

**TRAINEE GIRLS  
SPECIAL RULES OF THE DIVISION**

1. **HS RULES**: High school rules apply unless specified to the contrary by the following rules.
2. **BALL**: Games will be played with a junior size basketball.
3. **COURT**: Games will be played on a mini-court with eight-foot baskets.
4. **FOUL SHOTS**: Foul shots will be shot from a line that is 24-inches in from the regular foul line. The referee has the authority to move any player in closer if necessary.
5. **CLOCK**: A seven-minute running clock will apply, see Running Clock Rules.
6. **SCORE**: There will be no score kept during game or standings kept for the season.
7. **BACKCOURT GUARDING**: Backcourt defenses are prohibited. Defensive players cannot pressure the offensive player after he or she has gained possession of the ball in his or her backcourt. The defense will allow the offense to bring the ball up to the 3-point Line/the top of the key before putting any pressure on the ball. Unintentional backcourt guarding should not be called.
8. **DEFENSE**: All players must play "man to man" defense. Double-teaming is prohibited except when the offensive player in control of the ball is in the "lane".
9. **ZONE DEFENSE**: Zone defense is prohibited.
10. **DEFENSE VIOLATIONS**: During any violations of Rules 7, 8 or 9 above, the referee will stop the game and award the ball to the offensive team out of bounds.
11. **POSITION PLAY**: All players MUST play one full quarter at the guard position.
12. **PLAYER PARTICIPATION**: No player can play in four quarters before all players have played in three quarters.