



## Junior Sailors - League Guidelines

*MHSAA rules apply with the exception of the following:*

### OFFICIALS

- Each game will have at least one MHSAA registered official.
- Players, coaches and spectators are to behave in a respectful manner.

### PLAYING TIME FOR PLAYERS

- 50/50 Philosophy: Every player must play in every game. A 50/50 playing rule suggests that all players' receive equal amount of the playing time during the course of the season. Please rotate your players according to this philosophy. A teams' starting 5 will rotate each week.

### DEFENSE

- Man to man defense will be the only defense allowed in the program. Coaches may teach the principles of good ball side and help side defense, but zones will not be allowed.
- Teams must play half court man to man defense, a full court man to man press is not allowed at any time.
- Defenses can pick up their person just beyond ½ court.
- The only time a double team can be used is if the help side defense stops a drive to the basket in the paint area of the key. The defense may not leave the offensive player they are guarding to double team outside the key area of the basket.

### GAME/TIMING/SCORE

- During a FT, players are allowed to land over the designated line without a violation.
- Each team will get two (2) - :30 second timeouts per half.
- Every game will start on time. Each game will have a 3:00 halftime
- Fouls will be kept, but players will not foul out of a game

### 2/3 JUNIOR SAILORS – Adopted Rules

- Four (4) 9 minute quarters with a running clock. The clock will stop only during the last minute of each quarter.
- The clock will stop and substitutions will be made on the first dead ball under the 5:00 mark. Teams will have 60 seconds to sub and organize players before the clock resumes. Coaches may also make substitutions at any point during the game, but the clock will not stop.
- Colored wristbands will be used to help players and coaches with defensive responsibilities.
- Score will not displayed on the scoreboard. Scoreboard will only be used for time.
- Head Coaches will be allowed on the floor during the games to help with game management and substitutions, but it should not interfere with the officials or the pace of the game.

### 4/5 JUNIOR SAILOR – Adopted Rules

- Four (4) 9 minute quarters with a running clock. The clock will stop only during the last minute of each quarter.
- Substitutions are to take place on a dead ball and players must check into the game and wait for an official to call them into the game. The clock will not stop for substitutions. Coaches should plan on subbing every 4-5 minutes, but will be left at the discretion of the coach.
- The score on the scoreboard will be reset to zero's after halftime.
- Games can end in a tie. Overtimes will not be played as the score is reset at halftime. This will also help to ensure that games start on time.

*The guidelines are created and adapted to help ensure that all of the girls have a positive and productive game experience. These will be used, but may be adapted or adjusted during the season if necessary to ensure that we are maximizing game scenarios and situations.*