

MRA BASKETBALL

General Rules of Play

(Updated 10-06-09)

The Middletown Recreation Association Basketball program is comprised of the following leagues and age groups:

<u>LEAGUE</u>	<u>PLAYER AGES</u>
MINI-Coed	5,6,7
8 Year Old	8
9 Year Old	9
10 Year Old	10
11 Year Old	11
12 Year Old	12
13 Year Old	13
14 Year Old	14
HS Division	15 – 18

Age groups can be separated, split or combined based on the number of players registered for league play, at the discretion of the league commissioners.

For example, based on actual sign-ups the 2008-2009 Season, age groups were divided as follows:

5-6-7 Combined - 10 teams
8-yo – 10 teams
9/10's – 9 teams
11/12's – 10 teams
13/14's – 4 teams
High School – 10 teams

The following rules of play apply to all leagues:

1. KHSAA rules apply unless otherwise specifically noted.
2. **Uniforms**

MRA provides a uniform jersey to all players. Coed age groups may be provided with game shorts. In order to participate, each player must

wear the official jersey. All players on the same team shall wear gym shorts of the same color.

3. Forfeits

A. A team must have 5 players to commence play, or a forfeit will be recorded. Play may be *continued* with fewer than 5 players pursuant to KHSAA rules.

B. The forfeit time is the posted game time, or, if later, at the conclusion of a five minute warm up period.

4. Minimum Play

General Rule – MRA attempts to practice a playing time rule that equates to “equal playing time.” Based on the number of players on a team or other circumstances this can be difficult to accomplish. To help equate playing time, the game is divided into (4) six-minute quarters. Each quarter will be stopped by the referee at approximately 3:00 remaining for substitutions when play on the floor allows.

In effect, there are (8) equal three-minute playing segments in a game. No player shall play **2 more segments** than any other player on his team.

Example: For John to play 6 segments, all other players must play 5 segments.

To ensure compliance with the general rule, the following specific rules will apply:

C. **Free substitution:** will be allowed in the final 3-minute segment of the fourth quarter **only once all playing time requirements have been met** (except for Mini League.) The intent of the free substitution in the 4th quarter is to allow the coach the ability to substitute a lesser played player for a player with more playing time. It is to allow the coach the ability to “*clear his bench*” in case of a large lead. But in any case all other equal playing time rules will first apply.

D. It is the coach’s responsibility to see that the minimum/maximum playing time rules are followed. If the scorebook indicates that any players have not played the required minimum at the conclusion of the game, the scorer shall notify both coaches before the teams leave the floor to confirm the accuracy of the scorebook. The scorer shall then notify the league commissioner. For the first offense the coach will receive a warning and the player(s) who were shorted playing time will play additional periods the next game in place of the player(s) who received extra playing time. For additional offenses and in tournament play the penalty is forfeit.

E. If a child does NOT attend practices on a regular basis, the coach (only after consulting with the parents or guardian and commissioner of the league) may limit the child's playing time. The opposing team coach must be informed prior to tip-off of the situation.

F. If a player or coach is ejected from the game by the officials, that player must serve a one game suspension from the next scheduled game. Any additional ejections may include dismissal for the remainder of the season. There will be no refund of fees in this event.

5. **1st Half MAN TO MAN DEFENSE DEFINED**

A. Each defender must be assigned a man and must defend that man when he has the ball or when his man is inside the 3-point arc.

B. A defender shall **not** be required to stay within a certain distance of his man but must maintain a position in relation to the location of the ball and relative position of his man so that the defender has a reasonable chance to recover to prevent his man from scoring.

C. The identity of a defender's "man" may change at any time so long as no more than one defender has the same man at a time (i.e., "switching" is permitted but, 2 or more defenders may not guard the same player at one time outside the paint during the man to man portion of the game.

The intent of the rule is to allow proper defensive concepts, such as "help defense" in the paint to be taught but not for the offensive team to be able to clear out 4 players from the basket so that its best player can go one-on-one, improving only his ability to score.

Bonus Foul Shots:

To speed up the game, only the "Double-bonus" free throw rule will be in effect. Two shots will be given for non shooting fouls beginning with the tenth foul of the half. (Ex. There are no "bonus" shots awarded after the 7th foul.)

PLAYER SELECTION PROCEDURE

MINI LEAGUE.5-6-7yo (Coed)

[1]. In this age group we attempt to accommodate parent requests in order to form teams. New players who make no special assignment request will be assigned by the commissioner to each team at random based on age.

All other age groups:

- [1]. All teams will be redrafted each season.
- [2]. All players, including coaches' sons are to try out.
- [3]. Sons of head coaches will be automatically placed on the father's team in the appropriate round based on a rating system established by the league commissioner prior to the draft.
- [4]. There will be no restrictions as to the number of players which a coach may draft from any given age group.
- [5]. Order of draft will be determined by random lot. The order of draft will be "serpentine" and reverse in each round (i.e., the team drawing the first pick in the first round will have the last pick in the second round, the first pick in the third round, the last pick in the fourth round, etc.).
- [6]. For players not present for tryout there will be a roundtable discussion on each player before the draft. If player is unknown, sign-up sheet will be placed face down by age group. A coach may forego the player selection during any round and, instead, choose to "blind draw" from this group.
- [7]. After draft has concluded, one trade may be made by each team; only the same round draft choices may be traded. All trades must be at the commissioner's discretion.

SPECIAL MINI LEAGUE RULES

- [A]. Man to man defense ONLY allowed. No full court press at anytime and no double teaming. Defense can begin at half court.
- [B]. Fast breaks are permitted only when a defensive player makes a steal on a pass. If the defensive team is up by 10 or more points, they may NOT fast break.
- [C]. The defensive player cannot steal the ball off of the dribble. NO reaching in for the ball by the defensive player.
- [D]. Score will be kept but no league standings.
- [E]. The game will be divided into 6-minute quarters with substitutions occurring at approximately 3-minutes.
- [F]. In general, the clock runs continuously. It stops for the 3-minute substitution break **and for foul shots or at any time deemed necessary at the official's discretion.** The clock will stop on the whistle the final minute of the game.
- [G]. The free throw line will be Bottom of the circle from the goal.

Junior size ball to be used, baskets to be set at **approx. 8.5 feet**.

RULES AND REGULATIONS

SPECIAL: 8 - Year Old Boys and Girls

[1]. Each quarter will be 6 minutes in duration.

[2]. Each team will be allowed 2 timeouts per half. One additional timeout will be allowed for the first overtime period. Accumulated timeouts may NOT be carried over from regulation play to overtime play.

[3]. The free throw line will be bottom of the circle from the goal. A Junior Ball will be used, with a **9 foot goal**.

[4]. There will be **ONE overtime period** of three minutes beginning with the jump ball. If the game is still tied after the three minute overtime period, a sudden death period will begin with a jump ball (Regular Season only).

[5]. A FIVE second offensive lane violation rule will be in effect at all times. The lane will be measured from the 15 foot free throw line for this purpose.

[6]. Stealing off the dribble can only occur in the "paint" and only by the defensive man guarding the ball. Stealing off the dribble can occur by the defensive man anywhere on the court during the **last three minutes** of the fourth quarter. Stealing off the pass is permitted anytime.

[7]. In general, the clock runs "continuously." It stops for the 3-minute substitution breaks, for foul shots, injury stoppage or at any time deemed necessary at the official's discretion. In the final 3-minutes of the game, or overtime periods, the clock will stop on the "whistle."

Defenses

[A]. ONLY man to man defense will be permitted. Defense can begin at half court. (see also **definition and intent** of Man-to-man)

[B]. Full court defense is permitted during the **last three minutes of the fourth quarter**, so long as the team applying backcourt pressure does not have a lead of 10 points or more. Double teaming will be allowed only in the last three minutes of the fourth quarter.

[C]. **Penalties for illegal Defense**

[1]. All fouls committed by defensive players in backcourt at all times will be assessed as personal fouls. If a foul is committed by the defense is not permitted, offensive player drawing the foul will be awarded two free throws, and the offensive team will be awarded possession after the free throws.

[2]. Offensive charging fouls will not be assessed in the backcourt during periods when backcourt defense is not allowed.

[3]. A team playing an **illegal zone defense** in the first half will receive a warning for the first offense and will be assessed a technical foul for each subsequent offense.

SPECIAL (9 & 10 Year old Boys and Girls Rules)

See also "Special Conditions" pp. 7-8 (for 2007-2008)

[1]. Each quarter will be 6 minutes in duration.

[2]. Free throw line will be between the circle and the regular Free Throw Line.

[3]. Each team will be allowed 2 timeouts per half. One additional timeout will be allowed for the first overtime period. Accumulated timeouts may **NOT** be carried from half to half or from regulation play to overtime play.

[4]. There will be one overtime period of three minutes beginning with a jump ball. If the game is still tied after the three minute overtime period, a sudden death period will begin with a jump ball.

[5.] Clock stops on the whistle.

DEFENSE

[A]. ONLY man to man defense will be permitted.

[B]. Full court defense is permitted **in the 4th quarter** so long as the team applying the backcourt pressure does NOT have more than a 10 point lead.

[C]. A team playing an illegal **zone** defense will receive a warning for the first offense and will be assessed a technical foul for each subsequent offense.

Man to Man Defense Defined

[A]. Each defender must be assigned a man and must defend that man when he has the ball. (See **definition and intent** of man-to-man)

[B]. A defender shall **not** be required to stay within a certain distance of his man but, must maintain position in relation to the location of the ball and relative position of his man so that the defender has a reasonable chance to prevent his man from scoring.

[C]. The identity of a defender's man may change at any time.

[E]. Double, triple teaming, "helping" etc... inside the paint is permitted at any time.

SPECIAL 11/12, 13/14 Boys League Rules

[1]. An intermediate sized ball is used at the 11/12 age group.

[2]. A full-sized men's basketball is used at the 13/14 age groups.

[3]. The game is divided into 6-minute quarters and KHSAA clock management rules apply.

DEFENSE

[A]. Any defense is permissible (Zone Press, Zone Defense, etc.) beginning with the start of the third quarter, so long as the team pressing does not have more than a 10 point lead.

[B]. "**Help defense**" in the paint is permitted in the first half. "**Double teaming**" is defined as two or more players guarding the same player, either with or without the ball, when no attempt by that player to score is being made. A player with the ball, who penetrates to the basket in an attempt to score, drawing defense in the paint from more than one defensive player is **not** considered as being double teamed.

HIGH SCHOOL LEAGUE RULES 15 – 18 Boys

1. No team may press with a lead of 14 points or more.
2. Each player must play at least half of the game. Equal playing time rules used for the younger age groups can be waived at the commissioner's discretion.
3. 8-Minute Quarters. KHSAA Rules of basketball apply.
4. There will be one overtime period of three minutes beginning with a jump ball. If the game is still tied after the three minute overtime period, a sudden death period will begin with a jump ball.

MISCELLANEOUS

Schedules

[1]. 8 (Boys & Girls), 9/10 (Boys & Girls), 11/12 & 13/14 & HS Boys Leagues will play at least ten regular season games and a post season tournament (single elimination).

[2]. Mini League will play at least eight regular season games.

Team Rosters

[1]. Roster size will NOT exceed ten players.

Special Conditions.

Alternate 9/10's defensive rules

[A]. Early season (3-game trial period) 07/08 season

- **1st and 2nd quarters** - half court, man-to-man defense with stealing off dribble only in the paint.
- **3rd quarter** - stay with half court, man-to-man defense, but allow stealing off dribble anywhere on the half court.
- **4th quarter** - full court, man-to-man defense, with stealing anywhere.

❖ Note: No stealing off the dribble or full court defense is allowed by team with greater than 10 point lead.

[B]. remainder of season

- Commissioner will evaluate needs of league and make adjustments to remaining season rules.

[C] Tournament

- Same as 2nd half rules.