



Rules and Resources: Juniors Division Rules

Juniors Division, Grades 5 and 6

- 1) NFHS rules apply except as noted below.
- 2) Game length, Player Substitutions, Timeouts, Clock/Scoring Operations
 - a) Games consist of (4) 8-minute quarters plus 2-minute overtime periods if applicable.
 - b) Games will be stopped at approximately the 4-minute mark (during a dead ball) of each quarter (games are effectively 8 periods of 4 minutes each) for brief substitutions (No coaching will be done at this time. This is not a time out). All players on the bench (up to 5) should be inserted at this time. Substitutions can always be made for safety, injury, or medical purposes and due to player disqualification. There will be no player line up to start the game or at these 4 minutes substitutions as there is in the minor league. Any substitution made for safety, injury, medical or disqualification (i.e. for any reason not in the normal course of the game) should be THE NEXT AVAILABLE PLAYER based on the original WHGBL Player Substitution Rotation. That player 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 Player Substitution 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 Player Substitution Rotation submitted at the beginning of the game. Rotation sheets will be given to the coaching staff of the opposing team. They are responsible for making sure their opponents' rotation is correct before the ball is put into play.
 - c) 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. "WHGBL Player Substitution Rotation", is in effect. See specifics below. 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 rotation will be subject to review by the WHGBL Disciplinary Committee and the WHGBL Board of Directors for possible disciplinary action. 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.).

- d) Each team is allowed (1) one-minute time-out per half. Unused time outs cannot be carried over to the next successive period of play. Only the Head Coach or a player on a team with possession may call a time-out during a game.
- e) Halftime should last no longer than 3 minutes and no longer than 30 seconds between quarters. Referees reserve the right to limit time between quarters to help keep game schedules.
- f) The league will provide personnel to run the clock and keep score during the game.
- g) woman to woman defense only. No zone defense is allowed at any time during the game.
- h) There is no 35-second shot clock in the WHGBL.
- i) The league does not follow the same color undershirt rules.

3) Fouls, Team Defense, Neutral Zone, Game Coaching Etiquette

- a) Individual/team fouls will be maintained by the scorekeeperb) No "Clear out" plays are permitted. Team play should be emphasized at all times.
- b) "There shall be an established "Neutral Zone" defined by referees for games (usually an area of about 1/8th of the court on either side of the mid-court line) for periods 1, 2 and 3 only. No defense may be played on any offensive player in the Neutral Zone. However, the team must either shoot the ball, or pass or dribble out of the Neutral Zone within the 5-second count. If a team fails to do so, possession will be awarded to the opposing team. There is no Neutral Zone for the 4th period or overtime periods.



PLEASE NOTE: A team may move the ball either by shooting, dribbling or passing the ball out of the Neutral Zone. However, once the ball has exited the Neutral Zone, the Neutral Zone no longer exists for the rest of the possession.

- c) In the last 1 minute of the game –the play clock will stop after a change in possession and will not start again until after the team on offense brings the ball over the mid-court line.
- d) 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.
- e) PLEASE NOTE: If a team is playing with less players than their opponent, the team with less players is allowed to play a zone defense. If both teams have the same number of players, they must play man to man defense.
- f) 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.
- g) 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) Post Season Play

- a) All teams in the Juniors Division play in the post season. The top 4 teams will play in a semi-final tournament to determine the Championship Game. The other teams play each other with the closest seeded teams playing in a single consolation game (i.e., #10 seed vs. #9 seed, #8 seed vs. #7 seed, etc.). However, for the top 4 team playoff,



the highest seeded team in a bracket will always play the lowest seeded team in a bracket. Since teams during the regular season may play each other more than once (or some not at all), standings are determined by the following:

- I. By winning percentage
- II. In the event of a tie between two teams the tie breaker is determined by:
 - 1) Head-to-Head record
 - 2) Otherwise, the teams that have the win against the highest seed at the end of the season (e.g., team A and team B are tied for the 3rd seed and both have lost to the 1st and 2nd seed but team B beat the 5th seed and team A has no higher win than the 6th seed, then team B would win the tie breaker).
 - 3) If tie breakers "1)," and "2)" do not successfully break the tie, the tie is determined by coin flip provided by the President of the league. It is not required that either or both teams involved in the tie are present for the coin flip, although the league President may try to choose a date and time to witness the coin toss by the team Head Coaches in question.
- III. In the event of a tie between three or more teams the tie breaker is determined by:
 - 1) Head-to-Head record (if the teams have all played each other at least once).
- IV. If there are two teams still tied from the three teams after looking at head-to-head record, use procedure "I" above. If the two teams are still tied, use procedure "II" above.

Record of changes to this document:

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

The latest version of this addendum was approved by the WHGBL Board of Directors on 5/27/25.

The latest version of this addendum was approved by the WHGBL Board of Directors on 1/1/26.
(eliminated Section 3, subsection c, rebound outlet requirement).