

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. 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 inches in circumference.

Girls Grade 4 Div 5, 6 and 7 will use the 27.5 Ball.

Boy's grades 4th-6th and girls all grades use standard ball 28.5 inches in circumference.

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 4 minutes of the 4th quarter and any subsequent overtime. Please review pressing rules below.

4th and 5th Grade Boys and 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 YOUR discretionary judgement.

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.

NOTE: AT THE END OF A CLOSE GAME IF THE SHOOTER "INTENTIONALLY" MISSES THE TRY SO HE/SHE CAN TIP IT OUT TO A TEAMATE IT IS A VIOLATION AS WELL.

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.

MAN TO MAN RULE

1. Officials must not allow themselves to be overly distracted from reffing normal game conditions/ decisions and management just to adjudicate this 1 rule.
2. If it is evident that 1 or more defensive players are not attempting to reasonably guard/follow their opponent, but pack it in and intentionally play an area you will have to proceed as follows:
3. Issue an informal/pre-emptive warning to the coach you have noticed this "violation" and further violations are followed by:
4. A: A formal warning is put in the book for illegal defense(1 allowed/half)
5. B: following the formal warning ALL SUBSEQUENT "VIOLATIONS ARE A 1 shot foul shot with the lane cleared and resumption of play is the point of interruption e.g. ball back to the offense etc.
6. If you have already issued a formal warning for illegal(zone press or double teaming) you immediately shoot as these are ALL PART OF THE SAME RULE
7. Please remember all these rules Press,double team and zone are 1 RULE the same as in the past but have been separated out and posted to better understand and explain them.
8. REMEMBER THEY ALL STATE THEY ARE SUBJECT TO THE OFFICIALS JUDGEMENT AND INTERPRETATION
9. In the past TECHNICALS WERE PART OF THE PENALTY. NOTE THAT IS NO LONGER THE CASE FOR ANY OF THESE VIOLATIONS E.G. ZONE PRESS,DOUBLE TEAMING,OR ZONE DEFENSE.
10. The reasoning for the 1 shot foul shot (lane cleared, point of interruption etc. is to avoid technicals that can be adversarial in nature and heat things up.At this age level the intent by the league is to encourage teaching etc.

DOUBLE TEAM RULE

Organized or designed double teaming in the front court are not allowed UNLESS the following conditions exist.

1. The ball is in team control inside the 3 pt arc and the double team occurs a result of the help defense by a defender whose teammate has been beaten by dribble penetration.
2. The ball has been batted away by the defender or offensive player miss handles the ball causing LOSS OF PLAYER CONTROL and two defensive players are around the ball as the offensive player 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. This can also be the case when outside the 3 point arc. If two offensive players are too close to each other, and/or a switch occurs which is OK.
4. NOTE: ALL THESE POTENTIAL SITUATIONS MUST OCCUR INSIDE THE 3 POINT ARC TO BE LEGAL DOUBLE TEAMS.

SOME EXAMPLES OF ILLEGAL DOUBLE TEAMING

1. 2 DEFENDERS MIRROR THE MOVEMENT OF THE PLAYER IN CONTROL OF THE BALL.
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.
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 crosses the 3 point arc another defender runs up to steal.

Mechanics of the rule for refs.

Double teams are only allowed inside the arc as a result of loss of player control , interrupted dribble or help/switching defense that is 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.

The penalty for this: 1 warning to the offending team per half. Further violations are a 1 shot foul by the offense with the lane cleared out. (NO TECHNICALS AT ANYTIME) Resumption of play will be at point of interruption with the ball given back to offense.

This initial warning is included with any "zone" or zone press warning. In other words if you have already issued a warning for any of those (in the half you are playing) an immediate 1 shot foul is taken as the warning has already been given.

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.

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. If they stay and wait in the backcourt “picking up” an offensive player this constitutes a zone press. Once a player has picked up the ball, he/she may not run and follow the pass to cover the unguarded player. This would represent a Zone Press.
3. The pressing team is not allowed to have a player or multiple players chase the ball while it is still in the backcourt while leaving other players to protect the hoop.
4. 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 cannot follow the ball around in the backcourt to “ballhawk” it. This activity can create a zone press situation as well. He/she may however retreat beyond halfcourt after initially guarding to wait for the opponent to advance the ball into the frontcourt.

PENALTY: THE PENALTY IS 1 WARNING /HALF BEFORE FOUL SHOOTING OCCURS. Any repeat violation following the warning is a 1 shot foul with the lane cleared and play resumed at the point of interruption e.g. ball back to the offense where the ball was when the violation occurred. This also is part of the Zone/Double team rule as well.

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.