



Senior Division Goals

- Our highest division is focused on our players competing in skilled, fun games.
- Technique, thought process and form should be developed by the time players enter this division.
- Basketball skills, rules and strategies will continue to be taught during the season.
- The girls will remain competitive and will still demonstrate good sportsmanship.
- Provide an equitable amount of playing time for the girls participating.
- Promote increased self-esteem among the girls.
- Provide a safe environment for girls to learn and play the game of basketball.

Senior Division Game Rules

- All games will consist of two 18-minute halves with running clock. The exception is the final two minutes of each half when the clock will stop for all referee whistles. The clock will also stop for all time outs and free throws.
- Halftime will be 3 minutes.
- Games that are tied at the end of regulation will play a 2 minute overtime. If the game is still tied after the overtime period both teams will take part in a FT shootout. Each coach will choose one of their own players to take a FT. (A new player must be chosen for each round of the FT shootout) If a team has an advantage after both teams shoot a FT, the game is over and the win is given to the team with the FT advantage. All players must be exhausted until a player can repeat an attempt.
- In the playoffs, teams will play consecutive 2 minute overtime periods, with 1 time PER OVERTIME, until the game is decided.
- Each team is given 3 timeouts per game. One minute thirty seconds each. There will be 1 timeout given to each team if there is overtime. Timeouts remaining at the end of regulation are not carried to the overtime.

- A jump ball will start the first half only; after that we will go to alternating possessions.
- There are no defensive restrictions in this division. Man to man, zone and full court defense are all allowed.
- Full court defense can not be played by teams with a lead of 10 or more points.
- Each player is allowed 5 fouls before fouling out of the game.
- Players in this division must begin AND FINISH their FT attempts behind the free throw line. Crossing over the free throw line is a violation and the attempt will not count.
- Players lined up on either side of the key are only able to enter the lane on a foul shot when the ball is released from the shooter's hand. The shooter, and anyone outside of the 3-point line, must wait until the ball hits the rim.
- All players must play in every game and while there are not set substitution requirements, we do ask that all of our coaches ensure fair and equitable playing patterns.
- We should all remember the importance of developing players , not the importance of winning games!!! Wins need to be decided by what the players have learned, not by only playing the "top" players!!!
- Coaches are responsible for ensuring all members of their team practice good sportsmanship during the game. This includes but is not limited to supporting the referees and not making derogatory comments towards or about them, not allowing players to trash talk or make remarks towards other players and not running up the score on teams.
- Taunting or any form of physical abuse by one player to another will result in an ejection from the game. This will result in a one game suspension to be served in the next game the team plays.
- No jewelry is to worn during game play.
- If a coach receives 1 technical foul in a game, they will suspended for the next game. Per regular basketball rules, 2 technical fouls in a game result in an ejection from the current game. Three technical fouls in a season will result in the coach being removed from their coaching duties for the rest of the season. The point is clear: as role models and leaders we should never get to the point of having to worry about this rule.

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