

# WNSL Christmas Tournament Rules

(Updated: 11/12/2020)

## **Section 1 -- Special Rules and Other Items of Importance (All Divisions)**

### **WNSL Responsibilities**

1. The Tournament will provide referees, a designated clock operator, and a regulation game basketball.
2. The Tournament will oversee the operation of games. Any Special Rules contained in this document will be in effect. Anything not covered by special league rules will be in accordance with the National Federation of High Schools rules.

### **Team Responsibilities—All Age Groups and Divisions**

1. Each team must provide one parent or other responsible adult to keep their team's scorebook at the official scorer's table. This person should keep the scorebook as if they were the only book being kept (in other words—both teams). The scorekeepers should compare books and with the clock operator as needed to make sure everything is correct. If there is a discrepancy that cannot be resolved, the game officials will use the Home Team book as the official book.
2. The home team is listed second on the schedule or on the top of the bracket, wears light-colored jerseys, and sits to the left of the scorer's table (if facing it). Teams warm-up opposite their benches and shoot on that basket for the first half.
3. Two warm-up balls for your team, kept securely in an enclosed bag at all times other than pre-game and halftime warm-up.
4. To provide the line-up for the scorebooks immediately when warm-up begins, or at least 10 minutes prior to the start of the game, whichever is closer to the start of the game.
5. To conduct themselves (including coaches and spectators) appropriately and show good sportsmanship win or lose. Spectators will not be allowed to harass players from the opposing team or officials.

### **The Game**

1. A game consists of two halves of 20 minutes each, with a continuous running clock stopping only on the referee's whistle for injuries, a granted time out by either team, or any other delay deemed necessary by the officials (problem with game equipment, etc.) until the last two minutes of each half (at which time National Federation rules for clock stoppage will apply---every whistle). Halftime shall last between 3 and 4 minutes.
2. Each team is entitled to two timeouts per half, with un-used timeouts not carrying over to the second half. Since an overtime period is an extension of the second half, each team will get one additional timeout, plus any unused second half timeouts. All time outs are one minute in length.
3. A team must start the game with 5 players. Game time is forfeit time (Note to Officials & Gym Monitors – be sure to use the slowest watch before ruling a forfeit). In the event that a forfeit is inevitable, coaches are asked to shift players or pick up a player of mutual agreement in order to play. Officials will work these games.

**Specific Equipment, Dimensions and other Special Rules are indicated in the appropriate section below**

## Section 2-- Additional Rules and Information for Grade 1, 2 Boys and Girls

Size of Ball—27.5” (Junior Ball)

Height of Goal—8 feet

Distance (from backboard) for Free Throw-10 feet for 1<sup>st</sup> grade.  
12 feet for 2<sup>nd</sup> grade.

Designated Defensive Area—The Front Court.

### Special Rules

1. Defensive Restrictions—Players do not wear colored wristbands for defensive designation in this age division. Zone defense is also allowed. Double-teaming or trapping (3 or more people) are allowed with the following restrictions: Only on the person with the ball and only when that person is inside the 3-point arc.
2. Penalty for Illegal Defense—The officials will issue one warning per half to a team for player guarding outside the designated defensive area, double-teaming illegally or other defensive violations outlined above. Subsequent violations are considered to be illegal defense and will result in a one-shot technical foul, plus possession of the ball at the point of interruption.
3. Pressing—In the final one minute of the game, provided the point difference is 5 points or less, both teams may play full court defense. Teams will have up to 10 seconds to cross the midcourt division line.
4. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
5. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner.

### **Section 3--Additional Rules and Information for Grades 3 Boys and Girls (All Divisions)**

Size of Ball: 28.5" (Women's Ball)

Height of Goal: 9 feet

Distance (from backboard) for Free Throw: 12 feet (no crossing the line)

#### Special Rules

1. Backcourt Guarding—Backcourt guarding is not allowed in the first half. In the second half, a team holding a lead of 15 points or more may not guard in the backcourt.
2. Penalty for Illegal Defense (see rules above)—First offense will be a warning. Thereafter, a technical foul will be called (one free throw, plus possession of the ball at the point of interruption).
3. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
4. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner.

## **Section 4--Additional Rules and Information for Grades 4 Boys & Girls (All Divisions)**

Size of Ball: 28.5" (Women's Ball)

Height of Goal: 10 feet – Boys

9 feet -- Girls

Distance (from backboard) for Free Throw: 12 feet (no crossing the line)

### Special Rules

1. Backcourt Guarding— Backcourt guarding is not allowed for teams holding a 15 or more point lead.
2. Penalty for Illegal Defense (see rules above)—First offense will be a warning. Thereafter, a technical foul will be called (one free throw, plus possession of the ball at the point of interruption).
3. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
4. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner.

## **Section 5--Additional Rules and Information for Grades 5th-12th Boys & Girls (All Divisions)**

Size of Ball: Girls (All Grades) and Boys (5<sup>th</sup>, 6<sup>th</sup> Grades): 28.5”  
Boys (7<sup>th</sup> – 12<sup>th</sup> Grades): 29.5”

### *Special Rules*

1. Backcourt Guarding—Backcourt guarding is not allowed for teams holding a 15 or more point lead.
2. Penalty for Illegal Defense—First offense for guarding in the backcourt with a 15 or more point lead will be a warning. Thereafter, a technical foul will be called (one free throw, plus possession of the ball at the point of interruption).
3. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
4. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner.

# WEST NASHVILLE SPORTS LEAGUE GUIDELINES FOR COVID-19

## 2020 WNSL CHRISTMAS TOURNAMENT

1. All local & state health official guidelines will be followed. These WNSL guidelines will be approved by Legacy Courts
2. **EVERYONE must wear a mask or face covering while inside Legacy Courts.** Players may remove their mask while playing. If a player chooses to wear additional PPE, they may do so as long as it does not compromise the safety of other players.
3. Social distancing of 6 feet is a requirement for everyone In the facility. At this time, we are limiting capacity to **TWO** parents/supervisors per player.
4. WNSL Employees and Referees will be screened and have their temperatures taken before entering the facility. Referees will take players temperatures before each game.
5. Teams must exit the court at the time the game ends and the oncoming teams will enter after all teams are cleared of the area.
6. Any player, or person not feeling well, should not attend games.
7. Spectators attending games should follow 6' social distancing guidelines at all times. No spectators will be allowed to sit on the team benches.
8. Pregame conference will be limited to one (1) Coach per team and the Referee. Social distancing of 6' is required.
9. Teams should bring their own practice balls. No shared equipment will be provided. Game balls will be sanitized in between games.
10. For injuries, coaches and referees must follow the WNSL concussion/head injury policy. Coaches, referees and off court help must wear a mask when attending to an injured player. If there is an open wound then gloves/mask must be worn by those attending to the player.
11. Hand sanitizer stations will be set up in many strategic locations around the facility.
12. Bathrooms will be cleaned and sanitized every few hours (depending on usage).
13. No handshaking/celebrations: Players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
14. No post game team gatherings/parties/shared snacks will be allowed at Legacy Courts.
15. Parents should be advised to have backup supplies in the player's equipment bag for use when needed and their own marked water bottle or sports drink. No team coolers are permitted.
16. Coaches should help to educate players on the hygiene/handwashing/touching of the face suggested guidelines.
17. Anyone found in repeated violations of these guidelines will be asked not to take part in the remainder of the tournament.
18. The WNSL management reserves the right to change any of the guidelines at any time as the situation evolves to ensure the utmost safety and well-being of the players, the officials, the spectators and workers are first and foremost.