



## **BURLINGTON WOMEN'S BASKETBALL LEAGUE**

### **LEAGUE RULES 2022-23**

4 - 15 minute running time; 1 minute between quarters and 3 minute half.

- a. Timeouts – 4x30 sec. per game, 1 in overtime. Time outs can be called at anytime.
- b. Overtime for playoff games is 5 mins
- c. You have 8 seconds to bring the ball over half.
- d. Clock stops after a made basket in the last 2 minutes of the game ONLY if the difference in score is 9 or less.

A game can start with 4 players, 5<sup>th</sup> must come within the first 10 mins.

Jump Ball occurs at the beginning of the game with alternating possession rest of game.

**NO HANDLING IN BACKCOURT:** On all violations the team that is to get the ball in their backcourt can now throw the ball in with out the official handling the ball.

**BONUS** –1 and 1 on 7<sup>th</sup> team foul of each half and 2 free throws on 10<sup>th</sup> foul of each half.

**NO JEWELRY IS ALLOWED!** (i.e., rings, hair barrettes, elastics with metal joiners, necklaces, tongue and ear studs are all included in the category of jewelry) **TAPING** of jewelry is also not allowed.

**SUBSTITUTIONS CAN OCCUR WHEN:**

- your team has possession of the basketball
- the team in possession of the ball is also substituting
- a foul has been called

**Unsportsman Foul-** a foul that is committed when there is no attempt for the ball (i.e., grabbing someone to get a foul to stop the clock). It is an automatic 2 free throws and the ball back.