


# Coaches Manual

**www.MidlothianBasketball.com**

**Updated: October 2025**

**MBL COACHES MANUAL**

**TABLE OF CONTENTS**

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**FORWARD** ..... 2

**1.0 LEAGUE ORGANIZATION** ..... 3
1.1 Sport Commissioner ..... 3
1.2 Deputy Commissioners ..... 3
1.3 League Presidents ..... 3
1.4 Disputes/Protests ..... 3
1.5 Division Organization/Playoff Format ..... 3
1.6 Awards ..... 4

**2.0 TEAM FORMATION** ..... 4
2.1 Player Registration/Eligibility ..... 4
2.2 Player Team Assignment ..... 5
2.3 Late Sign-ups ..... 5

**3.0 RESPONSIBILITY OF THE COACH** ..... 6
3.1 Coaching Requirements ..... 6
3.2 Coaches' Meeting… ..... 6
3.3 Coach/Team/Parent Relations ..... 6
3.4 Practices/Facilities ..... 7
3.5 Liability ..... 9
3.6 Conduct on the Court ..... 9

**4.0 BASKETBALL RULES** ..... 10
4.1 Rule Interpretation ..... 10
4.2 Pregame Information ..... 10
4.3 Game Rules ..... 12
4.4 Age Division Defensive Rules. ..... 17

**APPENDIX - A Use of MISD Facilities** ..... 19

# MBL BASKETBALL COACHES MANUAL

**NOTE: COACHES --- You must understand the contents of this manual. In fulfilling this obligation, you will eliminate the major difficulties recreational basketball leagues experience each year involving a misunderstanding of MBL's rules and procedures. At the end of the season communicate your suggestions for program improvement to the Commissioner. Let's make each year better than the preceding. Thank you for your contribution to the youth of this area.**

**All rules will be enforced by the game officials, the Sport Commissioner, and the MBL Board of Directors or a committee thereof. Some rules contain specific penalties. Others do not. For those rules that do not contain a penalty, the Commissioners and/or the Rules Infraction Committee have full authority to impose whatever penalty they deem appropriate for the violation.**

**==========FORWARD==========**

**As the coach, you are the MBL representative who is responsible for the success or failure of our program. To the players and parents, YOU ARE MBL!! The essence of MBL is what happens between you and your athletes. If done with care and concern, it can be one of the finest educational experiences a child can have.**

**MBL is a unique organization; it exists only because of many people caring about their children and dedicating their time. Remember, MBL is a nonprofit, volunteer organization that sponsors basketball events for children. Sometimes, in our zeal to see that the best is done, we forget that we are dealing with children. The best interest of the children is the most important fact in MBL life.**

**HOW WE PLAY THE GAME - It is the policy of MBL that every participant that completes registration be assigned to a team and be given a fair opportunity to play in every game. Every participant will be taught the responsibility that he/she has to his/her teammates, to his Mother and Father, to his/her Country, to his/her God, and to himself/herself. Every participant will be treated with kindness and consideration, and at no time will any coach humiliate, embarrass, abuse or mistreat any participant. All children will be taught that it is not everything to win . . . nor are you a failure if you lose. The essence and heart of the MBL program is the simple philosophy that it is better to have tried and failed than not to have tried at all. All coaches are responsible for teaching each participant that the most important aspect of competitive sports is not to win, but to play with all one's ability even in the face of insurmountable odds. Each coach will accept the challenge that they will honestly and sincerely do the best they can to teach each participant how to have fun playing whatever sport in which they are involved.**

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**THIS PROGRAM IS FOR THE PARTICIPANTS (OUR CHILDREN).**
**PLEASE WORK TO KEEP IT THIS WAY.**

**********

## 1.0 LEAGUE ORGANIZATION

**MBL is operated by an appointed board of volunteer directors that serve as the final authority for any decision relating to the sport of Basketball. The Board has responsibility for appointing one of its members to organize and run its sports programs. This individual is called the Sport Commissioner.**

**1.1 Sport Commissioner - The Sport Commissioner has responsibility for operation of the Basketball program.**

**1.2 Deputy Commissioners - The Sport Commissioner may appoint Deputy Commissioners to govern specific age divisions and for such other matters as may be necessary for the proper administration of the sport.**

**1.4 Disputes/Protests - Tact, firmness, and diplomacy should be your bywords when you have any problems or disputes. If you have any problems or complaints, first go to the Commissioner. If you still have a problem, communicate your issue in writing to the Board of Directors. You will receive a written answer within ten (10) days. The decision of the Board or any committee thereof will be final.**

**Coaches that fail to abide by this process may be suspended without further notice. MBL expects, and demands, that Coaches remember at all times that very young and impressionable children are observing their behavior. As a result, loud and offensive conduct of any sort will not be permitted. Note: Disputes should not be arbitrated on the basketball court in the presence of our children… see the Commissioner. The Board of Directors will determine the manner in which a dispute is addressed in any matter brought before it.**

**1.5 End of Season Tournament Format - Tournament format will be furnished to each coach prior to the first league game. At the end of the regular season, each team in each age group will have an opportunity to play in the end of year tournament. The tournament will be bracket style with every team guaranteed to play a minimum of one (1) game in the end of season tournament. Seeding in the tournament will be based on regular season standings during 6 regular season games by Win-Loss Ratio, then Head to Head Tie Breaker, then Point Differential (Capped at 20 Per Game).**

**For Summer Mini-Seasons: Tournament will be double-elimination with a guaranteed 2 game minimum for each team. Seeding is random in Summer Season.**

**1.5.1 Tie Breakers - In the event of identical standings, the selection will be based upon "who-beat-who" during the regular season. If a tie still exists then "point differential" during the regular season will be used to determine seeding in the tournament. This method of breaking a tie will be used for all tournament seeding formats.**

**1.6 Awards - It is the policy of MBL to present awards based primarily on tournament performance.**

- **All players in Kindergarten, 1st, and 2nd Grade divisions will receive a sportsmanship award at the end of the season.**

- **The winner(s) of the end of season tournament for the Kinder, 1st & 2nd grade divisions will receive a separate award based on tournament performance as state in section 1.6.**

**1.6.1 All Age divisions- Awards will be presented to the end of season tournament champion(s). For the purpose of awards the tournament champion will be determined by bracket style progression.**

**1.6.2 Playoffs - Playoff awards will be presented to: 1. Tournament Winner and 2. Tournament Finalist (runner-up).**

**1.6.3 Other Awards - No other awards may be given in the name of MBL.**

**2.0 TEAM FORMATION - Participants will be drafted by the coaches of their age division on draft night. Prior to the draft, each coach will have the opportunity to evaluate all available players. The number of freezes each coach has determines what round they will start their picks in the draft. For example, if a coach has 2 players frozen, a coach with only 1 freeze will get to draft in the first two rounds before. In this example the coach with 2 freezes will make their first pick starting in round 3. Except in rare circumstances, approved by the Sports Commissioner, team assignments may not be changed once a player is assigned to a team.**

**2.1 Player Eligibility - All players must have a valid registration on file (including fee & deposit where applicable) prior to any participation in an MBL event (including practices, practice games and league games). No other person may participate in an MBL event. A game involving an unauthorized player will result in forfeiture of that game. Practices and/or games involving unauthorized players may result in disciplinary action against the coach. Players may not be added to team rosters after the first regular season game (practice games excluded). All players must live within a 10 mile radius of Midlothian. *In Accordance to Texas House Bill 25, a player's "biological sex" is determined by their original birth certificate, thus will be placed on a team accordingly.**

**A player may elect, subject to the approval of the League President and Sport Commissioner, to participate in a higher grade division, if there is space available, but may not play in a league below his grade.**

**Players with a medical condition must have a treating physician's medical release on file in the MBL office prior to participating in any MBL event and/or practices.**

**Any exception to the player contract/eligibility rules must be approved in advance and in writing by the Sport Commissioner.**

**2.2 Player Team Assignment- Each player will be either frozen by their coach, or entered into the draft pool where the unfrozen players will be selected via draft by the coaches in their age division.**

**2.2.1 Player "freeze"- Each coach in all age divisions has the ability to "freeze" up to five (5) players for their team. If a parent is coaching the team they will be able to freeze their child as well as four others. Under NO circumstances will more than five (5) players will be allowed to be frozen on any team in the MBL. MBL must be notified by each coach which five players they choose to freeze during the registration process. Freezes must by in prior to Draft Night.**

**2.2.2 Playing-Up - Players requesting to play above their actual grade level may do so provided space is available. The Commissioner will defer this decision until just prior to the coach's meeting in order to accommodate players in that grade level. All players who register to play at their normal grade level prior to the registration deadline will have priority over any "playing-up" registration.**

**2.3 Late Sign-ups - Registration received after the "registration deadline" date will be assigned, space permitting, to teams by the League President. The basis for this assignment will take into consideration experience level and team with the least number of players.**

**Note: Coaches MAY NOT recruit or promise prospective players a specific team assignment. This is the responsibility of the League President.**

**3.0 RESPONSIBILITY OF THE COACH**

**3.1.1 Coaches Contracts – All head and assistant coaches must complete the MBL Coach's Contract and pass a background check. By submitting a Coach's Contract, you consent to the conducting of a background check to the full extent permitted by law. You also agree not to hold MBL and/or agent or employees liable for any claims in connection with such checking or the reporting of the results thereof to MBL employees, Sports Commissioner, and/or Board Members.**

**3.2 Coaches' Meeting - The head coach is required to attend a coach's meeting.**

**The objectives of the coaches' meeting are:**

- **Complete any unfurnished documentation**
- **Meet your League President and other coaches**
- **Receive player roster and practice gym assignment**
- **Receive player uniforms and any other coach assigned equipment**
- **Participate in general discussions outlining season calendar, rule changes and interpretation, location and times for practice games, etc.**

**3.3 Coach/Team/Parent Relations - Coaches are required to have a parents' meeting prior to the first league game. This typically takes place at the time of first practice. During this meeting the following information must be conveyed:**

- **League assignment is based on a player's age and school grade.**
- **Parents are expected to conduct themselves in an adult manner at all times, to set an example of good citizenship and sportsmanship for their children and other participants. No alcoholic beverages, tobacco, or illegal drugs will be allowed at any team function. No abusive or disruptive behavior will be tolerated at any MBL practice or game.**
- **Distribute game and practice information. Explain to them what they may expect of you and what you expect of them (this will be a good time to solicit parents for any help you may need). A coach may not discipline any player for failure to attend any practice sessions that the coach may hold in excess of the above limitations and the coach must so inform all players and parents.**
- **Explain your basis for team discipline (e.g., If a player misses practice, games or is late for a game). Discipline must be consistent for every team member.**

- **Briefly describe rules of play that are unique to MBL and your division.**
- **Make sure parents know their views are welcome -- after a game or practice.**
- **Parents must agree that they will provide, at their own expense, any insurance deemed necessary to cover player for any MBL related injury. Any injury arising from a MBL practice or game that requires a doctor or hospital visit must be reported to the MBL office immediately.**
- **Ask parents to provide you with dates/times of potential conflicts with games. Report to your League President those dates where conflicts will reduce your team to less than five players.**

**3.4 Practices/Facilities - Practice is defined as any coach and five (5) or more players meeting together. Practices may not be held prior to the coaches meeting. During the school year, MBL will provide facilities for team practices. Each team will be assigned a minimum of 1 practice per week for one (1) hour each practice. When school is in recess for the holiday season or for any other reason, practices are at the coach's discretion, but assigned gyms will not be available for use. 3/4th, 5/6th, and 7/8th & 9th Grade Divisions may have a second practice time scheduled if facilities are available to facilitate such requests. These are first come, first serve opportunities.**

**Coaches will ensure that good conduct is maintained in gyms and that players and spectators stay out of hallways. Gym practices are scheduled very close together and it is a matter of common courtesy to vacate the gym at the end of your practice. We must obey the rules of each school or we may not be allowed to use the gyms. A member of the coaching staff will remain at the practice site until each of his or her team members has safely departed for home. Under no circumstances will a player be left unattended at a practice site.**

## SPECIAL CONSIDERATION

**THE MIDLOTHIAN INDEPENDENT SCHOOL DISTRICT HAVE BEEN EXTREMELY COOPERATIVE IN HELPING MBL PROVIDE FACILITIES TO OPERATE OUR PROGRAMS. THE CONTINUATION OF THIS COOPERATION IS VITAL AND REQUIRES YOUR CONSTANT AWARENESS IN CARING FOR, AND THE PROTECTION OF, THESE FACILITIES. IT IS IMPERATIVE THAT WE MAINTAIN THE REPUTATION OF BEING ONE OF THE MOST CONSCIENTIOUS ORGANIZATIONS USING PUBLIC FACILITIES. (PLEASE READ AND FOLLOW APPENDIX A.)**

**A few suggestions for practice: Be present at all team practice sessions and games, or be sure that you have a reliable adult assistant coach present at games.**

**Do not have practice on the day of the game; remember we are working with children, not men and women. However, a warm up period may be utilized of five minutes prior to each game start time.**

**Practices are where a coach shows what he (she) is made of. Coaching takes time not only on the basketball court, but also at the "drawing board."**

- **Set up a practice schedule and stick to it.**
- **Have "skull" sessions with your assistant coaches after practice.**
- **Plan each practice session.**
- **Practice sessions should be fast paced, and involve all team members as much as possible. Avoid standing around.**

**As a coach, you should use the Assistant Coaches as much as possible. If they don't know the sport, you, as the Head Coach, teach them as well. They may want to be a Head Coach someday! Ask for feedback from your Assistant Coaches. You might be surprised how much they can help.**

**3.4.1 Practice Games - Teams are allowed to hold scrimmage games within their respective divisions. However, teams are not allowed to play or practice teams from older or younger MBL teams or any non-MBL team.**

**3.4.2 Rescheduling - Only the League President may reschedule games and set times and locations for make-up games. Games may be rescheduled in some circumstances, when a team will have less than the minimum number of players required for a game (5 players). Rescheduling games can cause an inconvenience for many people and should be avoided if possible.**

**3.4.3 Forfeits - Any team that forfeits a game without having provided the League President with 48 hours advance notice shall be assessed a $97 charge to cover the costs for referees and gym time that could have been avoided had proper notice been given. This charge would be sent to the MBL office, before the next scheduled game. Any team that violates this provision will not be allowed to play any further games until this charge has been paid to the MBL office. Coaches should make sure that the parents of their players are aware of the charge for forfeitures.**

**If a team does not have the required "minimum number of players" (4, per rule 4.2.5) to start a game at the scheduled start time, the game will be declared a forfeit. If a game is forfeited, the 2 teams may play an unofficial practice game until five minutes prior to the start time of the next game. Officials will not stay in the facility, since it is no longer an officially sanctioned MBL event.**

**At the end of the season if a team involved in a forfeit is in a tie, the method of determining points allowed for a tie-breaker will be based on the average points allowed for full games played.**

**3.5 Liability - It is the duty and responsibility of each parent to provide proper insurance they feel is adequate and necessary to cover loss in the event of injury. The parents agree by permitting their child to participate in the MBL program to hold MBL harmless against loss due to the participation of their children in the sports programs.**

**3.6 Conduct on The Court - As a Head Coach you are responsible for the actions of your assistant coach, players and parents. Each team is allowed 1 head coach, 1 assistant coach and players at courtside. Only one coach can be standing on the sideline during play. Unless a child is hurt, parents and other supporters should remain in the stands. Only the Head Coach may question an official.**

**Do not argue with the referees or threaten them in any manner. If you feel that the official(s) does not understand the rules, or "calls" a bad game, see your League President, after the game. A coach placing unnecessary pressure on an official risks forfeiture of the game.**

**Players and coaches that conduct themselves in an unsportsmanlike manner and violate the intent and purpose of the MBL philosophy will not be allowed to participate in any MBL event until they have met with the MBL Commissioner to assess their continued eligibility. Those who violate this rule may be suspended.**

**The use of foul or abusive language, alcohol, tobacco, or drugs will not be tolerated by MBL. Teams that engage in abusive or disruptive behavior shall have the game in which the conduct occurs declared a forfeit with the suspension of the offending coach(es), parent(s) or player(s) for as long as the League President deems appropriate. A second offense may result in the dismissal of the entire team from the league.**

**A coach, player or fan ejected from a game will be suspended for a minimum of the next game and must meet with the appropriate Deputy Commissioner or Sports Commissioner to re-establish eligibility for further participation in or attendance at any future league games. The ejected individual must leave the gym or risk forfeiture of the game. Failure to obtain the appropriate Commissioner's approval for future participation or attendance may result in forfeiture of all games in which the offending player or coach participates or fan attends.**

**3.7 Number of Teams – A coach can be the Head Coach of a maximum of two basketball teams during a single season.**

**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-5th grade boys and all girls leagues above 3rd grade. Official size basketballs (29.5) will be used in the 6th-9th 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 grade boys and 1st & 2nd grade girls leagues will use 8-foot basketball goals. 2nd Grade Boys & 3rd-4th Girls will use 9ft goals. 3rd-9th grade boys and 5th-8th grade 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**

| | |
|---|---|
| **Kindergarten Girls & Boys** | **8 Feet** |
| **1st-2nd Girls & Boys** | **10 Feet** |
| **3rd-4th Girls / 3rd-5th Boys** | **12 Feet** |
| **5th–9th Girls / 6th-9th Boys** | **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 <u>Full Court Press</u> - The full court press is prohibited in 1st-2nd boys and girls and 3rd grade boys age divisions. 3rd-4th girls, 4th & 5th boys divisions will only be allowed to press the last two minutes of the 1st and 2nd half. 5th-6th girls, 6th boys & 7th-8th & 9th 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.**

## ***<u>Boys & Girls Leagues</u>***

## **<u>Full Court Press:</u>**

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

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

**-4th & 5th Grade Boys- Press last two minutes of each half**

**-5th-9th Grade Girls-Press allowed all game**

**-6th- 9th Grade Boys- 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 & 9th 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-9th):*

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

**4.4.1 Kinder & 1st-2nd Grade Division Boys and Girls**

**Defensive Rules:**

- **Only Man to Man Defense is allowed. Wristbands will be issued and each player MUST stay with their color wristband on the opposing team. No double teams will be allowed outside the lane. Help defense is allowed only when the ball enters the lane or "paint".**

- **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.**

- **There will be a 5 second count by the referee if a team is "stalling" and holding the ball in between the volleyball line and halfcourt. If the team with the ball does not cross the volleyball line within five seconds in a stall situation, it will be an infraction and the other team will be awarded the ball.**

- **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 <u>3rd-4th Grade Girls</u>**

**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. NO FULL COURT PRESS!!**

### 4.4.4 4th & 5th 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 Girls, 6th boys, 7th-8th & 9th boys and girls

**Defensive Rules: H.S. Federation rules 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 | Wristband only!!!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<br>Wristband only!!! | 6 Minute Quarters, Running Clock | 8 Feet | No Lane Violations |
| | | | | | | | |
| 1st & 2nd Grade Boys & Girls | 27.5 | 8 Foot | Wristband only!!!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<br>Wristband only!!! | 8 Minute Quarters | 10 Feet | No Lane Violations |
| | | | | | | | |
| 3rd & 4th Grade Girls | 28.5 | 9 Foot | Man or Zone, Full Court Press last 2 Min of each Half, Pickup at "volleyball line" | Yes | 8 Minute Quarters | 12 Feet | No Lane Violations |
| | | | | | | | |
| 3rd Grade Boys | 28.5 | 10 Foot | Man or Zone, No Full Court Press, Pickup at "volleyball line" | Yes | 8 Minute Quarters | 12 Feet | No Lane Violations |
| 4th & 5th Grade Boys | 28.5 | 10 Foot | Man or Zone, Pickup at "Half Court line", Full court press the last 2 minutes of each half only | Yes | 8 Minute Quarters | 12 Feet | 5 Seconds |
| 5th-6th girls 6th boys 7th-8th & 9th | 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 <u>gym shoes</u> 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.**