

## **MPCC Youth Instructional League Little Dribblers League Rules of Play**

GAMES WILL BEGIN BY AN OPENING DEVOTION / PRAYER LED BY A COMMISSIONER OR COACH.

### **GAME Procedure**

1. Games will consist of four (4) periods. Each period will last six minutes (6:00). Half-time will follow the second period.
2. The rim will be set at a height of eight feet (8').
3. Games will be played with a size (5) basketball.
4. The free throw line will not be used.

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 coaches will administer this.

**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.**

Two coaches (2) from each team are allowed on the floor. One coach for each team will be placed under the basket for that team's **defense**; these coaches must stay out of bounds. The other coach will be allowed to move up and down the floor with the teams, but must stay to the side on the outside of the white volleyball lines. Additional parent supervision on the teams' bench will be needed.

6. **NO SCORE WILL BE KEPT.**

### **CLOCK Operation**

7. The games will utilize a running clock. The clock will stop ONLY:  
–when indicated by the coach/referee for injury or other delay.

### **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 a coach 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. NO lane violations will be called.
11. All other rules of basketball are enforced using IHSAA as a guidepost. Some consideration of a child's capability may call for the coach being somewhat lenient on some calls, but the coaches are responsible to see these deficiencies and work on them in practices.  
**NOTE: All non-foul infractions happening in the first four games will be handled by stopping play, explaining to the child what the infraction was, and giving the ball back to the violating team. In the last three games, violations will result in loss of possession (if appropriate).**
12. 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**

12. Each player must play at least two (2) full periods. Coaches are encouraged to evenly split playing time beyond the minimum two periods per game between players in each game. In order for a player to qualify as having played two (2) full periods, he must play an entire

period from beginning to end. If a player is taken from the game before the period has ended, the period does not qualify as a full period and the player must be re-inserted at the beginning of a new period and play the full period. No player may play less than the required time except for injury, illness, or being disqualified (fouling out, technicals, etc.).

**Exceptions:**

10 players

No player may play 3 periods; all players must play 2 periods

9 players

2 players may play 3 periods; 7 players must play 2 periods

8 players

4 players may play 3 periods; 4 players must play 2 periods

7 players

6 players may play 3 periods; 1 player must play 2 periods.

6 players

2 players may play 4 periods; 4 players must play 3 periods.

Substitutions are not allowed in this league to reduce/avoid confusion.

**DEFENSE Rules**

**13. No defense can be played in the back-court at any time. There cannot be a "press" at any time. A NO Steal rule will be in effect for at least the first half of the season. After the first half of the season, players can steal a pass only. Players can never steal a dribble.**

14. Man-to-Man defense is the only defense allowed. **No zone defense** of any type will be allowed at any time (use discretion).

15. No double-teaming allowed at any time,

16. Defensive "switching" is not allowed at any time.

**OFFENSE RULES**

17. No free throws will be taken at any time.

18. Isolation or domination of the game by one offensive player is discouraged. No player may accept in inbounds pass, drive the complete floor and score without passing, more than two (2) consecutive time. After the second time the coach/referees should make the necessary adjustments.

**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 commissioners 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!***