

Girls Recreational Program Game Rules

Court & Equipment

Item	K-1st	2nd/3rd	4th-6th
Ball Size	Size 5 (27.5")	Size 5 (27.5")	Size 6 (28.5")
Basket Height	8 feet	9 feet	10 feet
3-Point Arc ¹	No		Yes
Wristbands ²	Yes		No

Game Structure

Item	K-1st	2nd/3rd	4th-6th
Officials	Coaches	HS Players	PIAA
Players	3 v 3	3 v 3	5 v 5
Warm-ups	4-minutes minimum; game may start early if coaches and officials agree		
Game Length	Four 8-minute periods		
Game Clock ³	Running		Stops last minute of 2 nd , 4 th , OT periods
Substitutions ⁴	Play stops at 4-minute mark of each period for mandatory substitutions		
Halftime	3 minutes		
Timeouts	One 60-second timeout per half and overtime		
Overtime	No	3 minutes	
Fouling Out ⁵	No		5 th Foul
Foul Shots ⁶	No		1 point & 1 shot or basket plus 1 point
Bonus ⁷	No		5 th foul of period; 1 point & 1 shot
First Possession	Coin Flip or other method		Jump Ball
Keeping Score	Reset each period	Yes	

Game Tactics

Item	K-1st	2nd/3rd	4th-6th
Steal Dribble ⁸	No		Yes
Steal Pass	Yes		
Set Defense	Player-to-Player Only		
Press Defense ⁹	No		
Defense Starts	Tape Line	Half Court	
Double Teaming ¹⁰	No; Help Defense Only		
Screens ¹¹	No	Yes	

Girls Recreational Program Game Rules

Definitions and Explanations

1. 3-Point Arc – 3-Point field goals are only permitted in 5th/6th and 7th/8th grade divisions.
2. Wristbands – Indicate player matchups between teams and should be based on skill level.
3. Game Clock – Stops for injuries, substitutions, and timeouts for all divisions.
4. Substitutions – The clock will stop at the 4-minute mark and the horn will blow to stop play at the closest available stopping point (i.e., not on a breakaway or advantage play but for anything else, even in live play). Substitutions will not occur at any other time unless a player is injured, fouls out, or break player code of conduct. **All players must play at least half the game**, but equal playing time is not required. For example, if your team has less than 10 players or a player fouls out, the extra playing time may be divided at the coach's discretion. "Benching" players is not permitted unless they are injured, fouled out, or break the player code of conduct.
5. Fouling Out – If a player reaches the foul limit, they must leave the game and may not return.
6. Foul Shots – Player gets 1 point and 1 shot. If player makes basket and is fouled, player gets the basket plus 1 point. There is no foul shot. Shooters are NOT permitted to cross the foul line during their shots.
7. Bonus – Given at 10 team fouls. Fouled player is given 1 point and 1 shot. Team fouls are reset at the end of the 2nd, 4th, and OT periods.
8. Steal Dribble – Defenders may not steal the ball from the dribble in K-2 and 3rd/4th grade divisions. If a defender steals the ball the official will blow the whistle and return the ball to the dribbler. Uncontrolled dribble that results in the ball going to the defender is not considered stealing the ball.
9. Press Defense – Teams may play full court man-to-man defense during the last 2 minutes of the 4th and OT periods unless they are winning by 10 or more points.
10. Double Teaming – Occurs when two defenders are guarding a single opponent. Double Teaming is not permitted but help defense and switches are permitted. If an opponent beats their defender, another defender may stop the opponent from advancing the ball. The original defender should either defend someone else or return to defending the dribbler while the second defender returns to the opponent they were guarding originally.
11. Screens – Also referred to as "picks". An offensive tactic where a player blocks the path of a defender. Screens may be set on defenders guarding the ball (ball screen) or a defender not guarding the ball (off ball screen).