



Rule Book
(Updated 03/30/2023)

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4.0 BASKETBALL RULES

4.1 Rule Interpretation - All interpretations of the rules of play will be the responsibility of the official in charge. This official will inform both Head Coaches of the ground rules prior to the start of the game. The rules are official H.S. Federation rules of basketball of the current year and modified by MBL in this document. MBL modification prevails where there is a conflict.

4.1.1 Rule Changes/Exceptions - These rules are designed to reflect the general attitudes that prevail within MBL. However, exceptions do arise that must be addressed. If, during the course of the season, the need arises for rule modification that is beneficial to the league, the Sport Commissioner will document the proposed changes in writing and submit them to the Board of Directors. The Sport Commissioner must gain Board approval prior to enacting any rule change. League Presidents do not have the authority to change rules stated in this manual without proper authorization as described above.

4.2 Pregame Information

4.2.1 Score keeping - MBL will provide two individuals to act as official scorekeeper and scoreboard operator. The scorekeeper will be responsible for keeping a record of playing time for each player in the first three quarters. The timekeeper will be responsible for the official game time and will notify the referee and each coach of the midway point of the third quarter so that player substitution can be made. All substitutes will report to the official scorekeeper before entering the game. Official scorekeeper and scoreboard operator should not instruct team members and remain neutral during play.

4.2.2 Equipment - Players may wear the normal protective-type basketball equipment provided that it cannot cause injury to other players. **NO JEWELRY OF ANY KIND WILL BE ALLOWED**, such as earrings, necklaces, watches, bracelets, rings, etc. Soft protective shoes must be worn in all gyms. No long pants will be allowed. No casts will be allowed.

All players must be in full uniform. All players must wear the jerseys issued by MBL to be eligible to play. All jerseys must be tucked in. Only the numbers 0 - 5 or a combination of any two of those numbers are allowed. No two (2) players may have the same number.

The home team will be designated on the schedule or will be determined as the higher seeded team during playoffs/ tournament. The home team will wear white jerseys and the visiting team will wear colored jerseys. The home team will sit to the right of the scorer's table unless otherwise designated in the gym and will warm up prior to the game on the opposite end of the court.

All shorts must be worn at the waist and not at the hips. Slider pants will be allowed provided they match one of the two colors in the jersey. However, all players wearing sliders must wear the same color.

Junior sized basketballs (27.5) will be used in Kindergarten & 1st-2nd grade boys and girls leagues. Intermediate sized basketballs (28.5) will be used for 3rd-4th grade boys and all girls leagues above 3rd grade. Official size basketballs (29.5) will be used in the 5th-6th & 7th-8th grade boy's leagues. Only MBL issued game balls will be used. MBL issued game ball will be provided by MBL at the time of game. Kindergarten will use 6.5-foot basketball goals. 1st-2nd grade boys and girls leagues will use 8-foot basketball goals. 3rd-4th, 5th-6th, and 7th-8th grade boys and girls will use standard, 10-foot basketball goals.

4.2.3 Officials - Officials are provided for all league games. Do not make remarks to the officials during the course of a game. Talk to the scorer only to elicit pertinent information. An official's decision, based on "judgment", is final! It cannot be reversed or appealed. You should talk to an official only when you need clarification of a particular call or decision.

If disruptive behavior is exhibited by the coaches, players or fans and it interferes with the game, the official may issue one warning or a technical foul, unless the official determines the conduct so outrageous as to not justify a warning or technical foul. If the disruptive behavior continues, the game will be forfeited by the team whose coaches, players or fans caused the disruption.

4.2.4 Pre-Game Sign Up - The complete team roster will be given to the official scorekeeper prior to each game. At least 5 minutes before scheduled game time each team will supply the scorekeeper with the name and number of each squad member who may participate. At least 3 minutes before scheduled starting time of game and before the start of 2nd half, each team will designate to the scorekeeper its starting team. The scorekeeper will mark in the score book which players are absent and the coach will advise the scorekeeper of any playing restrictions to any of his (her) players for disciplinary reasons which will be marked in the scorebook. A coach's failure to comply with these rules may result in the game being counted as a forfeit.

4.2.5 Minimum Number of Players. – Games can start with a minimum of 4 players and there must be at least 4 eligible players on the court for the entire game. If a team falls below the 4 eligible players, the game will be considered a forfeit at that point. If a 5th player arrives after the tip-off, they will need to be added to the official scorebook upon arrival. The referees and opposing coach will be notified of the player addition and the player may then enter the game on the next dead ball. Any subsequent arrivals may enter the game at the next quarter.

4.2.6 Warm Up Time - A team is assured of no less than 5 minutes warm up time prior to the start of their game. The game will be started late in order to assure

the team this minimum warm up time. It will not be started early under any circumstances. This is for the benefit of parents and other spectators who wish to see the entire game. Coaches are responsible for the conduct of their team during the waiting period while another game is in progress. This includes the containment of all loose balls. Balls are not to be bounced on the sideline during a game.

4.2.7 Other Games - No other games may be played under MBL sponsorship except those specifically identified in this book (i.e., scrimmage, preseason, league and playoff/tournament). Teams are allowed to play in tournaments during weekends when there are no scheduled MBL games (holiday break).

4.3 Game Rules

4.3.1 Free Throw Lane - The 3 second H.S. FEDERATION rule is modified as follows: All Kinder & 1st-2nd grade leagues - 5 seconds (official will be very flexible with the age group.) The goal is to have the kids learn to play the sport correctly. The referees will work closely with the players and coach to remind them of this rule in this particular age group. All 3rd-4th grade leagues - 5 seconds (Refs will still give warnings and work with coaches and players but will be a more strict on making a call for the violation)

4.3.2 Free Throw Distance

Boys

Girls

Kindergarten	8 Feet	8 Feet
1st-2nd	10 Feet	10 Feet
3rd-4th	12 Feet	12 Feet
5th–8th	15 Feet	15 Feet

For All Grades:

Free throw lineup for both offense and defense: HS Federation rules apply.

4.3.3 Time Outs - Two (2) time outs per half per team per game will be allowed. Time outs will be 1 minute in duration. One minute of rest will be allowed between quarters and a 5-minute rest will be allowed between halves. One time out will be allowed in each overtime period. Unused time outs from regulation play may not be carried over to overtime periods.

In case of injury H.S. Federation rules will be followed. Time out will be taken when the official feels the injury is serious or when there is danger of further injury. Under other circumstances the official may elect to wait until a dead ball to call a time out. For example: A minor injury occurs on a rebound. The opposing team moves down court on a fast break. The official sees the injured

player as a basket is about to be scored. He may elect to let play continue until the basket is scored or until the ball is dead. However, officials will be instructed to call time out in marginal situations. If a coach feels a time out is necessary when it has not been called by an official he may have a call a time out when his team is in possession of the ball.

4.3.4 Defensive Rules – Defense will be at the discretion of the coaches, but some restrictions apply. Grade specific rules are under section 4.4.

4.3.5 Full Court Press - The full court press is prohibited in 1st-2nd boys and girls and 3rd grade boys age divisions. 3rd-4th girls will only be allowed to press the last two minutes of the 1st and 2nd half. 4th grade boys division along with 5th-6th & 7th-8th grade girls and boys may press the entire game. Violation of this rule will result in a warning and then a technical foul when called by an official. *There will be NO FULL COURT PRESS ALLOWED AFTER A 20-POINT LEAD BY THE PREVAILING TEAM IN ANY MBL LEAGUE UNTIL THE MARGIN DROPS BELOW 20 POINTS.* In the spirit of sportsmanship, In Kinder - 4th grade boys and girls, defense must not extend past the top of the key after a 20-point lead by the prevailing team. 5th-6th grade boys and girls, defense must not extend past the throw in line after a 20-point lead.

Boys & Girls Leagues

Full Court Press:

-Kindergarten, 1st-2nd Grade, 3rd grade boys- No press!!!

-3rd-4th Grade Girls- Press last two minutes of each half

- 4th Grade boys- Press last two minutes of each half

- 5th-6th Grade & 7th-8th Grade - Press allowed all game

4.3.6 Official Clock - Games will consist of 4 quarters of play with the time clock running continuously. The time clock will be stopped for time outs throughout the game and operated in accordance with H.S. FEDERATION rules in the last two minutes of the 1st and 2nd halves. If the score differential is 20 points or greater the clock will run continuously for the last

2 minutes of the 2nd half only. **-All age divisions will play 4 quarters at 8 minutes per quarter. The only exception is Kindergarten that will play 4 quarters at 6 minutes per quarter.**

4.3.7 Overtime Play - If the score is tied at the end of the regulation play, a one minute rest period will follow and an overtime period will commence. The duration of this overtime period is 2 minutes. During the first minute of overtime, the time clock will run continuously except for time outs, and during the final minute H.S. Federation timekeeping rules will be followed. Kindergarten games during the regular season will not have overtime play when the game is tied at the buzzer. Overtime play will only apply to Kindergarten division during the tournament play. For regular season games only, if the score is again tied at the end of this period, this procedure will be repeated once more. If the game is still tied after the second overtime, the game will result in a tie. *Tournament games will repeat this procedure until a winner is determined.*

4.3.8 Fouls - Officials will explain the cause of a foul to the offending team if the foul is not of the obvious kind or if the team captain of either team requests an explanation. An explanation at this time will help prevent similar fouls from repeating. A head coach can request an explanation of a foul by requesting the timekeeper to call a time out and charge it to his team. The official will meet with both coaches at the scorer's table and will clarify the call. There will be no discussion allowed if the official feels there is no room for discussion.

4.3.9 Minimum Player Participation-Every eligible player shall play a minimum of 2 quarters or 16 minutes per game. Every player shall also be entitled to playing time in both halves of the game. The only exception to this rule shall be illness, disciplinary action, or injury.

- The clock will stop and the buzzer will sound at the first dead ball closest to the 4 minute mark in each quarter. Each team will have the opportunity to make appropriate substitutions. A coach is not required to substitute at this stoppage, however the coach is responsible for making sure each player has met the minimum playing time of 2 quarters or 16 minutes. The 4 minute stoppage in each quarter will be the only time substitutions are allowed.

Any failure of a coach to abide by the minimum player participation standards will be brought to the attention of the official in charge by the coaches or the scorekeeper at the time the violation occurs. If a violation occurs, the game play will continue, however that game will be recorded as a forfeit and a loss for the team in violation. The final score will be recorded 20-0 in favor of the team that is not in violation of the rule.

**The principles and ideals of MBL are not served by the forfeiture of a game. Coaches, officials and league representatives should seek to avoid such an occurrence.*

4.3.10 Kindergarten Substitution Rules- For Kindergarten division, substitutions will only be allowed at end of quarter unless an injury takes place. All players in Kindergarten should play a minimum of two quarters during the game and must play in both halves.

4.3.11 7-8th Grade Substitution Rules- There will be no designated time for substitutions. Coaches may choose to sub at any appropriate time during the game. Players are still required to play a minimum of 2 quarters or 16 minutes!!!

FOR ALL AGE GROUPS AND DIVSIONS (Other than Kinder & 7th-8th):

COACHES MAY ONLY SUBSTITUTE AT THE DESIGNATED 4 MINUTES MARK IN EACH QUARTER.

4.4.1 Kinder & 1st-2nd Grade Division

Defensive Rules:

- Only Man to Man Defense is allowed. No double teams will be allowed outside the lane. Help defense is allowed once the defender is passed/beaten by the offensive player
- No defense in the backcourt. The defense may not start playing defense on any offensive player until the ball has crossed the “throw in line” immediately past half court. In gyms where the “volleyball line” is not in place, the officials and coaches will agree upon an imaginary line approximately 6 feet inside the half court line during the pre-game meeting.
- If there is a 10 or more point lead the defense cannot pick up until the ball enters the three point line.
- There is no stealing the ball while the offensive player has possession of the ball. The ball may only be stolen off a passing attempt or loose ball.
- On any infraction other than the ball going out of bounds, i.e. double dribbling, traveling, etc., at the officials discretion they will either give verbal warning or stop play. Early in the season, if play is stopped on the initial infraction the will be given back to the offensive team and it will be a learning opportunity for the player(s). Once the season progresses the official will begin calling infractions and the ball will go to the opposing team.

Shot blocking is allowed in kindergarten and up. Shot blocking does not consist of taking the ball from the hands of a player in possession of the ball. A shot block is tipping or batting an attempt for a field goal.

Substitution rules will be followed per rule 4.3.9 and 4.3.10

Score may be kept in all games, but the score differential shown on the scoreboard cannot become greater than 25 points. If the score differential becomes greater than 25 points leave the scoreboard showing a 25-point differential and do not make further updates to the score shown on the scoreboard. The score at this point of the game becomes final and official but game-play continues with a running clock.

4.4.2 3rd-4th Grade Girls

Defensive Rules:

-Initial defensive pressure is not allowed until the ball crosses the “volleyball line” immediately past half court. In gyms where the “volleyball line” is not in place, the officials and coaches will agree upon an imaginary line approximately 6 feet inside the half court line during the pre-game meeting. If the lead is 20 or more the defense cannot pick up until the ball enters the key or inside the three point line.

-Full-court defensive pressure will be allowed in the last 2 minutes of each half unless up by 20 or more.

4.4.3 3rd Grade Boys Division

Defensive Rules:

-Initial defensive pressure is not allowed until the ball crosses the “volleyball line” immediately past half court. In gyms where the “volleyball line” is not in place, the officials and coaches will agree upon an imaginary line approximately 6 feet inside the half court line during the pre-game meeting. If the lead is 20 or more the defense cannot pick up until the ball enters the key or inside the three point line.

- No defense in the backcourt. The defense may not start playing defense on any offensive player until the ball has crossed the “throw in line” immediately past half court. In gyms where the “volleyball line” is not in place, the officials and coaches will agree upon an imaginary line approximately 6 feet inside the half court line during the pre-game meeting.

4.4.4 4th Grade Boys

Defensive Rules:

-Initial defensive pressure is allowed to pick up at half court. If the lead is 20 or more the defense cannot pick up until the ball enters the key or inside the three point line.

-Full-court defensive pressure will be allowed in the last 2 minutes of each half unless up by 20 or more.

4.4.5 5th-6th & 7th-8th Grade Divisions

Defensive Rules:

H.S Federation rules of basketball apply except for the following:

- If up by 20 or more no full court press is allowed.**
- Half court traps are allowed unless up by 20 points or more.**
- If up by 20 or more the team that is up cannot pick up on defense until the ball reaches the volleyball line.**

Frequently Asked Questions- Age Divisions

Boys/Girls Division	Ball Size	Goal Height	Defense	Double Teaming Allowed	Game Length	Free Throw Distance	Lane Violation
Kindergarten	27.5	6.5 Foot	Man on Man Defense Only, No Full Court Press, Pickup at “volleyball line”, no stealing from ball handler, no double teaming outside the lane	Not outside the lane	6 Minute Quarters, Running Clock	8 Feet	No Lane Violations
1st & 2nd Grade Boys & Girls	27.5	8 Foot	Man on Man Defense Only, No Full Court Press, Pickup at “volleyball line”, no stealing from ball handler, no double teaming outside the lane	Not outside the lane	8 Minute Quarters	10 Feet	5 Seconds, with Warnings
3rd & 4th Grade Girls	28.5	10 Foot	Man or Zone, Full Court Press last 2 Min of each Half, Pickup at “volleyball line”	Yes	8 Minute Quarters	12 Feet	5 Seconds
3 rd Grade Boys	28.5	10 Foot	Man or Zone, No Full Court Press, Pickup at “volleyball line”	Yes	8 Minute Quarters	12 Feet	5 Seconds
4 th Grade Boys	28.5	10 Foot	Man or Zone, Pickup at “volleyball line”, Full court press the last 2 minutes of each half only	Yes	8 Minute Quarters	12 Feet	5 Seconds
5th/6th 7th/8th Grades	Boys 29.5 Girls 28.5	10 Foot	Man or Zone, Full Court Press Allowed	Yes	8 Minute Quarters	15 Feet	3 Seconds

APPENDIX - A

USE OF MISD FACILITIES

All of us are indebted to the Midlothian Independent School District for its assistance and cooperation in making schools gyms available for games and practices. Without them MBL could not provide a basketball program each year. Thus, MBL will be very strict about enforcement of the following rules concerning usage of the various

MISD gyms. Violation of any one of these rules could result in the loss of your practice time at a gym and we ask that you please follow them.

1. **NO** players are to enter a school building for practice until the coach, assistant coach or designated parent arrives at the school. You should always strive to be on time for both practices and games.
2. **NO** players are to be allowed to wander about in the halls or bounce basketballs in any part of the school other than the gym. If a window, trophy case glass or other damage results, the coach will be responsible for payment for replacement. Upon arrival for practice, go directly to the gym and have a good practice.
3. **NO** team is ever to be left alone in a school or gym without a coach or designated parent in attendance.
4. **NO** beverages or food of any kind is to be taken into a school or gym. **NO** smoking is permitted on any school campus.
5. All players **MUST** (no exceptions) wear regular street shoes to the gym, carry their gym shoes with them and change at the entrance to the school before entering. **PLEASE! DO NOT TRACK MUD INTO SCHOOLS OR GYMS.**
6. **ONLY** players and coaches with gym shoes will be permitted on the gym floor.
7. You will be assigned your practice time. **PLEASE DO NOT TRY TO ALTER** it without going through the MBL office. **DO NOT CONTACT A SCHOOL** to try to arrange a special time suited to your own convenience with a school principal or other school official.
8. The time you have been assigned for your practices has been reserved for MBL. However, if you should arrive at a gym and the gym is already taken by another group, please do not interfere. You may inquire of the group to see if they are about to finish, but if they say they have the gym, please leave and report the conflict to the MBL office. The conflict will be untangled as promptly as possible.

9. **ALWAYS END YOUR PRACTICE PROMPTLY ON TIME to permit the team that follows you their full time.**
10. **Do not permit anyone other than your players and their parents into the gym during your practice time. The MBL Board of Directors has authorized the Basketball Commissioner to enforce any violation of these rules contained in the Coaches Manual as he/she decides to be appropriate in the circumstances.**
11. **Do not move or sit on any equipment or mats in the gyms. Do not attempt to adjust the goals. If something needs to be adjusted, ask for assistance from the school custodian.**
12. **Coaches and players need to be aware and very cautious of posters/charts on the gym walls. Take any necessary steps to ensure that no damage occurs. Remember the gyms are classrooms.**