

## **MPCC Youth Instructional League Big Ten GIRLS League Rules of Play**

GAMES WILL BEGIN BY AN OPENING DEVOTION / PRAYER LED BY A SHEPHERD  
COACH, COACH OR REFEREE.

### GAME Procedure

1. Games will consist of six (6) periods. Each period will last five minutes (5:00).  
Half-time will follow the third (3<sup>rd</sup>) period.
2. The rim will be set at a height of ten feet (9').
3. Games will be played with a size (6) intermediate basketball.
4. The free throw line is set at (12') and is the closest line inside the regulation free throw line.
5. At the beginning of each period the players will be lined up across from each other to designate who they will guard for that period. The referee will administer this with the help of the coaches.
6. If the score is tied at the end of regulation--six (6) periods of play--an overtime period will be played. Overtime will last two minutes (2:00). The clock will run as noted below for the final (6<sup>th</sup>) period. If the score is still tied at the end of overtime, then a sudden death overtime will be played. The first team to score wins.

### CLOCK Operation

7. The games will utilize a running clock. The clock will stop:
  - during a shooting foul until the shooter receives the ball for the first free throw;
  - during time-outs;
  - during the last ten seconds (0:10) of the first five (5) periods when the whistle blows;
  - during the last one minute (1:00) of the final sixth (6<sup>th</sup>) period when the whistle blows;
  - whenever indicated by the referee for injury or other delay.

**NOTE:** Coaches and parents are responsible to make sure all players shoes are double tied before the start of each game and players should re-check their shoes at the beginning of each period.

### GENERAL Rules

8. A team has five (5) seconds to in-bound the ball on an out-of-bounds play. This means that the player must *release* the ball before the 5 seconds is up. After a made basket the official will secure the ball if it is astray, set it down, and begin the count.
9. Once a team gains possession of the ball they have ten (10) seconds to advance the ball beyond the mid-court line. Please remember that *both* of the player's feet and the ball must be in the front-court to have front-court possession. Penalty is loss of possession.
10. Five-Second Lane Violations will be enforced. No offensive player may be in the lane for more than five (5) seconds without completely exiting the lane area before re-entering. Referees will be tightening this rule as the season progresses and coaches are urged to continually work with those who have difficulty with this concept. Penalty is loss of possession.
11. Each player is allowed five (5) personal fouls. On the fifth personal foul the player is disqualified regardless of time played.

12. Each team will be permitted two (2) one-minute time-outs per half. One additional time-out will be awarded for each overtime period. No time-outs from any previous periods may be carried over to any successive periods.
13. All other rules of basketball are enforced using IHSAA as a guidepost. Some consideration of a child's capability may call for the referee being somewhat lenient on some calls, especially early in the season.
14. **In order to insure the safety of your children, there will be NO JEWELRY permitted to be worn. Medical alerts (such as bracelets) are the only exceptions.**

#### PLAYING Time

14. Each player must play at least three (3) full periods and sit out at least two (2) periods. In order for a player to qualify as having played three (3) full periods, he must play the entire period from beginning to end. No player may play less than the required time except for injury, illness, or being disqualified (fouling out, technicals, etc.). No substituting is allowed.

#### **Exceptions:**

- 10 players 0 players may play 4 periods, ALL players must play 3 periods
- 9 players 3 players must play 4 periods, 6 players must play 3 periods, No one may play 5
- 8 players 6 players must play 4 periods, 2 players must play 3 periods, No one may play 5
- 7 players 2 players must play 5 periods; 5 players must play 4 periods. No one may play 6.
- 6 players Each player must play 5 periods. No one may play 6 periods.

In any overtime periods previous time played has no bearing. Only disqualified players due to fouls or ejection will be ineligible.

#### DEFENSE Rules

15. No defense can be played in the back-court until the last one minute (1:00) of each half (3<sup>rd</sup> & 6<sup>th</sup> periods). There cannot be a "press" at any other time during the game. **NOTE:** There is NO stealing on the dribble.
16. *No zone defense* of any type will be allowed at any time (referee's discretion). The defense must remain within six (6) feet of his (a) man at all times in the front court. This is enforced on in-bounds plays as well. A violation will result in a warning for an illegal defense.
17. No double-teaming, *except below the 15' regulation free throw line extended*, at any time. This gives the offense ample room to set up and handle the ball without excessive pressure. Below the regulation free throw line any number of defenders may guard an offensive man with the ball. This will teach the kids to spread the offense out, screen, and look for the open man. The call for double-teaming above the regulation free throw line, or a zone defense, is an illegal defense warning. Two warnings for illegal defense per half are allowed and recorded by the scorekeeper. On the third violation a technical foul will be issued to the offending team; two free throws and possession will be awarded. The second half carries over to the overtime period (i.e. an extension of the 2nd half).  
**NOTE:** A player guarding his man may reach with *one* hand and knock the ball away as a dribbler goes past, above the free throw line extended, as this would be a natural reaction. Turning to face the other player or turning to reach with both hands constitutes a double-team.
18. Defensive "switching" is allowed but if at any time two kids are guarding one man above the free throw line extended, or a zone defense occurs, a double-teaming call can be made. At this age there are very few kids who would understand the full concept of defensive switching.

19. A referee will not blow the whistle during a double team if a shot attempt or drive to the basket is in process. This could disallow a potential basket. The call will ensue the attempt. Again, this can occur only above the free throw line extended.

**NOTE:** The player who double-teams the player with the ball should be able to remain close to his own man.

Players should NOT come from across the floor to provide a double-team. This can result in an illegal defense warning.

\*\* These defensive rules are set to allow a player who gets beat to get defensive help from his teammates and also to allow offensive rebounds under the basket to be challenged. It is not the intent of the Commissioners to see these rules abused by teaching the kids to use them to gain an unfair advantage. We expect the coaches to teach the kids how to play the game of basketball and to learn basic skills and ideas from the game. If these rules are used by a team(s) in such a way as to discredit the league, a meeting between the Commissioners and the coach(s) will be called to remedy the situation.

### OFFENSE Rules

20. There will be no three-point baskets.
21. Any player **scoring fifteen (15) points** during regulation play remains in the game subject to the playing rules, but may not score during the remainder of regulation play. **Four (4) additional points will be given for overtime periods.** Once a player attains his maximum points, if he is fouled that results in awarding free throws, the player's coach will designate a player on the floor to shoot the fouled player's free throws. If a player exceeds the maximum point-out and scores, his basket will be disallowed and his team will lose possession of the ball.  
EXCEPTION: If a player scores that results in the player reaching or going over the maximum scoring limit and is fouled while scoring, all points count and he may finish his scoring opportunity at the free throw line. If there is a Sudden Death played the player scoring out is allowed to return to play.
22. Teams will shoot the one-and-one bonus on the seventh (7<sup>th</sup>) team foul. There will be no double bonus.
23. Isolation or domination of the game by one offensive player is discouraged. Basically this means no "clear-outs" designed to isolate the play of one player. Due to the allowance of multiple-teaming an offensive player below the free throw line, this should be greatly reduced. However, if this still occurs a warning will be given to the coach. Every violation thereafter will result in loss of possession. Coaches are encouraged to involve all players.

### TECHNICAL Fouls

24. Technical fouls can be called if the following violations or events occur:
- A. Any criticism of officiating by coaches or players. A warning may be given unless the violation is considered *by the referee* to be severe (cursing, slamming the ball down, violent acts, etc.) then a technical foul will follow.
- B. Excessive criticism of officiating by fans. A coach may be asked to quiet a fan of his team if the fan is excessively criticizing an official or a player. If the coach is not successful in his attempt a technical foul can be charged to the team. This will not be called except in extreme cases. The official may ask the fan to leave the gym and not call a technical foul if the coach is unsuccessful at resolving the problem. This will be avoided if at all possible. Remember, screaming out "he traveled!", or, "he double dribbled!" is very negative towards the kids. They

are in the learning stage and don't need the pressures of strangers screaming at them. Also, the officials are less likely to make a call if such outbursts occur. Let the officials do their job.

C. All technicals are two (2) shots and possession on the side.

25. Any coach receiving more than one technical during the course of the season will be subject to review by the Commissioners and may be expelled from the league. Remember that this is a Christian league and will be directed as such.

### Miscellaneous

The rules of this league are set out to induce fair competition and a learning environment for all who are involved. The league commissioners may at any time change these rules in order to better balance the play. Any coach deemed “using” the rules to gain an unfair advantage will be consulted in private concerning the matter. However, a call may be made on the floor during a game if the referees see this as necessary. Remember, the rules are to be used as a guideline in honing the skills of your players, not as a crutch to inhibit others from performing.

***Please keep in mind that this is not the NCAA. This is an instructional league. These kids are relying on you, the coaches and parents, to teach them the fundamentals. They also look to you for sportsmanship and conduct. Help make this an enjoyable experience for all involved. Your time with these kids is very much appreciated and should not go unnoticed. Thank you!***