

Game Rules

Basic Rules:

The MIAA/Federation High School Rules are used except as noted below.

Coaches:

Only the coach and up to 3 assistants are allowed on the bench. Everyone else must be a player who is on the official team roster. Scorers, analysts, or anyone else may not be on the player bench. The game official's may allow more, but ask people to leave the bench area if behavior becomes a concern. Only one coach can stand to coach. The coach's box is the area directly in front of his or her player bench.

Shot Clock:

A shot clock is NOT used. Instead, the 10-second back court rule is in effect. A team inbounding in the back court shall have 10 seconds to get the ball into the front court.

Game Length:

Games consist of four 8-minute quarters. Stop time is used (i.e., clock is stopped on referees whistle). Halftime is 5 minutes. No mercy rule is used. We ask coaches with large leads to eliminate pressing, shooting three's and behavior in a mockery fashion. If a team reaches a lead of more than 20 points in the 2nd half we require them to stop full court pressing.

Overtime:

Overtimes shall be 3 minutes in length. Each team will receive 1 additional time-out per overtime. This adds to any time outs you have.

Time-outs:

Each team is allowed 5 Full time-outs per game.

Fouls:

The following rules concerning fouls shall be in effect:

1. 1 and 1 will be taken on the 7th, 8th and 9th foul of each half. Double Bonus at 10
2. Second half fouls carry over into overtimes for the purpose of bonus and double bonus.
3. Player technical fouls are counted as a personal foul and a team foul.
4. Any player receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game. Any player involved in a fight will be removed immediately.
5. Any coach receiving a technical foul must sit for the remainder of the game.
6. Any coach receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game.
7. Coach may receive 2 indirect and 1 direct technical before removal.

Equipment:

Game balls shall be leather or synthetic leather. The following sizes shall be used:

Boys grades 7th & 8th standard men's ball 29.5.

Girls Grade 4 will use the 27.5 Ball.

Boy's grades 4th-6th and girls 5th-8th use standard 28.5

Full Court Pressing:

There shall be no full court pressing by a team with a lead of 20 points or more.

No pressing is allowed for 4th and 5th grade teams except for the last 2 minutes of the 2nd quarter, the **last 3 minutes of the 4th quarter** and any subsequent overtime. Please review pressing rules below.

4th and 5th Grade Boys & Girls Modified Rules

FOUL SHOOTING RULE

APPLIES TO 4th and 5th GRADE BOYS AND GIRLS

The intent of this new rule is to increase foul shooting percentage and avoid the many other rebounding fouls, aggressive play, and confusion during the foul shooting action at these levels.

1st ALL foul shooters are allowed to start their try 1 step (appx. 3ft) in front of the marked foul line.

2nd They must maintain the same line restrictions as with any other foul shot. The imaginary line for jumping forward or leaving once the ball is airborne is at the officials discretionary judgement and would be a violation.

3rd If they so desire to start their attempt at the marked line they are allowed to go over it on the follow through but are held to the same rules if they started in front of the line.

4TH MOST IMPORTANT PART AND ADDITION TO THE NEW RULE AS FOLLOWS: Following their try in #2 & 3 THE SHOOTER IS NOT allowed to be the first player to secure control of the ball EVEN if it is tapped/touched by anyone else first. THIS WOULD BE A VIOLATION AND THE BALL IS GIVEN TO THE OTHER TEAM at the point of interruption. This would include shooting "intentionally" tipping it to a teammate to gain team control.

5TH IF the shooter elects to shoot/try at the marked(traditional) line and maintains all NORMAL restrictions(E.G. THE LINE AND WAITING TILL RIM CONTACT) He or She follows the normal free throw shooting rules.

RULE ENFORCMENT: Man to Man, Double Team, and Press modified rules.

If it is evident that the defense is

- A) Intentionally playing zone principles, has a player that is basket hanging, or players shadowing the ball.
- B) Doubling the ball by DESIGN regardless of where the ball is on the floor
- C) Pressing in the back court prior to the time allowed to do so or up by more then 20 points.

The order of sequence:

- 1) Informal warning to the coach. For each category
- 2) A Formal warning to the defense (1 per game for each category)
- 3) An illegal defense call that gives the offense 1 shot penalty with the lane cleared out and the ball back at the point of interruption.

NO technical fouls are given. The rule can be enforced as many times as needed.

MAN TO MAN RULE 4th and 5th Grade updated 2018-19

The rule has NOT changed but the language of the rule has been re-written in hopes of a better understand by both officials and coaches. The rule is not intended for the offense to gain an advantage with clear outs and one on one play. AND the miss conception that a defender must always be with in so many feet of the offensive player to be considered “man to man” is not correct.

Man to Man defense is the only allowed defense to be played at this level. We encourage “man to man” to be taught using proper man to man principles. This includes help side, basket line, switching on screens, strong side vs weak side concepts or picking up the ball at or around the 3 point line.

The two types of concepts NOT allowed are basket hanging by one player (picture A), OR help defenders shadowing the ball (picture C). All other man to man principles should be encouraged and coaches should understand the difference between a coach breaking the rules or a 10 year old that is a little lost.

The best way for an offense to show a defense is playing zone principles is move players from strong side to weak side and vice versa on a consistent basis, if a defender does not adjust to the player they are covering then it would have zone principles.

Picture:

- A) Help Side Defense (weak side), defenders on the weak side are allowed to be in the paint/basket line. In 2nd picture, defender playing “5” is now hanging at the basket as the player he/she is cover now relocated, the defender should relocate with the offensive player.
- B) Defenders picking up players at or around the 3 point line are acceptable as long as they are in line with the player they are defending. IN 2nd picture, defenders are clearly sagging off and “packing” the paint. Defensive players do NOT have to go out to the offense, but they cannot pack the paint.
- C) Players playing weak side and strong side is allowed. In Picture 2 players have left their player to Shadow the ball by OVER helping prior to ball movement. This is not allowed.

There is no violation for an offense “clearing out”. If the defense is adjusted properly they can prevent clear-outs from happening as they do NOT have to be 3 feet from their “player” Picture C and D It is important to understand that a good man to man defense can look like a zone. The intent of the rule is to force coaches NOT to play zone or try to gain a competitive advantage, but to teach. Coaches who are constantly looking for an official to call a ZONE violation are also looking for a competitive advantage that the rule is NOT intended for. Allow officials to determine if an opposing team is playing with Zone principles.

DOUBLE TEAM RULE

Organized or designed double teaming is NEVER ALLOWED. However, if the ball is inside the 3 point arc and is a “natural” result of an offensive rebound, loose ball, or help defense that creates double team these would be allowed. This would include post defense, if the defenders are doubling the post by design that would be a violation. If a double team occurs as a result of help, rebounding or loose ball that is allowed. The official will determine if they feel the coach is teaching organized/planned double teams and call a violation if such situations occur.

SOME EXAMPLES WHEN DOUBLE TEAMING IS ALLOWED:

1. The ball is in team control and ball is inside the 3 pt arc and the double team occurs a result of the help defender whose teammate has been beaten by dribble penetration or pass.
2. LOSS OF PLAYER CONTROL by an offensive player and two defensive players are around the ball as the offensive player as he/she regains team control.
3. The screening by the offense creates a situation where another defender must help/switch for his teammate who is on the ball and the proximity is so close that this is not an intentional double team but looks like one. If two offensive players are too close to each other, and/or a switch or a hedge and recover occurs creating a short time period where a double team might exist. As long as the two defenders do not stay and maintain the double team. This situation can also occur outside the 3 point line where the spacing by two offensive players allows two defenders to be next to the ball.

SOME EXAMPLES OF ILLEGAL DOUBLE TEAMING

1. 2 DEFENDERS MIRROR THE MOVEMENT OF THE PLAYER IN CONTROL OF THE BALL SIMULTANEOUSLY
2. A player in control of the ball being covered by his defender but closely shadowed by another defender as if ready to trap the ball/player or prevent dribble. ALSO violates M2M rules.
3. 2 defenders who reach for or grab the ball when no loss of control or interrupted dribble has occurred.
4. Once the ball in player control enters inside the 3 point arc area a another defender runs up to steal the ball by design and not based on the action of the offense.

NOT for officials:

Double teams are only allowed inside the arc as a result of loss of player control, interrupted dribble or help/switching defense as long as they are NOT by design. This is all subject to your interpretation whether the defense is intentionally trying to create by design a double team or trap situation. If so, it is a violation.

PRESS RULE 4th & 5th grade girls and boys only

No defensive pressure is allowed in the backcourt once a team has established team control following a missed try(rebound), steal, loose ball or violation (naturally followed by a throw in.)

With final 2 minutes of a half and 3 minutes of the game teams may press following these rules.

1. The press must be a strictly man to man press. No zone press is allowed.
2. The pressing team is allowed to press with less than 5 players and does not have to defend the inbounded. The extra players may not be forming a double team or shadowing another player. The players not involved in the press must retreat BEYOND half court. Once an offensive player has picked up the ball or passed to a teammate, the defender may not leave that player and cover an unguarded player. This would represent a Zone Press.
3. The pressing team is not allowed to double team the player in control of the ball while he/she is in the backcourt.
5. A defender who is pressing the player with the ball in the backcourt must stay with that offensive player even when that player passes the ball to another player. The defender may however retreat beyond half court after initially guarding to wait for the opponent to advance the ball into the frontcourt.

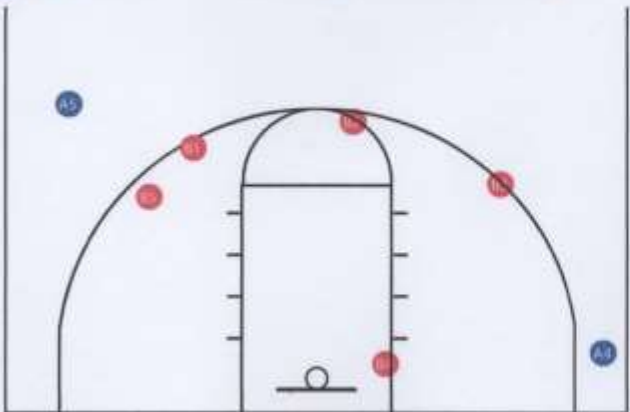
Officials, a zone press is easy to spot so use good common sense when spotting an intentional application of it. If we execute it correctly early in the season and are consistent throughout it won't be a problem. In addition remind players about slapping or grabbing for a ball off a rebound. Use a proactive approach prior to issuing a free throw.

A**Allowed**

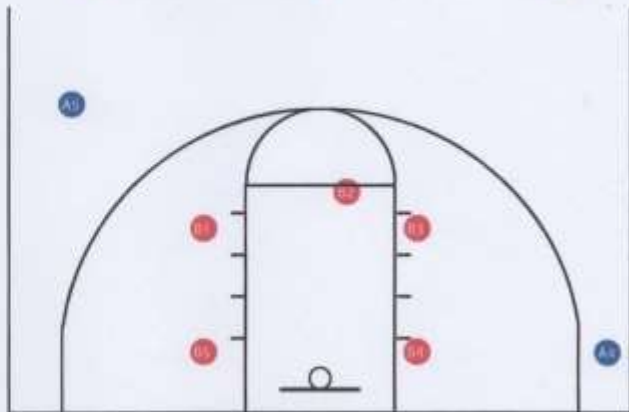
Help side defense (weak side). Defenders on the weak side are allowed to be in the paint/basket line.

Not Allowed

Defender B5 playing A5 is now hanging at the basket as the player he/she is covering has moved. The defender should relocate with the offensive player.

B**Allowed**

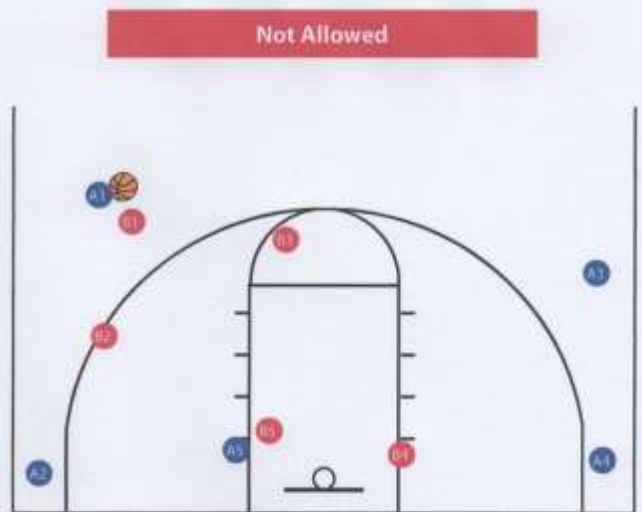
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Not Allowed

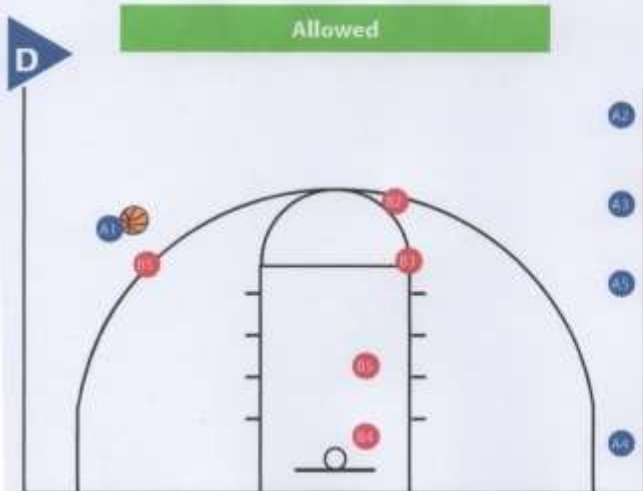
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