

2019

**GIRLS'
WESTERN
ATHLETIC
CONFERENCE**



3RD GRADE INSTRUCTIONAL RULES

AND

4TH GRADE INSTRUCTIONAL RULES

GWAC MISSION



The Girls Western Athletic Conference (GWAC) is committed to provide a fun, instructional environment whereby the third and fourth grade girls of our community may compete and develop skills in basketball, while learning the basic values of teamwork, respect and sportsmanship.

At all times, we, as their leaders, shall conduct ourselves by word and action in a manner that will always set a good example and will contribute to the girls' roles as young, Christ-centered women, firmly rooted in the Catholic Faith stressing the following:

1. **Discipleship** – to empower young women to live as disciples of Jesus Christ in our world today.
2. **Participation** – to draw young women to responsible participation in the life, mission, and work of the Catholic faith community.
3. **Growth** – to foster the total personal and spiritual growth of each young woman.

Dear Coach,

Thank you for coaching! Welcome to the Girls Western Athletic Conference (GWAC). This league, which was founded in 1970, organizes leagues for girls volleyball, basketball and softball. There are 20-member parishes from the west side. We hope the upcoming season will be enjoyable for you and your team. If you would like to share your thoughts and opinions to continue to improve our league, please contact your league representative. He/she can then discuss it at the next monthly league meeting with the other parish reps. You are always welcome to attend our monthly league meetings which are held at Our Lady of Lourdes. Please check our website <http://www.gwacsports.com/> for each monthly meeting date and time. This clinic book contains the updated 2019 GWAC instructional league rules pertaining to basketball. If you have any questions concerning the rules, contact your league contact listed on your schedule.

Sincerely,

Girls' Western Athletic Conference

President

Jenny Nie – jenlou@roadrunner.com

Vice President

Eric Fay – erictfay@live.com

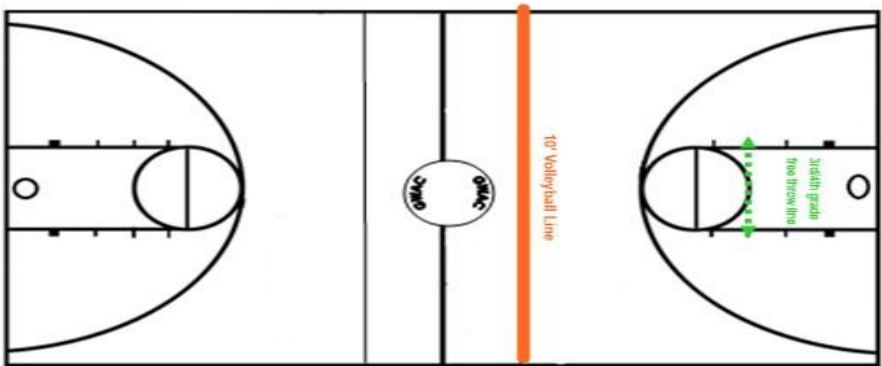
Secretary/Treasurer

Bev Rosemeyer – berosemeyer@yahoo.com

Non-Competitive Structure: Third Grade

Concentrate on fundamentals. Importance should not be placed on winning. Coaches are permitted to instruct players at any time during games.

1. Playing Time: Every team member must play at least one half of the game unless the team carries more than ten players.
2. No backcourt defense is permitted until the player with the ball has crossed the volleyball 10-foot line on the offense's side of the court. Possession shall be at the judgment of the official. (NOTE: See diagram below.)



3. No fast breaks. The defense must be given time to set up after a change in possession.
4. Stalling is not permitted. Holding the ball in the area between the top of the key and half-court is not acceptable. Ball must be advanced toward the basket. Violation is loss of possession.

5. Four, five-minute stop and go quarters with a five-minute halftime period will constitute a game.
6. During the last minute of the fourth quarter and any overtime period, when a dead ball occurs, the clock will not restart until the ball has crossed the point where defense is permitted. The referee will signal for the clock to start.
7. Each team will be allowed four timeouts per game.
8. Player fouls out on the fifth personal foul.
9. On the seventh team foul per half, team fouled is entitled to the one and one bonus.
10. There is to be a jump ball to start the game and any overtime periods. Alternating possession rules are in place at all other times.
11. Free throws will be shot from the bottom of the circle.
(NOTE: See diagram above)
12. The three-second lane will start from the bottom of the circle. In third grade most referees will warn players at least once prior to calling a three-second violation (NOTE: See diagram above)
13. Use the junior size ball, size 27.5"

14. All girls on a team must wear shirts and shorts of identical color and style. All uniforms must have a number readily visible on the front and back. If shirts or athletic compression shorts are to be worn under the official uniform, they must match all those wearing shirts or shorts. No sweat pants, thermal underwear, slacks, cute worn under the uniform shorts. All players must wear non- marking gym shoes. No turf shoes. For the sake of players' safety, no jewelry is permitted to be worn and no gum chewing is permitted on the court.
15. There will be two referees per game at the cost of \$20 per team.
16. Score will be kept and wins/losses will be reported. Awards will not be given. The focus is instruction.
17. Only the league can reschedule games with paid officials. If you are unable to play a scheduled game, please notify your league contact.
- 18. Keeping with the spirit of our Catholic faith and good sportsmanship, the home team will be responsible for the prayer before each match. Teams will line-up in the middle of the court or join in a circle and say a prayer together.**
19. Have fun!

GUEST PLAYERS

To avoid forfeits, the GWAC will allow players rostered on teams within our organization to participate/sub as Guest Players in league basketball games outside of their specific team as follows. Teams will be allowed to use only one (1) Guest Player per game. Teams using a guest player will not be permitted to have more than 5 players, including the Guest Player.

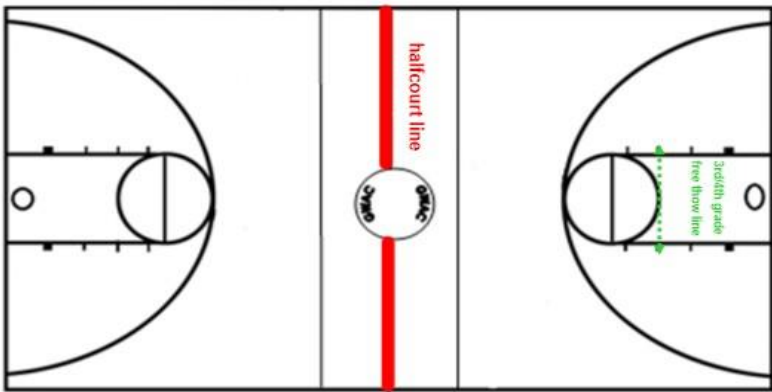
Your league contact, if you have any questions.

Jenny Nie – jenlou@roadrunner.com

Non-Competitive Structure: Fourth Grade

Concentrate on fundamentals. Importance should not be placed on winning.

1. Playing Time: Every team member must play at least one half of the game unless the team carries more than ten players.
2. No backcourt defense is permitted until the player with the ball has crossed the half court line. Possession shall be at the judgement of the official. (Note: See diagram below.)



3. Fast-breaks are permitted until the offensive team has reached a scoring advantage greater than 10 points.
4. Four, five-minute stop and go quarters with a five-minute halftime period will constitute a game.

5. During the last minute of the fourth quarter and any overtime period, when a dead ball occurs, the clock will not restart until the ball has crossed the point where defense is permitted. The referee will signal for the clock to start.
6. Each team will be allowed four timeouts per game.
7. Player fouls out on the fifth personal foul.
8. On the seventh team foul per half, team fouled is entitled to the one and one bonus.
9. There is to be a jump ball to start the game and any overtime periods. Alternating possession rules are in place at all other times.
10. Free throws will be shot from the bottom of the circle. (NOTE: See diagram above)
11. The three-second lane will start from the bottom of the circle. In third grade most referees will warn players at least once prior to calling a three-second violation (NOTE: See diagram above)
12. Use the junior size ball, size 27.5"
13. All girls on a team must wear shirts and shorts of identical color and style. All uniforms must have a number readily visible on the front and back. If shirts or athletic compression shorts are to be worn under the official uniform, they must match all those wearing shirts or shorts. No sweat pants,

thermal underwear, slacks, cut-offs, leggings, etc. may be worn under the uniform shorts.

All players must wear non-marking gym shoes. No turf shoes. For the sake of players' safety, no jewelry is permitted to be worn and no gum chewing is permitted on the court.

14. There will be two referees per game at the cost of \$24 per referee.

15. Score will be recorded and wins/losses will be reported.

Awards will not be given. The focus is instruction.

16. Only the league can reschedule games with paid officials. If you are unable to play a scheduled game, please contact your league contact.

17. Keeping with the spirit of our Catholic faith and good sportsmanship, the home team will be responsible for the prayer before each match. Teams will line-up in the middle of the court or join in a circle and say a prayer together.

18. Have fun!

GUEST PLAYERS

To avoid forfeits, the GWAC will allow players rostered on teams within our organization to participate/sub as Guest Players in league basketball games outside of their specific team as follows. Teams will be allowed to use only one (1) Guest Player per game. Teams using a guest player will not be permitted to have more than 5 players, including the Guest Player.

Your league contact, if you have any questions.

Eric Fay - erictfay@live.com

REPORTING SCORES

There are several ways you can now report your scores. Please note you only have 72 hours to report your score. Failure to do so will result in the team not being credited with the win in the league standings.

Any coach who wins by forfeit must still report the win within the 72-hour period to receive credit. The system will send us an email reporting any scores reported after the time set for each game/division.

Our League PIN # is 3357 (this is the code you enter when asked for a pin #)

1. By phone
 - Dial Demosphere at their toll-free number **1-866-334-6294**
 - When asked, say or enter the pin number of the event, and the code of the game.
 - You will then be told the division, teams playing, and gym location - if this is the correct game, confirm by saying yes.
 - When asked, say or enter the score for each team, then confirm.
 - You can enter more games in the same call, or just say goodbye when done.
2. For those with iPhone or Android devices.
 - Download PhoneItIn™ from Apple's App Store or the Android Market
 - Signing In - Entering the leagues PIN number and a game number
 - Confirm - Confirm the game is correct and proceed to enter score
3. You can also login to your team page:
 - <http://gwacsports.com>
 - <http://gwacsports.com/phoneitin/>
 - Go to the basketball dropdown menu and click on teams/divisions.
 - Go to your division and click on your team.
 - Upper right-hand corner is login information.
 - Enter your email and password number.
 - Follow links for scores. Only the winning coach should report the score.

FOUNDING MEMBERS of G.W.A.C. 1970

ST. CATHARINE ST.
JUDE
ST. ANTONINUS
ST. MARTIN
OUR LADY VICTORY
OUR LADY of VISITATION

CURRENT MEMBERS of G.W.A.C. 2018

OUR LADY of GRACE OUR
LADY of LOURDES OUR
LADY of VICTORY
OUR LADY of VISITATION
ST. ALOYSIUS - Bridgetown
ST. ANTONINUS
ST. BERNARD -Taylor Creek
ST. CATHARINE of SIENA
ST. DOMINIC
ST. IGNATIUS LOYOLA
ST. JAMES -White Oak
ST. JOHN - Dry Ridge
ST. JOHN the BAPTIST - Harrison
ST. JUDE
ST. LAWRENCE
ST. MARTIN of TOURS
ST. TERESA of AVILA
ST. WILLIAMS