

Middlesex Youth Basketball Rules

Regulation High School Basketball (Grades 6 – 8)

- ALL GAMES WILL BEGIN ON TIME THERE WILL BE A 5 MINUTE WARMUP PREGAME AND 3 MINUTES BETWEEN HALVES
- *16 minute half's stop time*
- *Must provide 2 patched refs for games*
- 5 TIMEOUTS PER GAME BROKEN INTO 3 FULL AND 2 30 SECOND
- 3's DO COUNT AT EVERY LEVEL
- *Shoot 1 and 1 on 7th team foul*
- *Shoot 2 on 10th team foul*
- *5 fouls equal disqualification*
- *Must pull off the Press with a 20 point lead*
- ***IF A PLAYER OR COACH IS DISQUALIFIED DUE TO FIGHTING THEN THAT PLAYER/COACH IS SUSPENDED FROM THE NEXT LEAGUE GAME***
- ***MIDDLESEX YOUTH BASKETBALL WILL NOT TOLERATE INAPPROPRIATE BEHAVIOR FROM PLAYERS/COACHES/SPECTATORS***
- ***IT IS THE RESPONSIBILITY OF THE COACH TO CONTROL HIS PLAYERS AS WELL AS THE FANS THAT ARE THERE SUPPORTING THEIR SONS and DAUGHTERS***
- ***IF A VISITING TEAM FORFEITS WITHOUT A MINIMUM OF 3 DAY NOTICE AND THE HOME TEAM IS UNABLE TO SECURE ANOTHER OPPONENT THEN THAT TEAM IS RESPONSIBLE FOR THE COST OF BOTH THE GYM AND THE OFFICIALS***

THERE WILL BE 3 COACHES ALLOWED ON THE BENCH PLUS A SCOREKEEPER

5th Grade Rules

- **Half Court Person to Person Defense ONLY after a MADE BASKET or a DEAD BALL.**
- If the offensive team is unsuccessful on a try for a basket and the ball is rebounded by the defensive team then the player and the ball is live.
- **Last 4 minutes of each half team may press (Person to Person only)**
- **28.5 Basketball will be used**
- **NO ZONE DEFENSE**
- **NO DOUBLE TEAMING**