

RTGB December Scrimmage Rules

- Running Game Clock
 - Rookies – 5 minute quarters (2 - 20 minute scrimmages)
 - Juniors – 5 minute quarters (3 - 20 minute scrimmages)
 - Seniors – 6 minute quarters (3 - 24 minute scrimmages)
- Defense
 - Rookies – Man to Man Only
 - Juniors & Seniors – Any (Man to Man or Zone are allowed)
- The first quarter will start with a jump ball. Possession will then alternate for the rest of the scrimmage.
- Teams will shoot towards the basket opposite their bench during the first half and at the basket nearest their bench in the 2nd half.
- Each team will be given one 30 second timeout per half. The clock will restart after 30 seconds – please be ready to play.
- Due to the shortened game clock, substitutions will take place only at the beginning of quarters; There will be no mid quarter substitutions other than for an injured or fouled out player.
- Teams are expected to follow the same rules as used during the regular season for playing time; **each girl must play an equal portion of the scrimmage.**
- Pressing:
 - Rookies – Not Allowed
 - Juniors – Only Allowed in the last 2 minutes of the 2nd half
 - Seniors – Only Allowed in the last 2 minutes of **each** half
- These scrimmages are designed to get the girls a lot of practice at game play with referees, but no score will be kept.
- Teams MUST be ready to begin their scrimmages at the times listed on the schedule. There will be no warm up time between games.
- Before the previous scrimmage is over, have the girls dressed and ready to play (ie., no sweat pants, basketball shoes on, water bottle ready).
- The break between quarters is only two minutes long. The clock will start for the next quarter whether or not both teams are on the court – please have your next group out and ready BEFORE the new quarter begins.
- The break between scrimmages is 4-6 minutes long. Incoming teams must move onto the court and get ready QUICKLY. Outgoing teams must gather their belongings and move off the court QUICKLY.
- The game clock WILL start at the times listed on the schedule whether or not the teams are ready. The cooperation of all teams is needed to make the scrimmages successful.
- When arriving for your scrimmage and another scrimmage is in progress, your team should wait in the hallway until the prior scrimmage has ended. Once your scrimmage has ended, please leave the gym immediately to allow the next scrimmage to get under way.