

**INDY GIRLS HOOPS LEAGUE**  
**LEAGUE RULES 2011-12**  
**Grades 3, 4, 5, 6, 7 & 8**  
(rev. 8/1/11)

1. TEAM REQUIREMENTS

- a. All players, coaches, bench personnel (maximum three (3) coaches on bench) must be USSFA Members.
- b. Players must reside in the same (defined) school district that feeds into the same high school – NO EXCEPTIONS. The school district must be a “defined” school district. This means where you would Attend public high school this school year. Players that are home schooled are eligible – proof of address is required.
- c. Roster changes must be made BEFORE the first league game.  
No players can be added after the first game without consent of the IGHL staff. ( if a team does not have enough players for any particular game and need to pull players over to fill out their team, the game will be played, but it will be considered a forfeit.)  
**NOTE: Any deviation from (b) or (c) above will result in the team being removed from the League. The league fee will not be refunded.**
- d. IGHL reserves the right to accept or deny participation.
- e. Rosters are limited to twelve players, a minimum of seven players. You can not roster a Player on both A & B teams. Any player on a 4th, 5th or 6th grade IGHL team can not play on an IGHL 3rd grade team. Players can only be on one roster.
- f. Player age requirements:
  - § 8th Grade League: All players must be 8th graders or below. They cannot be fifteen (15) before June 1, 2011.
  - § 7th Grade League: All players must be 7th graders or below. They cannot be fourteen (14) before June 1, 2011.
  - § 6th Grade League: All players must be 6th graders or below. They cannot be thirteen (13) before June 1, 2011.
  - § 5th Grade League: All players must be 5th graders or below. They cannot be twelve (12) before June 1, 2011.
  - § 4th Grade League: All players must be 4th graders or below. They cannot be eleven (11) before June 1, 2011.
  - § 3rd Grade League: All players must be 3rd graders or below. They cannot be ten (10) before June 1, 2011
- g. It is your team’s responsibility to play ALL scheduled IGHL league games and to be on time. Any game cancellation, no show, etc. by an IGHL league team will eliminate the team from the IGHL tournament. NO EXCEPTIONS, NO REFUNDS

2. THE FOLLOWING PLAYER INFORMATION IS DUE BY SEPTEMBER 7th, 2009 for all players.

- (1) 2011-12 Team Roster
- (2) Do not mail your package until all player information and requirements are complete.
- (3) Please mail the player information, Grade Level and School Confirmation form with your 2009-10 Team Roster by August 28th, 2009 to:

**IGHL**  
**Attn: Walt Raines/Craig Lyons**  
**USSFA**  
**6745 Gray Road Suite K**  
**Indianapolis, Ind. 46237**

3. 2011-12 USSFA REQUIREMENTS

- a. Membership fees:

MAIL CHECK WITH TEAM ROSTER TO THE ADDRESS LISTED ABOVE

USSFA Phone: 317-362-0588 Contact: Emily or Melissa

Club/Team	\$10.00
Player & Cheerleader	\$10.50
Coach	\$10.50
Bench Personnel	\$10.50

- b. Mail a copy of your ROSTER with the above fees to the USSFA office.

PLEASE NOTE YOUR ROSTER IS NOT VALID UNTIL EACH PLAYER'S PARENT/LEGAL GUARDIAN HAS SIGNED THE ROSTER. DO NOT SUBMIT YOUR ROSTER UNTIL IT IS COMPLETE.

- c. The USSFA-Girls Basketball Office will email a copy of your team roster with the USSFA numbers to the coach. There will be no cards issued. No one will be allowed to play or coach without a USSFA number. NO EXCEPTIONS

4. HOST REQUIREMENTS-**(DOORS ARE NOT TO BE OPENED UNTIL 30 MINUTES BEFORE SCHEDULED START)**

- a. Two full size gyms with seating, scoreboards and clock
- b. Gyms (host sites) must be confirmed to Craig Lyons by **August 29<sup>th</sup>, 2011**
- c. Two IHSAA referees per game. Host team is responsible for hiring and paying referees
- d. Scorebooks for each gym
- e. Host Site Director is to call Walt Raines or e-mail [rainesw@franklinschools.org](mailto:rainesw@franklinschools.org) the scores Sunday evening
- f. Admission Attendant
  - \*Admissions – Same at all locations \$5.00 per person or \$10.00 per family.
  - Family means “immediate family” – it does not include aunts, uncles, cousins or grandparents . The head coach, one assistant coach, and all players enter free.

**THE COST FIGURES OUT TO \$2.50 PER GAME (\$5 ENTRY COST DIVIDED BY 2 GAMES ON THAT DAY) AND \$5.00 PER FAMILY PER GAME (\$10 ENTRY COST DIVIDED BY 2 GAMES.) PLAYING EVERY OTHER SUNDAY WILL SAVE TREMENDOUSLY IN FUEL COST.**

- g. Concessions

NOTE: CLOCK OPERATOR to be supplied by VISITING TEAM  
HOME TEAM to supply the SCOREKEEPER and the Game Ball  
Please inform your parents to use the scorebook supplied by the HOST team  
Game Ball – minimum quality Wilson Evolution 28.5 circumference

5. GAMES

- a. IHSAA rules with the following exceptions:

- § Five minute warm-up
- § Six minute quarters – One minute between quarters
- § Five minute half time
- § Two (2) minute 1st overtime period. After first OT, all other overtimes are (1) minute.
- § No backcourt press or traps with a 20 point lead
- § **NO RUNNING CLOCK IN 2<sup>nd</sup> HALF UNLESS LOSING COACH REQUESTS.**

- b. Games are to start at their scheduled times not before. Allow 1 Hour 10 Minutes per game. The game will be a forfeit if a team is not ready to play five minutes after the scheduled start time.

- c. **THIRD GRADE ONLY**

**\*(1) No Zone's will be allowed**

- a. Once ball crosses the ten second line teams must drop back into man to man defense
- b. Double teaming will only be allowed in the 3 second lane.
- c. Teams will be allowed to have normal weakside defensive position, sagging to “help” line
- d. Switching will be allowed.

**(2) No back court defense (Press) will be allowed except during the final 3 minutes of the 4<sup>th</sup> quarter of the game , remember any overtime is a continuation of the fourth quarter, so pressing would be allowed.**

**(3) No press with a 20 point lead.**

**(4) Free Throws will be shot from 12 feet – no crossing the line**

**(5) Baskets will be set at 10 feet for all games.**

- d. **FOURTH GRADE \*\*ONLY\*\***

**\*(1) No Zone's will be allowed**

- a. Once ball crosses the ten second line teams must drop back into man to man defense
- b. Double teaming will only be allowed in the 3 second lane.
- c. Teams will be allowed to have normal weakside defensive position, sagging to “help” line
- d. Switching will be allowed.

**(2) Full court pressing is allowed in the A league only, as long as you drop into half court man to man at the ten second line.. In the 4<sup>th</sup> B league No back court defense (Press) will be allowed except during the final 3 minutes of the 4<sup>th</sup> quarter of the game , remember any overtime is a continuation of the fourth quarter, so pressing would be allowed. PRESSING IN THE BACK COURT CAN INVOLVE DOUBLE TEAM AND ZONE TYPE PRESSURE, AGAIN PROVIDED THAT THE PRESSING TEAM DROPS BACK INTO STRAIGHT**

**MAN TO MAN AT THE TEN SECOND LINE AND IN THE HALF COURT. THIS WOULD ALSO BE TRUE IN THE FINAL 3 MINUTES OF THE 3<sup>RD</sup> GRADE AND THE 4<sup>TH</sup> B DIVISIONS.**

(3) Free Throw shots from 12 feet -- no crossing the line

**\*IT IS VERY IMPORTANT THAT ALL COACHES UNDERSTAND THAT THE PURPOSE OF THIS LEAGUE IS TO DEVELOP THE FUNDAMENTAL BASKETBALL SKILLS OF OUR PLAYERS, BOTH OFFENSIVELY AND DEFENSIVELY. THE HEAD COACHES FROM THE SCHOOLS INVOLVED WITH THE INDY GIRL'S HOOPS LEAGUE HAVE DECIDED THAT THERE WILL BE NO HALF COURT ZONE DEFENSE PLAYED IN THE 3<sup>RD</sup> OR 4<sup>TH</sup> GRADE DIVISION OF OUR LEAGUE. IN ORDER TO MAKE THIS A POSITIVE LEARNING EXPERIENCE FOR OUR PLAYERS WE STIPULATE THE FOLLOWING GUIDELINES FOR ALL 3<sup>RD</sup> AND 4<sup>TH</sup> GRADE TEAMS TO FOLLOW OFFENSIVELY.**

- 1) THERE IS TO BE NO ISOLATION TYPE PLAYS DESIGNED THAT WOULD PUT PLAYERS IN CORNERS TO CLEAR OUT FOR ONE PLAYER.
- 2) ALL OFFENSES IN THIS LEAGUE MUST INCLUDE ALL PLAYERS BEING INVOLVED IN THE OFFENSE, NOT JUST SETTING SCREENS BUT ACTUALLY TOUCHING THE BASKETBALL.
- 3) CUTTING PLAYERS THRU THE LANE AREA SHOULD ALSO BE A PART OF THE OFFENSIVE PHILOSOPHY OF TEAMS IN THIS LEAGUE.

#### 6. TOURNAMENT

- a. Seeded, single elimination – Tie breaker head-to-head, strength of schedule in loss column. Only the top 8 teams in each league will be seeded. The remainder of the teams will be placed in the tournament by a blind draw. EVERY IGHL team will play at least two tournament game. **IGHL league officials may move some teams into different division, (gold, silver or bronze) during the league tournament based upon competition level of each individual team.**

#### 7. UNIFORMS

- a. All teams to have reversible or two sets of uniforms with numbers on front and back. Use only the following numbers: 0, 1, 2, 3, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54 and 55.
- b. No player can play without his uniform – NO EXCEPTIONS
- c. No jewelry can be worn (rings, watches, earrings) No tape over earrings

#### **8. SPORTSMANSHIP -- IMPORTANT -- Please read this to your Players AND Parents**

- a. **Every coach is responsible for the conduct of their assistant coaches, players, parents, and fans.**
- b. **If an official ejects a player from a game, that player will serve a one game suspension (the next league game). If the same player is ejected from two games, that player will be removed from the league.**
- c. **If a coach, assistant coach or fan (from the same team) is ejected from two games, the team will be removed from the league. There will be NO refunds.**
- d. **IGHL is to be notified when anyone is ejected from the gym. The host site coach is to notify Walt Raines of any unsportsmanlike conduct.**

***IGHL WILL STRIVE TO PROVIDE YOUR PLAYERS THE BEST POSSIBLE ENVIRONMENT TO PLAY BASKETBALL. WE STRESS GOOD SPORTSMANSHIP AND RESPECT FOR COACHES, OPPONENTS AND OFFICIALS. ANYTHING LESS IS NOT ACCEPTABLE AND WILL NOT BE TOLERATED. IF YOU DO NOT AGREE WITH THIS POLICY, THIS IS NOT THE LEAGUE FOR YOUR TEAM. COACHES, PLEASE TALK WITH YOUR PLAYERS AND PARENTS ABOUT THE IMPORTANCE OF GOOD SPORTSMANSHIP AT YOUR FIRST TEAM MEETING.***