



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.



2026 League Rules

It is the intent of GWMAA Basketball to promote a fair and competitive environment for young people to learn the game of basketball and improve their skills. It is the intent our rules to provide general guidelines promoting equity among the teams. We ask that coaches 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 divisions will use National Federation of High School (NFHS) and Florida High School Athletic Association (FHSAA) rules with the following exceptions.

All Divisions

- 1) All games can begin with four players for a given team.
- 2) Halftime will be 3 minutes.
- 3) Overtime will be 3 minutes. Each team receiving 1 full timeout per overtime period. Regulation period timeouts do not carry over into overtime. At the conclusion of the first overtime it will become first to score.
- 4) At any point during the second half when a differential of 30 points is reached, the game clock shall begin to run continuously during jump ball possessions, held ball situations, fouls, violations, out-of-bounds plays and free throw shooting situations (non-technical foul free throws) for the duration of the game. The game clock shall be stopped only for timeouts, injuries, administration of technical fouls, or if the officials need to address a situation that requires excessive time to resolve.
- 5) **Uniform Rules**
 - a) League provided uniform (**shirt and shorts**) are to be worn at all times during the game. No alterations or additions are to be made to the uniform of any kind. If a uniform item is lost, damaged, or otherwise unable to be worn it must be brought to the board’s attention immediately . If the item is able to be worn, it must be worn until a replacement is provided or a solution is met. Uniform replacements will be at the player’s expense.
 - b) Anything being worn under/with uniform (including shooting sleeves and leg sleeves) must be **solid black**. Small neutral colored brand logos are acceptable. This includes tights/underwear (Ethika or like brands) worn above the knee. If it shows, it must be **solid black**. Socks worn past the base of the knee cap or exceeding the base of the shorts are considered tights/leg sleeves, therefore, must be **solid black**.
 - c) If a player wears something that is against the rules, they must take it off prior to going in the game. If it is something that can’t be removed, the player will receive

a technical foul on the first offense. The technical foul will be given at any point before or during the game in which the article is seen for the first time. Second+ offense(s), the player will be unable to participate/continue to participate in the game.

- d) Team purchased shooting (warm-up) shirts may only have a combination of team name, logo, or sponsor as well as player name and/or number.
 - e) No individual shirts or jackets may be worn during warm-ups. Only the league provided uniform or team-wide warm-up uniform may be worn by the players.
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All Divisions

1) Quarter Length

Quarters will be 8 minutes. Running clock for first 3 quarters (stops on shooting fouls), and regulation clock for 4th quarter (stops for all out-of-bounds, free throws, fouls, etc.).

2) Basketball Size

10U will use a 28.5 (size 6). All other age groups will use a 29.5 (size 7)

3) Full court pressing

- a) Allowed during the entire 4th quarter only.
- b) A team leading by 20 points or more may not press full court.
- 4) There will be an **official 1 minute timeout approximately halfway through the 2nd and 3rd quarters for substitution.**
- 5) Each team will be given 3 full timeouts per game to be used at any point in the game prior to overtime.
- 6) The basket height will be 10 ft for all age groups.

Substitution Rules

- 1) The referee will call a **1-minute official timeout at approximately the halfway point of the 2nd and 3rd quarter for substitution.**

2) Minimum Playing Time

- a) Each player must play half of the 2nd and 3rd quarters. The benches must clear at every substitution period.
- b) If there are at least 7 players present, every player must sit at least once during mandatory substitution periods. If there are only 6 players present, a different player must sit at every substitution period. If one team only has 6 players present and the other team has less than 10 the team with 10 does not have to sit every player as long as the bench is cleared.
- c) If an injury occurs during a mandatory substitution period, a player of similar ability is to be substituted (final call will be made by board member on duty). The injured player may sub back in prior to the official substitution period if able to continue.
- d) The 1st and 4th quarters are open substitution but every player must sub in at least once during the 1st OR 4th. No duration of time is required. Amount of time played is at the coach's discretion. *Players must enter the game prior to the 2 minute mark of the 4th quarter.

General Clarifications for Coaches

Note: NFHS and FHSAA rules apply, except as noted above, and take precedence in any conflict with these clarifications.

1. 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.
2. 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.
3. If a player is fouled in the act of shooting and the basket is made, the player will be awarded one free throw, and the basket will count.
4. A player is disqualified from the remainder of the game (including overtime) once that player has 5 personal fouls.
5. If the offense does not advance the ball past half-court within 10 seconds, a backcourt violation will be assessed.
6. A jump ball will be held at center court to begin each game. Alternating possession will be used in following jump/tied ball situations and at the beginning of quarters.

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 president. 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 president will present the request to the league committee for consideration.

Step 3: The league committee will approve or 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 of 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 ejection
- b) 2nd ejection will result in a one game suspension (next game)
- d) Suspended coaches are not allowed to attend a game.

Playoff qualification:

A player must participate (or in case of injury, be present at) more than half of the team's regular season games to be qualified for playoff game participation.

Miscellaneous Conduct

1. **No jewelry is allowed during games.** Tape or bandaids over piercings are not permitted.
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.**

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.