



Rules and Resources: Minors Division Rules

Minors Division, Grades 3 and 4

1) NFHS rules apply except as noted below:

2) Game Length

- a) Games consist of (4) 12-minute running time quarters. The clock will not stop except for team time-outs, referee time-outs; principally for an injury, and as noted below: Games will be stopped at approximately the 6 minute mark (during a dead ball) of each quarter (games are effectively 8 periods of 6 minutes each) for brief substitutions (not coaching/match-up marathons). All players on the bench (up to 5) should be inserted at this time. It is recommended that coaches meet prior to the game to discuss strengths and weaknesses of their line-ups for even play.
- b) There is no 35-second shot clock in the WHGBL
- c) The league does not follow same color undershirt rules.

3) Substitutions and Time Outs

- a) All players are required an equal amount of playing time in each game within reason. No player shall play 1/8th more/less than any other player on the team. The WHGBL Player Substitution Rotation is in effect. Coaches are responsible for monitoring playing time and adhering to this policy in the interest of sportsmanship and fair play. 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.).
- b) Substitutions are allowed only at the approximate 6-minute mark of each quarter and at the end of each quarter. Substitutions can always be made at any time for safety, injury, or medical purposes and due to player disqualifications.
- c) Each team is allowed (1) one-minute time-out per game although the clock continues to run. Coaches should not use the timeout to reduce



playing time in the event of a close game.

4) Game Length, Clock/Score Operations

- a) Halftime should last no longer than 5 minutes and 1 minute between quarters. Referees may change time length between quarters as necessary to manage game schedule.
- b) Team appointed volunteers or coaches will operate the clock and keep score on WHGBL digital boards during the game.
- c) No individual/team statistics will be maintained by the scorekeeper or timer.
- d) If a team has a lead of 20 points or more at the end of any quarter, the scoreboard will be cleared, and a new score will begin.
- e) "Clear out" plays for highly talented players are forbidden. Team play should be always emphasized.
- f) No overtimes are allowed in Minor League play.

5) Coaching, Referees, Fouls

- a) Volunteers/Assistant coaches may be asked to referee in the event of a shortage of referees. Foul line distance will be set at approximately 13 feet.
- b) Once the defensive team has secured possession of the ball, the former offensive team must retreat to an area between the mid-court line and the top of the key (approx. the 3/4 mark) before picking up their player on defense.
- c) Fouls: No player fouls out, but rough play will not be tolerated. Any player excessively rough or foul-prone will be removed from the game for the remainder of that quarter. A second offense requires the player to be removed for the remainder of the game



- d) Foul shot(s) will be awarded for shooting fouls only.
- e) Foul shots are not awarded in non-shooting situations. Players fouled gain possession of the ball out-of-bounds at the point of the infraction.
- f) Violations Lane violation –stretched from 3 to 5 seconds. Referee will be requested to ask players to clear the lane during the game.
- g) Closely guarded count is stretched from 5 to 7 seconds on a held ball (player picks up dribble and is closely guarded). Closely guarded rule does not apply while a player is dribbling the ball even if there is no forward progress towards the basket.
- h) In-bound passes –5 seconds. Referee will be liberal.
- i) Backcourt violation –10 seconds. Referee will be very liberal. Rules are an important part of the game, however; this is an instructional league and referees must be given some flexibility to maintain the flow of the game. The same flexibility may hold true for other violations such as traveling, double dribble, etc.
- j) No backcourt defense is allowed.
- k) Double teaming is not allowed during any part of the game except when an offensive player with the ball is in the lane or within 2-3 feet of the lane.
- l) No zone defenses are allowed. Teams are to play man-to-man/ person-to-person defense. In the interest of teamwork, sportsmanship and fair play, if a team gets a big lead (15 points is huge), we request the coaches to instruct their more skilled players to hone their playmaking skills by getting the rest of their teammates involved in the offense.

PLEASE NOTE: Rule 5. b. was changed from the defensive team picking up their players at 1/2 court to requiring the defensive team retreat to an area between the mid-court line and the top of the key (approx. the 3/4 mark) before beginning defensive play. This will promote some confidence in the offensive player(s) bringing the ball over 1/2 court.



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

- If 8 players available, number players 1 –8. Players 1 –5 begin game. At first substitution, players 6 –8 and 1 & 2 are inserted. Follow this pattern for the remainder of the game. All players play 5 sessions.
- If 9 players available, number players 1 –9. Players 1 –5 begin game. At first substitution, players 6 –9 and 1 are inserted. Follow this pattern for the remainder of the game.
- 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 4 sessions.
- 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.
- If more or less team members are available for play, please format in the manner described above and follow this pattern for the remainder of the game.

Latest version of this addendum was approved by the WHGBL Board of Directors on 9/20/23

Latest version of this addendum was approved by the WHGBL Board of Directors on 1/1/26 – the Board eliminated the required outlook pass after a rebound below the free throw line.