



GENERAL RULES

- A.** Practice Time/Game Time: Players are required to attend practice. All players will be given equal playing time based on a scheduled rotation each game.
- B.** All leagues shall play 6 minute quarters.
- C.** Each game shall consist of four (4) quarters, with two (2) minutes between quarters and a three (3) minute halftime.
- D.** Each team will be allowed three (3) 1 minute time-outs per game. One additional time-out will be awarded for an overtime game. (One time-out may be carried over into overtime and sudden death overtime).
- E.** If a game ends in a tie, a two (2) minute overtime period shall be played. If the score is still tied at the end of overtime, a sudden death overtime shall be played. **THE FIRST TEAM TO SCORE IS THE WINNING TEAM.**
- F.** All players shall carry their basketball shoes to the GYM and put them on just prior to their game. Player's shoes will be checked for foreign material prior to each game. Any player with foreign material on their shoes will be in violation of this rule. The player will be required to clean the shoes prior to going on the GYM floor. A one (1) shot technical foul will be assessed for each violation of this rule. The opposing team will shoot the technical foul prior to the start of the game.
- G.** Any team that is leading by fifteen (15) or more points will **NOT** be allowed to press. This is applicable only in age groups that allow pressing.
- H. ANY TEAM** that is leading by 15 points or more, must stay below the 3-point line on defense.
- I.** Only one (1) Head Coach and one (1) Assistant Coach will be allowed on or near the benches. Also, only the Head Coach OR the Assistant Coach may be standing at any given time during the game.

IESA/IHSA RULES WILL BE USED WITH THE FOLLOWING EXCEPTIONS

J. THIRD/FOURTH GRADE BOYS & GIRLS:

1. Man-to-Man defense after the ball enters the front court. **NO INTENTIONAL DOUBLE TEAMING AT ANY TIME.**
2. **FIVE (5) SECOND** lane violation instead of the standard 3 seconds.
3. A modified free throw line will be used at approximately 12 feet.
(This will be subject to skill level of the individual player or the official's discretion.)
4. Once the defensive team gains possession and controls the ball, the offensive team must fall back to half-court.
5. Teams may full court press the last one minute of the game, as long as they are not up by 15 points.
If overtime or sudden death should take place, the full court press will continue.
6. Each coach **WILL ATTEMPT** to keep all players actively involved in the offense.
7. Players shall use the small regulation ball (28 ½ inches).
8. **MADE 3-POINTERS WILL ONLY COUNT AS 2 PTS.**

K. FIFTH/SIXTH GRADE BOYS:

1. **MAN-TO-MAN DEFENSE UNLESS** the score dictates otherwise (see "G" & "H").
2. Each coach **WILL ATTEMPT** to keep all players actively involved in the offense.
3. Regulation free throw line.
4. Players will use the regulation size ball (29 1/2 inches).
5. Teams may full court press the last one minute of the game, as long as they are not up by 15 points.
If overtime or sudden death should take place, the full court press will continue.



L. FIFTH/SIXTH GRADE GIRLS:

1. **MAN-TO-MAN DEFENSE AFTER THE BALL ENTERS THE FRONT COURT** unless the score dictates otherwise (see "G" & "H").
2. Each coach **WILL ATTEMPT** to keep all players actively involved in the offense.
3. Regulation free throw line.
4. Players will use the regulation size ball (28 1/2 inches).
5. Teams may full court press the last one minute of the game, as long as they are not up by 15 points. If overtime or sudden death should take place, the full court press will continue.

PLAYERS

A. The Mt. Zion Youth Basketball Board as a group, will impose the following rules on players **ABOVE AND BEYOND** the normal implications of a technical foul:

1. **A FIRST TECHNICAL FOUL** due to improper actions by the player will be a verbal warning.
2. **A SECOND TECHNICAL FOUL** during the season will result in a minimum one game suspension. The player will still be required to attend practice
3. **A THIRD TECHNICAL FOUL** will result in a mandatory suspension from the league for the remainder of the season.

B. Players are expected to attend practice and participate. In the event of an absence, please contact your coach beforehand whenever possible. (See General Rules A. for explanation on playing time requirements)

C. 6TH GRADE ONLY: Any potential 6th grade participant that signs up for the youth farm league and then is selected/ chosen for the Jr. high team roster will forfeit his/her right to participate in the youth **FARM** league for the entire season. That player may return to the 6th grade **TRAVEL** team after the jr. high season is complete at the coaches' discretion. (If he/she tries out and **DOES NOT** make the Jr. high team, they can still participate in both farm and travel leagues.)

COACHES

A. Coaches are to set/be an example of sportsmanship to his or her team. Emotions are a big part of the sports environment, however, profanity and unsportsmanlike behavior **WILL NOT BE TOLERATED.**

THE MT. ZION YOUTH BASKETBALL WILL IMPOSE THE FOLLOWING PENALTIES ON COACHES AND/OR ASSISTANT COACHES ABOVE AND BEYOND THE NORMAL IMPLICATIONS OF A TECHNICAL FOUL:

1. **The first technical foul due to improper actions will result in a verbal warning from the Mt. Zion Youth Basketball Board unless the board feels the action deserves a more severe penalty.**
2. **The second technical foul during the same game or any additional game in the season or tournament will result in the automatic suspension of coach(s) for the remainder of the season.**
3. **The Board reserves the right to enforce additional measures on coaches for unacceptable behavior or conduct pending each individual situation.**

The Mt. Zion Youth Basketball board hopes that these rules will not have to be imposed because we are all here to have fun and teach EVERY child good basketball skills, sportsmanship, and respect for others. Please keep in mind at all times, that the league is about the players. We want this to be a positive experience and introduction to sports. Remember, your actions on the court and the bench, is what your team and others see. Set a good example!!!!!!