from the remainder of the game (including overtime) once that player has 5 personal fouls.
6. If the offense does not advance the ball past half-court within 10 seconds, a backcourt violation will be assessed.
7. A jump ball will be held at center court to begin each game.
8. All games can begin with four players for a given team.

Clock Operator/Scorekeeper/Concessions

1. The Home team must supply a clock operator and the Visiting team must supply a scorekeeper for each game. Games will not start until both a clock operator and scorekeeper have been assigned. Both of these individuals should be aware of all basketball and league specific rules. It is recommended the head coach assigns clock operators and scorekeepers for every game prior to the start of the season since there will be very limited time to find someone for this position immediately before tip-off. In the case where no clock operator or scorekeeper is present at least five minutes prior to tip-off, the head coach or assistant coach will have to perform those duties and will not be allowed to act as a coach during that time.
2. This year every team will be assigned one 5 or 6 hour timeslot during the course of the season and must supply two concession workers during that timeslot. It is the responsibility of the head coach to ensure there are workers present during that time. There can be six different pairs of workers for one hour each or just one pair of workers for the entire timeslot. It is the head coach's responsibility to decide how best to staff the concession stand. Since the league receives a significant amount of revenue from concessions, it is very important to ensure the concession is properly staffed. The team schedule has been setup so that no team has to work during the same period of time they play games so parents will not miss their kid's game.

Discipline

Players may be suspended from games under (but not limited to) the following conditions:

Coaches request for suspension:

Step 1: A written request for suspension must be given to the league director. This request must specifically outline reasons for suspension, and accompanied by a set of team rules or policies, which have been presented, to the team.

Step 2: The league director will present the request to the league committee for consideration.

Step 3: The league board will approve/disapprove the request within 48 hours. If approved, the suspension will take place at the next game.

Suspension request due to a player missing practice will not be considered.

League Disciplinary suspension:

A player may be suspended for the following reasons:

- a). Initiating a fight
- b). Continuing a fight
- c). Initiating contact with a coach, referee or league official as a result of anger
- d). Taunting or use of foul language

**Fighting includes, but is not limited to:

An **ATTEMPT** to strike, punch or kick an opponent with a fist, hand, arm, leg or feet **REGARDLESS** of whether contact is made.

An **ATTEMPT** to instigate a fight by committing an unsportsmanlike act toward an opponent that **CAUSES** an opponent to retaliate by fighting

Serving suspensions: Players serving a suspension must sit on the bench with the team for the entire game in which they are suspended, or the suspension will not be considered served.

Coaches suspensions:

Coaches are expected to conduct themselves with appropriate behavior at all times. The following are coach's suspension policies.

- a) 2 technical fouls in one game will result in a one game suspension (next game)
- b) 2nd violation will result in expulsion from the league for one year.
- c) Expulsion from a game will result in a one game suspension

Miscellaneous Conduct

1. No jewelry is allowed during games.
 2. Only team members, coaches and officials are allowed on the court during the warm-up period.
 3. Coaches and players will conduct themselves with proper sportsmanship
 4. Coaches are responsible for clean up after their team for practices and on the team bench after the game.
 5. **Questions concerning score discrepancies are to be addressed to the referee only.**
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Tie Breaker Formula (For tournament seeding)

The formula for tie-breakers for tournament seeding will be in the order as follows:

- 1. Overall record (e.g. winning percentage)**
- 2. Head-to-head record** if two teams are tied. When three or more teams are tied, teams will be seeded by the won-loss percentage of games played among the tied teams.
- 3. Margin of victory (point differential)**
The total number of points a team wins or loses by over the entire season **up to 10 points per game.**
- 4. Defensive Points**
The total number of points a team gives up over the entire season.