



Rules and Resources: Seniors Division Rules

Seniors Division, Grades 7 and 8

- 1) NFHS rules apply except as noted below:
 - a) Games consist of (4) 8-minute stop time quarters, plus 2-minute overtime periods if applicable.
 - b) Substitutions are allowed once per quarter, per team, at any dead ball, at approximately the 4-minute mark. (Games are effectively 8 periods of 4 minutes of playing time each depending on when a team substitutes). All players on the bench (up to 5) must be inserted at this time. Substitutions can always be made at any time, for safety, injury, or medical purposes and due to player disqualification.
 - c) There is no 35 second shot clock in the WHGBL.
 - d) The WHGBL does not follow same color undershirt rules.
- 2) WHGBL Player Substitution Rotation must be followed.
 - a) Any substitute made for safety, injury, medical or disqualification (i.e. for any reason not in the normal course of the game), is not an opportunity to insert any other player of the coaches choosing. The next available player, based on the original WHGBL game rotation, will be inserted in the game for the remainder of that 4-minute period of play. If the substituted player is safely able to return to play before the end of that period of play, (except for disqualification), the player who took her spot will come out of the game and the original WHGBL rotation for that game will continue as originally submitted. If the substituted player can safely return to play at any later time after the substitution, that player will be allowed to return in accordance with the original WHGBL rotation submitted at the beginning of the game.
 - b) All players are required to play an equal amount of time in each game within reason. No player shall play 1/8th more/less than any other player on the team in accordance with WHGBL Player Substitution Rotation, which were provided to coaches at the beginning of the season. Coaches are responsible for monitoring playing time and



adhering to this policy in the interest of sportsmanship and fair play. Coaches, who fail to adhere to the WHGBL Player Substitution Rotation, are subject to punishments set forth by the WHGBL Disciplinary committee. Violators can be subjected but not limited to a league suspension, game suspension or a forfeit of the game in question. However, coaches may use their discretion and reduce playing time of a player for disciplinary reasons (e.g., unexcused tardiness or absences for practices or games, behavioral issues at practices and/or games, etc.).

- c) All game rules are governed by the WHGBL Rules Committee and the WHGBL Board of Directors.
- d) All code of ethics violations will be reviewed by the WHGBL Disciplinary Committee and the WHGBL Board of Directors.
- e) Each team is allowed (1) one-minute time-out per half. If the timeout in the first half is unused, it may be carried over to the 2nd half of regulation. Unused time-outs in the 2nd half of regulation are lost with no carry overs to overtime periods. (See rule 2. h. for overtime period timeouts information). Only the Head Coach or a player on a team with possession may call a time-out during a game.
- f) Halftime should last no longer than 5 minutes and 30 seconds between quarters. (Referees have the authority to shorten halftime length to keep game schedules on time)
- g) The WHGBL will appoint and provide one (1) official timekeeper and one (1) official scorer to operate the clock and keep the official scoring book during the game.
- h) The Head Coach of each team will provide the scorer's table with the "WHGBL roster sheet". The WHGBL Player Substitution Rotation sheet will be given to the coaching staff of the opposing team prior to the start of each game. If the score is tied at the end of regulation, a 2-minute overtime(s) will be played, starting with a jump ball at the center circle until a winner is determined. One time-out is granted per team per overtime with no carryovers. Note: As in regulation, the rotation continues without any deviation to the rotation submitted prior to the official start of the game during all overtime periods. (See, rule 1. b)



3) Fouls, Player Disqualifications and Game Coaching Etiquette

- a) Any player assessed 5 fouls or 2 technical fouls in a game is disqualified for the remainder of the game. Rule clarification: This is not a time to rotate in your more experienced players. The next available player based on the WHGBL rotation will be inserted in the game for the remainder of that 4-minute period of play. (See rule 1. b.)
- b) Any player or coach assessed 2 technical fouls in a game is ejected from that game and is automatically suspended from any bench activity/appearance for the next scheduled game. The Head Coach of the penalized team is responsible for communicating the infraction to the League President to ensure the suspension is carried out.
 - I. Unsportsmanlike Conduct Technical Fouls – If a player receives a technical foul for unsportsmanlike conduct, the player is required to leave the floor and sit on the bench. They may not enter back into the game until the player's next scheduled rotation on the team's submitted rotation sheet.
- c) Teams must have a minimum of 5 players to begin a game or they must forfeit the game. However, during play, a team may be reduced to less than 5 players (e.g., fouling out, injury, disqualification, etc.). Nonetheless, a team must have a minimum of 2 players or the game is a forfeit. In addition, the opposing team may NOT reduce their number of players to even the number of players on each side.
 - I. PLEASE NOTE: If a team is playing with less players than their opponent in the first two quarters, the team with less players is allowed to play a zone defense. If during the first two quarters both teams have the same number of players, they must play man to man defense.
- d) Game Coaching Etiquette – Only the Head Coach may stand during game play. Assistant Coaches and players (not playing on the court) MUST sit on the bench at all times except during time-outs.

4) Violations: All NHFS rules apply including the offense has 10 seconds to



advance the ball over midcourt. The exception to the NFHS rules are listed below:

- a) Woman to woman defense only in periods 1 and 2. Also, during periods 1 and 2, once the defensive team has secured possession of the ball, the former offensive team must retreat beyond the mid-court line to begin defensive play. However, zone defense may be played in periods 3, 4 and overtime periods and backcourt defensive play is allowed in periods 3, 4 and overtime periods.

Backcourt defensive pressure is restricted to the 3rd and 4th quarter and overtime periods of play only. In the second half of play, no backcourt defensive pressing is allowed by a team if that team is in the lead by greater than 15 points. However, if during the second half, the score goes back to a less than 15-point lead, the team may go back to playing backcourt defensive pressure.

5) Play-offs

- a) The top 4 teams will make the play-offs. The highest seeded team in a bracket will always play the lowest seeded team in a bracket.
- b) Standings are determined by the following:
 - 1 – Winning percentage
 - 2 – Head-to-Head record
 - 3 – Record over the highest seeded team in the current standings
 - 4 – Coin flip

6) Braces - Casts – Guards

NFHS Basketball rule Section 5 Article 2 states:

- a) Guard, cast or brace made of a hard and unyielding substance, such as, but not limited to leather, plaster, plastic or metal shall NOT BE WORN on elbow, hand, finger/thumb, wrist, or forearm even though covered by soft padding.

Hard and unyielding items (guards, casts, braces, etc.) on upper arm or shoulder must be padded with a closed-cell slow recovery foam padding



no less than ½ inch thick.

7) "WHGBL Rotation" is in effect. (see below for examples)

- If 8 players available, number players 1 – 8. Players 1 – 5 begin game. At first substitution, players 6 – 8 and 1 & 2 are inserted. At next substitution, players 3-7 are inserted. Follow this pattern for the remainder of the game. Result: all players play 5 sessions NOT INCLUDING OT.
- If 9 players available, number players 1 – 9. Players 1 – 5 begin game. At first substitution, players 6 – 9 and 1 are inserted. At next substitution, players 2-6 are inserted, then 7,8,9,1,2 are inserted. Follow this pattern for the remainder of the game. Result: players 1-4 will play 5 periods and players 5-9 will play 4 periods-NOT INCLUDING OT.
- If 10 players available, number players 1 – 10. Players 1 – 5 begin game. At first substitution, players 6 – 10 are inserted. Follow this pattern for the remainder of the game. All players play 4sessions NOT INCLUDING OT.
- If 11 players available, number players 1 – 11. Players 1 – 5 begin game. At first substitution, players 6 – 10 are inserted. At the next substitution, players 11 and 1-4 are inserted. Follow this pattern for the remainder of the game. Result: players 1-7 play 4 periods and players 8-11 will play 3periods-NOT INCLUDING OT.
- Rotation is NOT played during overtime. During overtime periods, coaches will have discretion to play whichever players they wish.

Record of changes to this document:

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