



1. **Competition Rules.**
  - a. All Midlothian Basketball League (“The League”) games will be conducted under *National Federation of High School Basketball Rules*, unless otherwise noted.
2. **Uniforms.**
  - a. All players must be in full uniform. All players must wear the jerseys issued by
  - b. MBL to be eligible to play. All jerseys must be tucked in. No two (2)
  - c. players may have the same number.
3. **Home Team Designation.**
  - a. Home team wears white colored jersey. Away team wears darker colored jersey.
4. **Game Ball/Scorekeeper/Clock Operator.**
  - a. Game balls will be provided. Teams must provide their own warm up balls.
  - b. Teams are not required to provide the scorekeeper or clock operator. These are provided for by The League. The scorekeeper will only keep track of team & individual fouls, and time outs.
5. **Ball Specs.**
  - a. Junior sized basketballs (27.5) will be used in Kindergarten & 1st-2nd grade boys and girls leagues.
  - b. Intermediate sized basketballs (28.5) will be used for 3rd-5th grade boys and all girls leagues above 3rd grade.
  - c. Official size basketballs (29.5) will be used in the 6<sup>th</sup>-9<sup>th</sup> grade boy’s leagues.
6. **Game Duration.**
  - a. All age divisions will play 4 quarter games at 8 minutes per quarter with the exception of Kinder who will play 4 quarters at 6 minutes – Running Clock.
  - b. Stopped clock in last 2 minutes of the 2nd and 4th quarter - with the exception of Kinder division.
  - c. Half-Time will be 5 minutes.
7. **Overtime**
  - a. If the game is tied at the end of regulation, a two (2) minute overtime period will be played.
  - b. If the game remains tied at the end of the first overtime, the game will end in a tie.
  - c. In tournament play, overtime periods will be played until one team is victorious.
8. **Pre-game Warm-Up.**
  - a. Will be a minimum of 5 minutes (the Warm-Up time length may be reduced at the option of the Site Director).
9. **Free Throws.**
  - a. One and One will occur on the 7th team foul of the half.
  - b. Teams will shoot double bonus on the 10th team foul.
10. **Time Outs.**
  - a. Each team will be allowed 2 one-minute timeouts per half.

- b. One additional timeout will be allowed for each overtime period.

**11. Pressing Rules.**

- a. NO full court press will be allowed in Kinder-2nd boys and girls divisions and 3<sup>rd</sup> grade boys divisions.
- b. 4<sup>th</sup>-5<sup>th</sup> grade boys & 3<sup>rd</sup>-4<sup>th</sup> grade girls division: Teams are allowed to full court press the last 2 minutes of the 2nd quarter and last 2 minutes of the 4th quarter only. (unless the lead is 20 or more)
- c. 5<sup>th</sup>-8<sup>th</sup> girls & 6<sup>th</sup>-9<sup>th</sup> boys divisions: Full court press is allowed at all times unless the lead is 20 or more.

**12. Behavior Standards.**

- a. Inappropriate behavior and verbal assault will not be tolerated.
- b. Each coach is responsible for the conduct of the team's players, coaches and fans on and off the court and must promote the best sportsmanship, win or lose.
- c. The Site Director or any game official may remove a player, coach, or attendee from a game, tournament, or venue for inappropriate behavior or verbal abuse.
- d. The Site Director may take any such other corrective action it deems appropriate to assure proper sportsmanship, the safety and well-being of all participants, and the integrity and standards of the event.
- e. All teams, coaches, players, and spectators are subject to such rulings and corrective actions.
- f. *Any coach, player, or spectator who is ejected from a game by a game official or the Site Director may be subject to further suspensions or removal from the MBL.*

**13. Player Eligibility – No Exceptions.**

- a. Grade/Age Based Eligibility. Events will be organized by grade divisions only.
- b. Playing Up. A player may play up in a higher-grade division.
- c. Gender Specific Divisions. Players are only allowed to play in a division for the player's gender (for example, a girl player cannot play on a team participating in a boy's division).

**14. Mandatory Minimum Playing Time Requirements & Substitution Rules**

- a. Teams with ten (10) or less players: Each player must play a minimum of 16 minutes or 50% of the game.
- b. If there is a violation on minimum playing time, the coach of the team that is in violation will be assessed a technical foul and potential forfeiture of the game.
- c. The referee will signal the clock to stop on the closest dead ball to the 4 minute mark in each quarter. Each team will have the opportunity to substitute. The 4 minute stoppage in each quarter or the breaks between each quarter are the only time substitutions are allowed. There will be no free subs.
- d. The only exception to this rule is in the 7<sup>th</sup>-9<sup>th</sup> grade divisions. Free substitution is allowed in these age groups.

