YOUTH BASKETBALL RULES

GENERAL RULES

GAME RULES

All games scheduled by the Melissa Sports Connection Youth Basketball Program are played under the National Federation of High School (NFHS) rules except where modified by the MSC Basketball Rules.

MSC BASKETBALL LEAGUE POLICY

- MSC Basketball has a recreational league including Kindergarten through 6th Grade.
- To keep our Recreational league in its purest form, MSC does not allow any paid coaches, club programs, any teams that are formed via tryouts, or that offer additional paid skills training into the recreational leagues.

ROSTERS

- Teams are limited to a maximum of 10 players on their roster.
- MSC will at times validate rosters during games.
- Players must be on the roster to play in the game; no exceptions.
- Players may only be assigned to one roster per season.

COACHES

- Each team is allowed a Head Coach, and one Assistant Coach
- One adult, 21 years or older, must be on the roster.
- The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, parents and fans) In the event that no coach is available, a parent may act as the stand-in Head Coach; the parent must be 21 or older.

PLAYERS

- Only the players listed on the official roster maintained in the MSC Sports Management System are eligible to participate in games.
- Guest players are not authorized at any time or under any circumstances.
- Spot check of rosters may be done from time to time by City staff and if requested by opposing coach

MANDATORY PLAYING TIME REQUIREMENTS

suspension of the player and the coach.

- K-5th Grade Players are required but NOT limited to a minimum of Fifteen (15) minutes of playing time per game. 6th Grade must play Five (5) minutes of play time per half.

- Coaches are responsible to ensure that all players meet their league specific mandatory playing time requirements
- A coach who has a dispute over playing time must bring the infraction to the attention of the official and opposing coach in time for it to be resolved during the game.

UNIFORMS

- All uniforms shall have numbers on the front (4") and back (6")
- Numbers may be up to 2 digits (0-5). Reversible uniforms are recommended
- Home team should be light color and Visitors team dark color
- In the event of a dispute, the Game Officials have final say on Jersey colors for that particular game
- Any viewable jewelry must be removed unless newly pierced ears then they must be covered
- Any loose items must be removed or secured properly; if a wrist band cannot be removed, then it must be covered with a sport band or medical tape
- Any type of cast or device must be approved by the officials

GAME TIME

- Kinder, 1st & 2nd Grade
  - The games are four 9-minute quarters, RUNNING CLOCK.
  - The clock will stop in 1st and 2nd quarters momentarily, for substitutions at/or around the four-and-a-half-minute mark. (not to exceed more than 30 seconds)
  - The clock will continue running in the 3rd and 4th quarters. Coaches may sub freely.
- 3rd, 4th & 5th Grade
  - The games are four 10-minute quarters, RUNNING CLOCK.
  - The clock will stop in 1st and 2nd quarters momentarily, for substitutions at/or around the four-and-a-half-minute mark. (not to exceed more than 30 seconds)
  - Clock will stop in the last 2 minutes of the 4th quarter, if the game is within 15 points.
- 6th Grade
  - Games are four (4) six-minute quarters **STOPPED** Clock
  - The time clock stops for violations, fouls, timeouts and court issues

- Half Time is 3 Minutes
- Teams have five minutes to warm-up and prepare before the game starts
- Games must not start earlier then the scheduled time

TIME OUTS

- Each team is allowed two (2) forty-five (45) second timeouts per half
- One (1) forty-five (45) second time out in overtime
- Time outs do not carry over from each half or into overtime

BENCH

- Only eligible players and coaches (limit 2) on the official roster are permitted on the bench
- During the game, coaches are not permitted on the court and must stay within the bench area **EXCEPTION:** Kindergarten coaches may assist players as well as coach from the sideline, but not to impede the game.
- Officials may require that coaches remain seated
- Failure to follow the referees' instructions may result in a technical foul and ejection
- Coaches box extends from mid court to the end of their bench and does NOT extend onto the court.
- Coaches are expected to be seated during most of the game.
- Coaches going onto the floor may receive a technical foul.
- Coaches must be 7' from opposing player on toss-ins.

GAME SHEETS & SCOREKEEPERS

- Game sheets and scorekeepers will be managed by assigned MSC personnel.

SUBSTITUTIONS

- Prior to entering the game, all players must report to the scorekeeper's table
- Officials will signal the player into the game

POSSESSION

- Kindergarten through 2nd Grade visiting team will start with possession of the ball at mid-court
- 3rd through 6th Grade will start with a center jump ball
- For 2nd, 3rd, and 4th quarters, teams will inbound the ball at mid court
- The timekeeper will maintain the possession arrow
- Teams will start the game shooting at the opposite end of their bench
- At the beginning of the third quarter, teams will shoot on their own end

TEN SECOND CLOCK

- Teams have ten (10) seconds to get the ball over the half court line
- Timeouts taken prior to crossing the half court line will reset the ten (10) second clock
- When back court pressure is not allowed, the ten (10) second clock will not be reset

OVERTIME

Kindergarten through 2nd Grade – No Overtime. Games will end in a tie at end of regulation.

Applies to 3rd-6th Grade

- If the game is tied at the end of regulation, a three (3) minute overtime period will be played
- If the game remains tied at the end of the first overtime, a sudden death overtime period will be played**. In the sudden death overtime period, the first team scoring any point whether off a free throw or a basket**
- Overtime periods start with a center jump ball

FORFEITS

- A team must have a minimum of 4 players and 1 coach in order to start the game
- If a team is unable to field a team (4 players and 1 coach) within 5 minutes of the scheduled game time the game will be forfeited
- Forfeited games will not be rescheduled
- The forfeited game will be recorded as 10 to 0

FOULS

- Individual Fouls: a player must leave the game after receiving five (5) fouls. This applies to all grades.
- Teams Fouls: every foul counts as a team foul, including offensive and technical fouls. On the 5th team foul, player fouled automatically shoots 2 free throws. Team fouls will reset to zero at the conclusion of each period.
- Fouls Shots:
    - A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. All other players may enter the lane when the ball hits the rim.
- Technical Fouls: a technical foul will result in two (2) free throws and loss of possession. **Two (2) technical fouls against a player or coach will result in ejection from the game.** The player or coach must immediately leave the playing area. Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the team's bench. Officials will fill out an ejection form on the same day.
- Ejection of a coach requires suspension of following game and will be reviewed by the league.

DISCIPLINARY ACTION

Disciplinary action may be taken against a coach, parent and/or player for violation of the rules or code of conduct. Depending on the severity of the infractions, a recommendation may be made to suspend the individual for the remainder of the season or ban them from all league sponsored events. The

decision will be made by the league Director. In some cases, league management may review the situation and take action as well.

ILLEGAL PLAYERS

- Playing an illegal player could result in suspension of players and/or coaches for the season.

FIGHTING

- Fighting will not be tolerated
- Players or coaches, who fight, start or attempt to instigate a fight, will be expelled from further league play.
- There are no refunds to players expelled from the league

PLAYING TIME

- Violation of playing time rules is not tolerated. League coordinators will investigate all suspected playing time violations. If it is determined that a coach violated the playing time requirements, then the coach will be counseled on the rules and given a warning. Any further violation will result in an automatic one (1) game suspension.

TECHNICAL FOULS

- Two (2) technical fouls against a player or coach will result in ejection from the game. Any ejection also carries an automatic one (1) game suspension. The suspension will be served in the next scheduled game (regular season, tournament or playoff)

CODE OF CONDUCT

- Infractions/violations could result in leaving the game immediately and/or suspended from MSC.
- Officials will enforce before, during and after game times
- League employees will report any infraction and take the necessary action at the time
- The MSC Youth Sports Program strictly prohibits any individual from recording any sporting event in which their child is not directly participating. Unauthorized recording of events is not allowed in order to protect the privacy and comfort of all participants and attendees, and any violation of this rule will be met with serious consequences.

PROTESTS

MSC will only hear protests for ineligible players and mandatory playing time violations. Coaches may not protest a referee's judgment call. During the regular season, all protests must be submitted to the Parks Director in writing within 48 hours of the game in question. **A protest will not be allowed if the protesting coach did not inform the Referee and opposing coach of the infraction in time for it to be resolved during the game.** During playoffs and tournaments, the time between games does not allow for the normal protest process.

KINDERGARTEN, 1ST AND 2ND GRADE SPECIFIC RULES

- BASKET HEIGHT Eight Feet (8ft)
- BALL SIZE 5 Junior Ball (27" or 27.5")
- GAME TIME: Kinder, 1st & 2nd Grade
    - The games are four 9-minute quarters, RUNNING CLOCK.
    - The clock will stop in 1st and 2nd quarters momentarily, for substitutions at/or around the four-and-a-half-minute mark. (not to exceed more than 30 seconds)
    - The clock will continue running in the 3rd and 4th quarters. Coaches may sub freely.

BALL HANDLING VIOLATIONS

- For Kinder it will be called inside the lane
- All ball handling violations called inside 3pt circle on offensive end for Grade 1st-2nd.

DEFENSIVE PRESSURE

- Defensive pressure is not allowed until the ball passes inside the 3 point line
- Once ball control has been established on a rebound, the defensive team must release
- The team on offense must make a timely (5 seconds) attempt to advance the ball across the line at the top of the key, or the referee will call a closely guarded violation and award the ball to the other team.
- Defensive pressure violations will result in the ball being given back to the offensive team.

FOUL SHOTS

- Taken from the bottom of the key.

THREE-SECOND LANE VIOLATIONS

- Violations are not called

TECHNICAL FOULS

- Not called on players. They may be called on the coaches.

THREE POINT SHOTS

- Shots made behind the three-point line will not count as three points but as two

3RD AND 4TH GRADE SPECIFIC RULES

- BASKET HEIGHT Ten Feet (10ft)
- BALL SIZE 5 Junior Ball (27" or 27.5")
- GAME TIME: 3rd & 4th Grade
  - The games are four 10-minute quarters, RUNNING CLOCK.
  - The clock will stop in 1st and 2nd quarters momentarily, for substitutions at/or around the four-and-a-half-minute mark. (not to exceed more than 30 seconds)
  - Clock will stop in the last 2 minutes of the 4th quarter, if the game is within 15 points.

DEFENSIVE PRESSURE

- No defensive pressure in the backcourt during the first half
- Full court defensive pressure is permitted in the second half of the game
- No back court when up by 15 points
- Defensive Pressure violations will result in the ball being given back to the offensive team
- The third defensive pressure violation results in a technical foul, two (2) free throws
- Ball handling errors will be called INSIDE the mid-court line.

FOUL SHOTS

- Foul shots are taken halfway between the bottom of the key and the regulation free throw line

THREE-SECOND LANE VIOLATIONS

- Three-second lane violations are enforced.

THREE POINT SHOTS

- Shots made behind the three-point line will count as three (3) points.

5TH AND 6TH GRADE SPECIFIC RULES

Regular Basketball Rules apply unless specified below

- BALL SIZE 6 Intermediate Ball (28.5")
- BASKET HEIGHT Ten Feet (10ft)
- GAME TIME:
  - 5th Grade Boys
    - The games are four 10-minute quarters, RUNNING CLOCK.
    - The clock will stop in 1st and 2nd quarters momentarily, for substitutions at/or around the four-and-a-half-minute mark. (not to exceed more than 30 seconds)
    - Clock will stop in the last 2 minutes of the 4th quarter, if the game is within 15 points.
  - 6th Grade Boys & 5th/6th Grade Girls
    - Games are four (4) six-minute quarters **STOPPED** Clock
    - The time clock stops for violations, fouls, timeouts and court issues

DEFENSIVE PRESSURE

- Full court defensive pressure is permitted for the entire game.
- No back court when up by 15 points
- Defensive pressure violations will result in the ball being given back to the offensive team
- The third defensive pressure violation results in a team technical foul, two (2) free throws