

ANOKA HENNEPIN MIDDLE SCHOOLS

GIRLS Basketball- Rules

Updated: 11/20/25



Minnesota State High School Rules with the following exceptions:

1. **Game Starting Time:** The first game will start at 4:00 pm. In the event of a scheduled second game, the second game will start promptly fifteen minutes after the end of the first game, allowing the 2nd team to warm up, approx. 5:05pm.
2. **Teams:** Coaches are required to fill out a line-up card prior to the start of the 4:00pm game.
3. **Game Clock:** All games will consist of two 20 minute halves. All time will be running time with the following exceptions:
 - Time-Outs.
 - For any dead ball occurring during the LAST 2 MINUTES of both the 1st and 2nd halves.
 - When a team is ahead by 20 points or more in the second half, it will be running and remain running as long as there is 20 point lead.
4. **Halftime:** There will be a 3-minute half time.
5. **Defenses:** Man-to-Man (OR) Zone defenses are allowed.
6. **Pressing:** All games teams are allowed to press. **The only exception is 6th grade B level, no pressing is allowed.** At all other grades and levels once a team is up by 10 points or more, pressing is not allowed.
7. **Time Outs:** Each team is allowed 2 time-outs per half (only one time out in overtime). Time outs will last no longer than 45 seconds. Time outs do not carry over.
8. **Overtime:** First Overtime – 2 minutes stop time, Second Overtime – Sudden Death.
9. **Technical Fouls:** Automatic 2 points and the ball out of bounds at half-court.
10. **Student Information:** All coaches are required to inform all participants of the potential for injury as a result of playing basketball. Special attention should be made concerning dislocation of fingers, sprains, strains, and possible collision with a team member.
11. **Game Balls:** All the girls teams (6,7,8) use a 28.5” ball.
The League's emphasis is on playing good basketball, while demonstrating good Sportsmanship.

