

Eastside Women's Basketball League  
**SUMMARY OF WOMEN'S BASKETBALL RULES**  
*(Revised 9/13/18)*

***New or changed rules are in bold, italic text***

Redmond Parks and Recreation and Bellevue Parks & Community Services will govern the Eastside Women's Basketball League. League and tournament games will be played under current Girls High School Basketball rules, except for the following exceptions ("House Rules").

**GAME FORMAT**

- Games will consist of two 20-minute running clock halves. The last 1 minute of the 1<sup>st</sup> half and the last two minutes of the 2<sup>nd</sup> half will be stop clock unless there is a 20-point (or more) difference in the game score. The clock will only stop during a team or officials time out and free throws unless there is a 20-point (or more) difference in the game score. There is no shot clock.
- Team rosters may carry a maximum of 12 players.
- *There are 2 2-minute overtime periods, stop-clock, if the game is tied after regulation. The 3rd overtime period will be sudden death (first team to score winning).*
- Teams must have at least four players present to play games, unless the opposing manager agrees that three players is sufficient.
- One additional player may be borrowed from another team (with approval from the opposing manager) ONLY if a team has 4 or fewer players present. Once a 5<sup>th</sup> rostered player arrives, the non-rostered player no longer may participate in the game.
- If a team has either 4 or 5 players present and one of them fouls out. That player may remain in the game at the cost of a technical foul (Automatic two points and possession of the basketball to the opposing team each time the player fouls), with a maximum of 7 personal fouls allowed. At this point, substitutions of previously fouled out players is not allowed.
- If a team does have substitute players available, they must use those players instead of playing a fouled-out player.
- If a team is playing with 3 or 4 players and one is ejected, that team forfeits the game.
- If a team is playing with 5 players and one is ejected, they may continue with 4 players.

**FOULS**

- There is one free throw if a player is fouled in the act of shooting and the basket is made.
- There are two free throws if a player is fouled in the act of shooting a two-point basket and the basket is not made.
- There are three free throws if a player is fouled in the act of shooting a three-point basket and the basket is not made.
- A player fouls out of the game when he/she has committed 5 fouls during the game.
- For each personal foul, the team receives a team foul. When a team reaches 7 team fouls in either the first or second half, the officials must be notified that there is a bonus free throw (1-1). At the 7<sup>th</sup> team foul, there will be an extra free throw if the first free throw is successful. In addition, the referee needs to be notified when a team reaches their 10<sup>th</sup> foul. At 10 fouls, the team receives two shots.

**TECHNICAL FOULS**

- All technical fouls are an automatic two points plus possession for the opposing team.
- The offending player is also charged with a personal foul, and the team with a team foul. The offending player of an un-sportsmanlike technical foul must also sit on the bench for 5 game minutes before returning into the game.
- If a player receives two technical fouls in a game, they are automatically ejected. Also, if a player is ejected for un-sportsmanlike conduct, that player forfeits their right to play in their teams next scheduled league or tournament game.
- Ejections due to technical fouls for non-conduct situations such as wearing an illegal uniform number or entering a game incorrectly are not considered un-sportsmanlike.

**TIME-OUTS**

- Each team receives four one-minute timeouts for the entire game
- Each team will receive one additional timeout if the game reaches overtime. (No timeout in sudden death)

**OTHER**

- The clock will stop during free throw attempts unless there is a 20-point (or more) difference in the game score.
- On free throws, players may play on the block.
- On free throws, players may move into the key after the release of the foul shot
- International Back Court Rule - On out of bounds play in the backcourt the referee does not have to handle the ball. However, the team in-bounding the ball must do so where the ball went out of bounds. (Substitution is not allowed by the team that loses possession unless the team gaining possession also substitutes)
- Three-point baskets are allowed only on courts that have a three-point line.
- There is a 10-minute grace period given to teams scheduled in the early evening game. There is a 5-minute grace period for the later games. Once each team has at least four (4) players present after the scheduled start time, the game will begin. Upon approval from both team managers, a team may start a game with as few as three (3) players.
- Dunking, hanging, slamming, and any action that can cause damage to the equipment is NOT PERMITTED. Off-rim & above-rim play as well as throw-downs are allowed.

Eastside Women's Basketball League  
**LEAGUE CONSTITUTION**

**WOMEN'S BASKETBALL LEAGUE**

**I. PURPOSE**

The purpose of the Eastside Women's Basketball League shall be to foster, develop, and promote amateur basketball throughout the area.

**II. ORGANIZATION**

- A. The name of the league shall be the Eastside Women's Basketball League. (EWBL)
- B. The EWBL shall be administered by the Redmond Parks and Recreation Department, and Bellevue Parks and Community Services.
- C. The League Administrators shall act as governors of the EWBL with the power to arbitrate and make final decisions on all decisions not covered within the constitution.
- D. A volunteer five-member Advisory Committee shall be formed at the pre-season managers' meeting. A chairperson and vice-chairperson shall be selected. A quorum will consist of any three board members.
- E. Advisory board meetings shall be called by the League Administrators or at the request of three EWBL managers.
- F. Amendments to this constitution may be made by the League Administrators or by a majority vote of the Advisory Committee. Committee initiated amendments are subject to approval by the League Administrators.
- G. The team manager, as designated on the official entry form, shall be the sole spokesperson for EWBL their team and is responsible for informing all team participants, sponsors and followers of all EWBL rules and regulations.

**III. MEMBERSHIP AND DUES**

- A. Registration: Teams may register through the city of their choice. Each city may have their own registration policy and fees.
- B. Teams become members of the EWBL by paying the required seasonal league fees and completing all registration forms. All teams members will be registered with the EWBL in appropriate seasons.
- C. League entry fees shall support all league operations.
- D. The League Administrator shall set the due date for full payment of the entry fee.

**IV. PLAYERS AND ROSTERS**

- A. Rosters and all required fees are due at the time of registration. Add/Delete player forms and appropriate fees are due by that teams 3<sup>rd</sup> scheduled game. All players must sign the official roster.
- B. Participation on two teams in the EWBL is not allowed. The offending player will be judged as ineligible and must choose one team. A second offense will result in a one-year suspension from the EWBL.
- C. AAU players are ineligible for EWBL play.
- D. Use of an ineligible, illegal, or non-rostered player will subject the offending team to forfeiture of each game in which said player appeared. Once notified by the League Administrator, a subsequent second offense shall be grounds for dropping the offending team from the EWBL.

**V. RULES AND REGULATIONS**

Current Girls High School Basketball rules shall govern EWBL play, with the exceptions or additional rules described in the constitution or summary of league rules

- A. Players/Teams
  - 1. The maximum roster size is 12 players
  - 2. Players are not legally on a roster unless their signature is on file in the recreation office.
- B. Teams must be in uniform jerseys. Each player shall be numbered on the front **or** the back of her shirt. The number on the back shall be at least six inches high and the number on the front at least four inches high. Players on the same team may not wear identical numbers. All team members must have the same color jerseys.
  - 1. During the first three weeks of the regular season there is no penalty for teams/players out of uniform.
  - 2. During the third week of the regular season the penalty is a technical foul charged to the player (and a team foul) and an automatic two points awarded to the opposing team when said player enters the game; plus possession to the opposing team. (Automatic 2 points for each player out of uniform.)
  - 3. Numbers must be printed on the jerseys- Tape, Permanent Marker Ink, or logos/pictures resembling a number, etc are not acceptable.
  - 4. If players from both teams are assessed technical fouls for being out of uniform at the beginning of a game, then the game begins with a jump ball.
- C. Facility/Equipment
  - 1. The game ball shall be provided by the Gym Supervisor or will be agreed upon by both managers
  - 2. No food or beverages are allowed inside the gym
  - 3. No dunking is allowed in any facility at any time. The offending player will be removed from the EWBL for the remainder of the season and is responsible for any damage prior to any consideration of reinstatement.

**VI. LEAGUE PLAY**

- A. The League Administrators or his/her designee shall coordinate the playing schedules and any rescheduled games for all teams.

- B. A game may be played with 4 players (see summary of rules)
- C. A team forfeiting two league games in one season will automatically be dropped from the league. Said team also forfeits their league fee.

**VII. CHAMPIONSHIP PLAY**

- A. Regular season rules apply for all playoff games
- B. Regular season standings will determine the tournament seeding.
  - i. Overall Record (or winning %)
  - ii. Conference/Division Record
  - iii. Head-to-Head Competition
  - iv. Head-to-Head Points
  - v. Coin Flip
- C. Teams playing in the championship tournament are able to only use those players which participated in a minimum of four (4) regular season games. Only those games where the player's signature appears on the official score sheet will count towards the four (4) game minimum.

**VIII. PLAYER AND FOLLOWER CONDUCT**

- A. Participants in the EWBL are expected to abide by the Code of Conduct.
- B. Teams are also responsible for the conduct of their followers. Failure of teams to control follower conduct shall result in game forfeiture.
- C. Team managers are responsible for sharing the League Constitution, League Rules, and Code of Conduct with their players and followers.

**IX. PROTESTS**

- A. Intent to protest must be made by the team manager immediately after the questioned incident. The officials, gym supervisor, and the opposing coach must be formally notified, and the intent to protest must be written in the official scorebook.
- B. The formal protest must be made in writing and delivered to the office of the League Administrator by 5:00pm on the following business day. In addition, protesting teams must post a \$25 bond that shall be refunded if the protest is allowed.
- C. The League Advisory Committee will rule on the protest within 10 days of the incident. Judgment calls are not protestable.

**X. OFFICIALS**

- A. All league and tournament games must be officiated by the appropriate officials' association to be judged an official contest.
- B. Typically two officials are assigned to each game; however, if only one official is present or able to officiate, the game shall be played and will be considered a legal contest.

Eastside Women's Basketball League  
SPORTS & FITNESS SECTION

**PARTICIPANT CODE OF CONDUCT**

**I. CONDITIONS**

- A. The Code of Conduct applies to all participants including players, coaches, managers and sponsors, involved in any EWBL sponsored or co-sponsored adult leagues and tournaments.
- B. The Code will be strictly enforced.
- C. The Code applies to participant conduct before, during and after all league and/or tournament games.
- D. Participants will be held liable for damages caused by willful, destructive conduct.
- E. It is the responsibility of each team manager to ensure that all participants know and adhere to the rules and regulations.

**II. ENFORCEMENT**

- A. The League Administrators and/or the League Advisory Board have the power to impose penalties as prescribed within the Code.
- B. The League Administrators will collect all necessary documentation. In cases where penalties are specific, the League Administrators will impose said penalty. In cases where the penalty may be imposed in degrees, the League Advisory Board will meet within ten days to rule on the violation and impose the penalty. The League Advisory Board shall be composed of a chair, a vice-chair and a representative from each league division.
- C. Within five business days, penalized participants may appeal in writing any decision made by the League Administrators or the League Advisory Board, to the Appeals Board.
- D. The Appeals Board will be composed of the League Administrators, the chairperson, or vice-chairperson of the League Advisory Board and a Recreation Division staff member-at-large. The Appeals Board will meet within ten days of receipt of the written request. The Appeals Board has the power to modify Code penalties. The decision of the Appeals Board will be final.

**III. VIOLATIONS AND PENALTIES**

- A. STRIKING OR THREATENING AN OFFICIAL OR PARTICIPANT** - No participant shall bump, shove, strike, touch in a threatening manner or threaten with bodily harm, any official, participant or city staff. The official is required to immediately suspend said participant from further play, and notify the League Administrator. Said participant will remain suspended until he/she is reinstated by the League Advisory Board.  
  
The minimum penalty is a 30-day suspension. The maximum penalty is suspension from all Redmond and Bellevue city sports leagues for life. A second incident involving the same participant will automatically invoke a minimum penalty of suspension for five calendar years.
- B. UN-SPORTSMANLIKE CONDUCT** - Any verbal abuse directed at an official or participant, or any other objectionable behavior, including demonstrations of disagreement with an official's decision, shall be defined as un-sportsmanlike conduct. Un-sportsmanlike conduct will be punishable by immediate ejection from the game and suspension for the next two scheduled and contested league games. The official is required to immediately notify the League Administrators. A subsequent ejection of the same participant shall result in said participant's suspension from all Redmond and Bellevue sponsored leagues for one calendar year.
- C. DISCUSSION OF AN OFFICIAL'S DECISION** - No participant other than the team manager or the designated team captain shall discuss, in any manner, an official's decision. Offenders will be warned by the official. Continued discussion shall be judged as un-sportsmanlike conduct and the offender will be subject to the penalties prescribed in section III-B.
- D. UNNECESSARY ROUGHNESS** - Intentional rough tactics in the play of the game directed toward another participant shall be defined as unnecessary roughness. Unnecessary roughness shall be judged to be unsportsmanlike conduct and will be subject to the penalties prescribed in section III-B.
- E. ALCOHOLIC BEVERAGES** - No participant shall be in possession of, or consume an alcoholic beverage or appear in an intoxicated condition in a city park or school facility. The official will immediately eject said participant and notify the League Administrator. Said participant shall be suspended for the next two scheduled and contested league games. The decision to eject a participant because of intoxication will be a judgment decision and will not be challengeable. A subsequent second ejection of the same participant shall result in said participant's suspension from all Redmond and Bellevue sponsored leagues for one calendar year.
- F. SMOKING** - No participant shall smoke in any portion of an indoor facility or in the vicinity of a field. Offenders shall be warned by the official or recreation staff member. Continued offense shall be judged as un-sportsmanlike conduct, and the offender will be subject to the penalties prescribed in section III-B.
- G. EJECTION; FAILURE TO LEAVE** - Any participant ejected from a game by an official must immediately leave the facility or field area; out of sight and sound. Failure to do so will carry a penalty of forfeiture of the game for said participant's

team, and said participant will be suspended from all Redmond and Bellevue sponsored league games for one calendar year.

- H. **EJECTION** – A player that is ejected due to unsportsmanlike conduct is not allowed to participate in their teams next scheduled game. A player who is ejected three times for unsportsmanlike conduct in one season will be suspended for the remainder of the current season. (and possibly all, or a portion of any following season entirely under the discretion of the League Administrator) Offending players will cause their team to forfeit the game in which said player appeared.

# Eastside Women's Basketball League

## Summary of Select "House" Rules

*Fall 2018*

- GRACE PERIOD:**
- 10-minutes; first game of night only
  - 5-minute grace period for the later games
- # PLAYERS TO START GAME:**
- Four (4)
  - Three (3) with approval from both team managers
- CLOCK STOPS DURING:**
- Free Throws, Time-outs, Injuries
- STOP CLOCK:**
- During last 1 minute of the 1st half and last 2 minutes of the 2<sup>nd</sup> half.
- CLOCK CONTINUES RUNNING:**
- When a team leads by twenty (20) or more points
- INTERNATIONAL BACKCOURT:**
- No need to check ball with referee
  - Defensive team cannot substitute players when opposing team has possession in backcourt, unless offensive team chooses to substitute players.
- FREE THROWS:**
- Play on the release of ball from shooter's hand
  - Low players can play (step on) block
- TECHNICAL FOULS:**
- Players assessed an unsportsman-like technical foul must sit on the bench 5 minutes
- BORROWING PLAYERS:**
- One additional player can be borrowed from another team (with approval from the opposing manager) ONLY if a team has 4 or fewer players present.
  - Once a 5<sup>th</sup> player arrives, the non-rostered player no longer may participate in the game.
- PLAYERS THAT FOUL OUT:**
- If a team has either 4 or 5 players present and one of them fouls out. That player may remain in the game at the cost of a technical foul (Automatic two points and possession of the basketball to the opposing team each time they foul), with a maximum of 7 personal fouls allowed.
  - At this point, substitutions of previously fouled out players is not allowed.
- DUNKING:**
- Any action, including hanging & slamming, that can cause damage to the equipment is NOT PERMITTED. Off-rim & above-rim play as well as "throwdowns" are allowed.
- OVERTIME:**
- *Two (2) 2 minute periods* and then sudden death.