

**2019  
GIRLS'  
WESTERN  
ATHLETIC  
CONFERENCE**



**BASKETBALL RULEBOOK  
5TH & 6TH  
7TH & 8TH  
HIGH SCHOOL**

Revised 1/17/19

## GWAC MISSION



The Girls Western Athletic Conference (GWAC) is committed to provide a fun, yet competitive, environment whereby the young ladies of our community may compete and develop general or advanced skills in specific sports, 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:

**Discipleship** – to empower young women to live as disciples of Jesus Christ in our world today.

**Participation** – to draw young women to responsible participation in the life, mission, and work of the Catholic faith community.

**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 conference, founded in 1970, organizes leagues for girls' volleyball, basketball and softball. There are 18 member parishes from the west side of Cincinnati. 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 league reps. You are always welcome to attend our monthly league meetings which are held at Our Lady of Lourdes. Please check our website for each monthly meeting date and time at: <http://gwacsports.com>

This clinic book contains the updated 2019 GWAC league rules pertaining to basketball. If you have any questions concerning the rules, contact your league contact listed on our website.

Sincerely,

Girls' Western Athletic Conference President  
Jenny Nie – [jenlou@roadrunner.com](mailto:jenlou@roadrunner.com)

Vice President

Eric Fay – [erictfay@live.com](mailto:erictfay@live.com)

Secretary/Treasurer

Bev Rosemeyer – [berosemeyer@yahoo.com](mailto:berosemeyer@yahoo.com)

## **RULES – GIRLS' BASKETBALL**

The GWAC follows the NFHS rules with the following exceptions and/or clarifications.

### **HOME TEAM**

The home team is indicated on your schedule. Keeping with the spirit of our Catholic faith and good sportsmanship, the home team will be responsible for the prayer before each game.

### **SCOREKEEPER**

It is the responsibility of the home team to provide the official scorekeeper. There will be one official scorekeeper. However, each school may have a scorekeeper on the bench.

### **GYM SUPERVISOR**

It is strongly suggested that each gym have an adult supervisor present during ALL games scheduled in their gym.

### **BASKETBALL SIZE**

All teams are to use the regulation size women's ball as per NFHS regulations (28.5" to 29" circumference)

## **FREE THROWS AND THREE-SECOND LANE**

In all 5th/6th grade levels, free throws will be shot from the line between the bottom of the circle and the standard 15' foul line. In most gyms, this is approximately 12'. This will also determine the start of the three-second violation area (lane). For the 7th/8th grade level and high school leagues, free throws will be shot from the normal 15' foul line. This will also determine the start of the three-second violation area (lane).

**Note for all grade levels:** Players may enter the lane on the release of the ball, except the shooter who must wait until the ball hits the rim or backboard.

**Note:** We will follow the NFHS pertaining to free throws. The one and one bonus will be in effect on the 7th foul - the double bonus will be awarded when the 10th foul is called. This bonus remains in effect until half time or the end of the game.

## **3 POINT FIELD GOAL**

The 3-point field goal will be in effect in the gyms that have the 3-point line marked on the gym floor. This will be in effect for all levels from the 5th/6th grade to HS.

## **TIME-OUTS**

Four (4) one-minute time-outs may be charged to each team during a regulation game. Each team is entitled to one additional time-out during each overtime. Unused time-outs accumulate and may be used at any time during the game. The head coach or players on the playing floor may call time-outs.

## DURATION OF GAME

All games are to start at scheduled time –  
**NOT BEFORE SCHEDULED START TIME.**

GRADE LEVEL	QUARTER LENGTH	EXTRA PERIODS
5 <sup>th</sup> & 6 <sup>th</sup> 'A'	5 minutes	2 minutes
5 <sup>th</sup> & 6 <sup>th</sup> 'B1'	5 minutes	2 minutes
5 <sup>th</sup> & 6 <sup>th</sup> 'B'	5 minutes	2 minutes

Overtime periods will be played until the game is decided.

### **CONTINUOUS CLOCK – 7<sup>TH</sup> & 8<sup>TH</sup> & HIGH SCHOOL ONLY**

A game consists of two halves of 20 minutes with a continuous running clock stopping only for the following conditions:

**The clock will stop on:**

- All referee's whistles during the last minute of the first half and at the last two minutes of the second half.
- A referee's whistle for injuries.
- A granted timeout by either team.
- Any other delay deemed necessary by the officials (Game equipment problem, etc.)

## **PRESSING**

### **H. S., 7TH & 8TH A, B1 & B and 5TH & 6TH A, B1**

Pressing will be permitted during both Live and Dead Ball situations (see terms below) until such time that a team has reached a lead equal to or greater than the limit listed below. If a team has reached this scoring advantage, they will not be allowed to press until such time that the lead falls below the limit. If a team violates this – the first violation is a warning, the second offense draws a technical foul and possession of the ball remains with the offensive team.

### **5TH & 6TH B Levels**

Pressing will be permitted during Live Ball situations ONLY (see terms below) until such time that a team has reached a lead equal to or greater than the limit listed below. If a team has reached this scoring advantage, they will not be allowed to press until such time that the lead falls below the limit. If a team violates this – the first violation is a warning, the second violation draws a technical foul and possession of the ball remains with the offensive team. A “blatant” violation during a live ball press is a judgement call by the official

#### **TERMS**

**LIVE BALL:** Any ball in play including ***ball taken out of bounds after a made basket.***

**DEAD BALL:** Any ball put in play by the referee while the clock is stopped ***also including ball taken out of bounds after a made free throw*** (e.g. after made Free Throw, ball taken out of bounds or after a time out.)

## PRESSING RESTRICTION GUIDELINES

GRADE LEVELS	PRESS	PRESSING RESTRICTION
High School	Yes	20-point lead
7th & 8th 'A'	Yes	20-point lead
7th & 8th 'B1'	Yes	20-point lead
7th & 8th 'B'	Yes	15-point lead
5th & 6th 'A'	Yes	15-point lead
5th & 6th 'B1'	Yes	10-point lead
5th & 6th 'B'	Yes	10-point lead

### 5TH & 6TH B League DEAD BALL Rule

The defenders cannot play defense until half court during a Dead Ball situation. The defensive player or players cannot play defense until the offensive player with the ball has crossed half court.

***The 10 second rule is in effect. The offensive team has 10 seconds to get the ball over the half court line.***

In the last minute of the game or any overtime period, during a Dead Ball situation, the clock will not start until the ball has crossed mid-court. The referee signals when ball crosses for clock to start. Any defense in the back court during the last minute of the game or overtime periods will result in the referee assessing a technical foul (2 free throws and possession of the ball). No warning will be issued.

## **PLAYING TIME**

All 5/6 A & 5/6 B1 divisions must play all team members the equivalent of one quarter. All 5/6 B divisions must play all team members roughly half of the game.

**All 7/8 & HS divisions must play all team members the equivalent of 10 minutes per game. Please note: This does not have to be not consecutive 10 minutes.**

If a coach questions whether this is being done, the coach should report it to the league contact. If the league finds a coach has not been playing all team members, they will be suspended for one league game and forfeit that game or games.

Any coach wishing to discipline a girl by not letting her play in the game must inform the opposing coach and the referee prior to the start of the game. Once a player is disciplined, she may not enter the game for any reason.

## **PLAYER ELIGIBILITY**

Each player must be a registered member of that parish or attend the parish school. In case of in-season transfer, the girl has the option of playing for either team. In-season is considered six weeks before the first scheduled game.

Players whose parish/school does not have a team on their grade level are eligible to play for another parish/school ONLY if a petition was submitted and has been approved by the GWAC league representatives.

**\*\*Any High School girl whose name has appeared on a High School roster may not play for GWAC in that sport in that year.**

## **GUEST PLAYERS**

To avoid forfeits, the GWAC will allow players rostered on teams within our organization to participate/substitute 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. If a rostered player shows up late, they will replace the guest player, and that player will be ineligible to play for the remainder of the game.

A Guest Player can be pulled up from a younger grade level; however, a Guest Player cannot play down at a younger grade level. A player from an A-level team cannot be a Guest Player for a B1 or B-level team at the same grade level. Prior to the start of the game, the coach using a Guest Player must notify the opposing coach with official present stating his/her team will be playing with a Guest player. Player must be in similar school uniform.

The primary goals of this rule are to allow games to be played using a full complement of players, avoid forfeits and improve the balance of play; however, this rule is not intended to be used to gain an overt competitive advantage.

## **RESCHEDULING**

Coaches may not reschedule any games requiring paid officials. Only in the event of a School or Church calendar change occurring after scheduling has taken place will the GWAC consider a change.

## **GRACE PERIOD**

There is no grace period unless authorized by the league. If a team is not on the court and prepared to play at the scheduled game time, the game is declared a forfeit. Teams must be on the court ready to play at these times, not just walking into the gym.

## **ROSTERS**

Coaches will receive an email with a link to complete an online roster form. At that time coaches will submit their players' names, school, grade, and uniform number. They will also indicate their preference of trophies or t-shirts, should they place first or second in league standings. Be sure to indicate sizes of shirts on your submitted roster. Coaches can submit their roster their team page on the GWAC website.

Coaches should print out their completed roster and take to all games. **Games will be forfeited if coaches have not completed or submitted their rosters by their first league game.**

## **UNIFORMS**

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.

## **REPORTING SCORES**

There are several ways you can now report your scores. Winning scores and wins by forfeit must be reported within 72 hours to be credited. Failure to do so will result in the team not being credited in league standings. The system will send us an email reporting any scores reported after the time set for each game/division. Only the winning coach should report the score. Any questions contact your league contact or send an email to [cincygwac@gmail.com](mailto:cincygwac@gmail.com)

Our **League PIN # is 3357** (*this is the number you use when the system asks you for the pin #*)

## **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.

For those with iPhone or Android devices.

Download PhoneItIn™ from Apple's App Store or Android Market

Signing In - Enter the leagues PIN number & game number

Confirm - Confirm game is correct and proceed to enter score

You can also login to your team page:

<http://gwacsports.com> or  
<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.

## **AWARDS**

1st and 2nd place awards will be distributed in all competitive leagues at the end of league play for all sports, except possibly in the case of a tie in the final league standings (see below).

If 1st and/or 2nd place ties exist in the final league standings, the following rules will be in effect:

If two or more teams are tied for 1st place, all teams will receive 1st place awards and no 2nd place awards will be given.

If there is a single 1st place team and two or more teams tied for 2nd place, the league winner will receive 1st place awards and the teams tied for 2nd place will receive 2nd place awards.

Awards are given to teams that come in 1st or 2nd in their division. At the beginning of the season all teams must complete their roster specifying whether their team would prefer trophies or t-shirts. If requesting t-shirts include sizes. Any questions, email our GWAC President – Jenny Nie at [jenlou@roadrunner.com](mailto:jenlou@roadrunner.com) – If no indication of trophies or t-shirts are listed the league will default to 10 trophies.

## **WEATHER**

To check a game status, do one of the following:

**Go to the league website for updated information**

Call 513-725-8726 for a recording of game status

Sign up for the RAINED OUT text message from the website.

## **FORFEITS**

If your team is unable to make a scheduled game, the forfeiting coach is responsible for contacting your league contact. The opposing coach will be notified by your league contact. If a forfeit occurs, do not pay referee fees at the game site. Forfeits are the responsibility of the forfeiting school and the league will handle payment.

## **COACHES BOX**

The OHSAA has a 14' coaching box rule. One head coach, one assistant coach and a scorekeeper only are permitted to occupy the bench along with team members. Only one coach is to be standing in the coach's box. The other coach and scorekeeper must be seated.

Coaches who are roaming the sidelines will be given one warning by the officials. If the behavior continues, a technical will be given.

## **CRITICISM/COMPLAINTS CONCERNING OFFICIALS**

The referee has authority over the game, all players, coaches and fans present observing the game. He/she may take any action deemed necessary to insure a fairly played game. We know there are times when coaches will be compelled to question a call. All we ask is that you extend to these officials the courtesy and respect his/her position deserve.

Should you find any official to be questionable in his/her

officiating, we ask that you write/email your complaint with name of the official the complaint is against, your name, school, game code, division, date of the game played and the nature of the complaint.

**Direct email to:  
GWAC President  
Jenny Nie  
[jenlou@roadrunner.com](mailto:jenlou@roadrunner.com)**

The officials will be made aware that they are open to criticism (we hope constructive) so please do not hesitate to do this. It is the only way we can obtain reliable feedback. We do not expect to hear about every bad call. Please use good judgment. We cannot take action without complete details.

## **LEAGUE CONTACT**

If you have a question or concern during the season you can contact your sports coordinator or the league rep in charge of your grade level.

ALL 5th & 6th Teams

- Eric Fay @ [erictfay@live.com](mailto:erictfay@live.com)

ALL 7th & 8th Teams and H.S. Teams

- Bev Rosemeyer at [berosemeyer@yahoo.com](mailto:berosemeyer@yahoo.com)

## **PROTEST RULE**

Any protest must be placed with the game official(s) and the opposing coach at the time of the infraction. Both coaches and the official(s) must sign the official scorebook. From that time on, the remainder of the game will be played under protest. At the end of the game, the official will take this page from the official scorebook and submit it to the Director of Officials.

Protest must be filed before game is over.

The reason for protest must be submitted in writing or in email to his/her league secretary by the protesting coach within twenty-four (24) hours after the game. A protest fee of \$25 must accompany the protest. If the protest is upheld, the protest fee will be refunded.

The protest board will consist of Director of Officials and two impartial parish representatives from GWAC.

The GWAC President will preside over the meeting.

Those in attendance at the protest meeting will be the Director of Officials, the protest board, the league secretary, if necessary, the game official(s) and (1) one coach from each team involved in the protest. All those required to be present at the meeting will be notified by the league contact as to the date, time and location of the meeting.

The outcome of the protest will be decided by a majority vote of the three members of the protest board. A protest concerning an official's decisions(s) or judgment call(s) will NOT be considered. A rule interpretation is protestable. If a protest is upheld, the game ensues from the point of the protest or the protest board may take other appropriate action.

## **CONDUCT OF PLAYERS, COACHES AND SPECTATORS**

If a written or verbal complaint(s) is received by the GWAC stating that, in the opinion of the complainant, a coach, player or anyone else connected with the team has conducted him/herself in an unsportsmanlike manner, that person may be notified of the complaint by the GWAC president or vice president. Depending upon the nature of the complaint(s), an investigation may be made. If, subsequent to an investigation, the complaint(s) is deemed valid by the GWAC League representatives, appropriate disciplinary measures can and will be taken. Discipline may range from a warning to suspension from any further league activity for the remainder of the season or longer.

Any coach, team member, or anyone else connected with a team, who is ejected by an official for unsportsmanlike conduct during a game will be suspended not only for the remainder of that game, but also from participation in that team's next league-sanctioned game. During suspension, the individual will not be permitted on the premises. Failure to comply will result in the team's forfeiture of the game(s) played during noncompliance.

The individual being disciplined is entitled to appear before the GWAC League representatives either during the investigative process, if feasible, or to appeal any disciplinary action taken subsequent to the completion of the investigation. Any appeal must be in writing, and any disciplinary measures meted out by the GWAC must

be complied with pending completion of the appeal and appearance before the GWAC. Failure to comply with disciplinary measures will result in the team's forfeiture of any games played during noncompliance.

If a coach, parent, or fan is ejected for any reason, he/she must leave the premises.

For additional information on the Code of Conduct, please go to the Archdiocese Charter on Youth Athletics. [www.catholiccincinnati.org/ayatf/](http://www.catholiccincinnati.org/ayatf/)

Examples of Unsportsmanlike conduct by a player, coach or fan include, but are not limited to:

Derogatory remarks

Showing excessive disgust with official's decisions

Using insulting language or gestures

### **GWAC WEBSITE**

Please visit the GWAC website-[www.gwacsports.com](http://www.gwacsports.com)

The website will have schedules, standings, and coaching information, forms and tournament information.

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

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

**CURRENT MEMBERS of G.W.A.C. 2019**

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 BAPTIST–Harrison  
ST. JUDE  
ST. LAWRENCE  
ST. MARTIN of TOURS  
ST. TERESA of AVILA  
ST. WILLIAM

Affiliate Member: OAK HILLS YOUTH SPORTS  
(for softball)