

Mount Pleasant Christian Church Youth Instructional League

NBA and SEC League Rules of Play

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

GAME Procedure

1. Games will consist of two (20 minute) halves. There will be a 5-minute halftime unless games are running behind, then halftime may be shortened or eliminated. **THE SEC LEAGUE USES THE 28.5 SIZE BASKETBALL...**
2. If the score is tied at the end of regulation--an overtime period will be played. **Overtime will last two minutes (2:00).** The clock will run as noted below for the end of each half. 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.*
*This rule does NOT apply to tournament play.

CLOCK Operation

3. The games will utilize a running clock. The clock will stop:
 - during all shooting fouls;
 - during time-outs;
 - during **the last one minute (1:00)** of EACH HALF when the whistle blows;
 - whenever indicated by the referee for injury or other delay.

GENERAL Rules

4. Each player is allowed six (6) personal fouls. On the sixth personal foul the player is disqualified regardless of time played.
5. Time-outs will be administered as according to IHSAA rules. (3) full and (2) 30 sec. Timeouts per game.
6. Except for the above changes, all other IHSAA rules will apply.

PLAYING Time

7. There will be no set substitution pattern. Each player must play at least ten (10) minutes per half. Coaches are encouraged to evenly split playing time beyond the minimum playing time per game between players in each game. No player may play less than the required time except for injury, illness, or being disqualified (fouling out, technical fouls, etc.).
*In any overtime periods previous time played has no bearing. Only disqualified players due to fouls or ejection will be ineligible.

DEFENSE Rules

8. A full court press is allowed at anytime except for the following situation: A team may NOT press if that team is ahead by fifteen (15) or more points.
9. Any type of defense is allowed with the noted exceptions in rule #8.

OFFENSE Rules

10. There is no scoring limit for any player either the NBAE or NBAW Leagues. **THE FOLLOWING SCORE-OUT RULE APPLIES OT THE SEC LEAGUE ONLY...**

Any player **scoring eighteen (18) 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.** If a player that has attained his maximum points is fouled, which results in 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.

TECHNICAL FOULS

11. Technical Fouls: A player is automatically ejected from a game upon receiving two technical foul. A technical foul can be called if:
 - A. If a player receives a technical foul, he/she will automatically be sat down for five minutes before being available to re-enter the game.
 - B. Blatant use of foul language, verbal and/or physical abuse is not acceptable. If a player is ejected from a game as a result of verbal or physical abuse to any player, spectator, or official, then the player will receive a minimum current and one (1) game suspension (at the discretion of the League Staff).
 - C. All technicals are two (2) shots and possession on the side.
12. 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 directors 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.

A forfeit will occur when a team does not have five players to start the game by the time that five minutes (5:00) have lapsed from the scheduled starting time of the game.

*Please keep in mind that this is not the NBA or 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!***