

# Existing text example

## Game Rules

### PLEASE PRINT AND HAVE IT WITH YOU TO REVIEW WITH OFFICIALS

**Basic Rules:** The MIAA/Federation High School Rules are used except as noted below.

**Coaches:** Only the coach and up to 3 assistants are allowed on the bench. Everyone else must be a player who is on the official team roster. Scorers, analysts, or anyone else may not be on the player bench or bench area. The game officials may allow more but ask people to leave the bench area if behavior becomes a concern. Only one coach can stand to coach. The coach's box is the area directly in front of the player's bench.

**Game Length:** Games consist of four 8-minute quarters. Stop time is used (i.e., clock is stopped on referees whistle). Halftime is 5 minutes. No mercy rule is used. We ask coaches with large leads to eliminate pressing, shooting three, and behavior in a mockery fashion. SEE NO PRESSING RULE BELOW

**Overtime:** Overtimes shall be 3 minutes in length. Each team will receive 1 additional time-out per overtime. This adds to any time-outs you have.

**Time-outs:** Each team is allowed 5 Full time-outs per game.

**Fouls:** The following rules concerning fouls shall be in effect: **NEW**

1. Fouls are by Quarter. On the 5<sup>th</sup> foul, and each foul after of each Quarter, a team will shoot DOUBLE BONUS. At the end of the quarter, the fouls reset. (EXCEPT for overtime)
3. Player technical fouls are counted as personal and team fouls.
4. Any player receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game. Any player involved in a fight will be removed immediately.
4. Any coach receiving 2 direct technical fouls in a game or who is ejected from a game shall not participate in the next league game.
5. Coach may receive 2 indirect and 1 direct technical before removal.

**Equipment:** Game balls shall be leather or synthetic leather. The following sizes shall be used:  
For boys grades 7th & 8th, it is a 29.5 size ball.

Girls in Grade 4 will use the 27.5 Ball.

Boy's grades 4th-6th and girls 5<sup>th</sup>-8<sup>th</sup> use standard 28.5

**Full Court Pressing:** There shall be no full court pressing by a team with a lead of 20 points or more.

No pressing is allowed for 4<sup>th</sup> and 5<sup>th</sup> grade teams except for the last 2 minutes of the 2<sup>nd</sup> quarter, the last 3 minutes of the 4<sup>th</sup> quarter and any subsequent overtime. Please review the pressing rules below.

# ~~Existing text example~~ **2<sup>nd</sup> and 3<sup>rd</sup> Grade JR Metrowest Modified Rules**

GAME PLAY: The game is played 4 v 4.

EQUIPMENT: The size of the ball is 27.5 Jr Ball, and the Height of the Rim is 8.5 feet.

DEFENSE: Modified No pressing, Double team, or Zone rules are in effect. (see below)

STEALING THE BALL: You cannot steal the ball from a player who is in player control (including dribbling) players may steal passes and if a player has lost control of the ball.

FREE THROWS: A modified Free throw rule is in effect. (see below)

OFFICIAL: One Official will be assigned. Basic Violations will be allowed as long as they are not egregious. As the season goes on, they will call more. Small travels, double dribbles, and 3 seconds will be rules they will be patient with to encourage game flow, growth, and points.

15 POINT MAX SCORING: A team cannot win by any more than 15 points. Any points scored over 15 do not count towards the official score. If a team has scored 30 points and the opponent has scored 10 points, the scoreboard should read 25-10 if the losing team scores two hoops in a row. The score would be 25-14. If the winning team then scores a basket, it would be 27-14.

TAKE A FOUL: If, under 1 minute, the losing team is planning on taking a foul to stop the clock, they can notify the official after a made hoop or before a throw-in of this intent. (because you cannot press) The official will instruct the scores table to run 5 additional seconds off the clock. The winning team is awarded 2 free throws (regardless of the free throw situation), and play continues. The shooting team's coach selects the shooter, and a shooter cannot shoot a second time. (This rule is in place because you cannot press, and we don't need to spend time teaching our Junior players the proper way to foul in the heat of the moment)

CRITICAL:

This league aims to create an opportunity for our beginning players to learn the game in a more competitive environment while modifying the rules for them to be successful. The rule changes and equipment modifications encourage game flow and growth, allowing players to score more points. Each rule has been put in place with those principles in mind. Coaches should encourage players to minimize violations, play good man-to-man, and learn the game, but realize the gameplay will allow some of those mistakes to occur to accomplish the league's goals.

# 4<sup>th</sup> and 5<sup>th</sup> Grade Boys & Girls Modified Rules

## Existing text example **FOUL SHOOTING RULE**

APPLIES TO 4<sup>th</sup> and 5<sup>th</sup> GRADE BOYS AND GIRLS

The intent of this rule is to increase foul shooting percentage and avoid the many other rebounding fouls, aggressive play, and confusion during the foul shooting action at these levels.

1<sup>st</sup> ALL foul shooters are allowed to start their try 1 step (appx. 3ft) in front of the marked foul line.

2<sup>nd</sup> They must maintain the same line restrictions as with any other foul shot. The imaginary line for jumping forward or leaving once the ball is airborne is at the officials' discretionary judgment and would be a violation.

3<sup>rd</sup> If they so desire to start their attempt at the marked line they are allowed to go over it on the follow through but are held to the same rules if they started in front of the line.

4<sup>TH</sup> MOST IMPORTANT PART AND ADDITION TO THE NEW RULE AS FOLLOWS: Following their try in #2 & 3 THE SHOOTER IS NOT allowed to be the first player to secure control of the ball EVEN if it is tapped/touched by anyone else first. THIS WOULD BE A VIOLATION AND THE BALL IS GIVEN TO THE OTHER TEAM at the point of interruption. This would include shooting "intentionally" tipping it to a teammate to gain team control.

5<sup>TH</sup> IF the shooter elects to shoot/try at the marked(traditional) line and maintains all NORMAL restrictions(E.G. THE LINE AND WAITING TILL RIM CONTACT) He or She follows the normal free throw shooting rules.

## **RULE ENFORCEMENT: Man to Man, Double Team, and Press modified rules.**

If it is evident that the defense is

- A) Intentionally playing zone principles, has a basket hanging player, or players shadowing the ball.
- B) Doubling the ball by DESIGN, regardless of where the ball is on the floor
- C) Pressing in the backcourt prior to the time allowed to do so or up by more than 20 points.

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The order of sequence:

- 1) Informal warning to the coach. For each category
- 2) A Formal warning to the defense (1 per game for each category)
- 3) An illegal defense call that gives the offense 1 shot penalty with the lane cleared out and the ball back at the point of interruption.

NO technical fouls are given. The rule can be enforced as many times as needed.

## **MAN TO MAN RULE 4<sup>th</sup> and 5<sup>th</sup> Grade**

The rule is not intended for the offense to gain an advantage with clear outs and one-on-one play. AND the misconception that a defender must always be within so many feet of the offensive player to be considered “man-to-man” is incorrect.

Man-to-man defense is the only defense allowed to be played at this level. We encourage “man-to-man” to be taught using proper man-to-man principles. This includes help side, basket line, switching on screens, strong side vs weak side concepts, or picking up the ball at or around the 3-point line.

The two types of concepts NOT allowed are basket hanging by one player (picture A), OR help defenders shadowing the ball (picture C). All other man-to-man principles should be encouraged, and coaches should understand the difference between a coach breaking the rules and a 10-year-old who is a little lost.

The best way for an offense to show a defense is playing zone principles is moving players from the strong side to the weak side and vice versa on a consistent basis, if a defender does not adjust to the player they are covering, then it would have zone principles.

- A) Help Side Defense (weak side), defenders on the weak side are allowed to be in the paint/basket line. In 2<sup>nd</sup> picture, the defender playing “5” is now hanging at the basket as the player he/she is covering is now relocated. The defender should relocate with the offensive player.

B) Defenders picking up players at or around the 3-point line are acceptable if they are in line with the player they are defending.

In the second picture, defenders are clearly sagging off and “packing” the paint. Defensive players do NOT have to go out to the offense, but they cannot pack the paint. C) Players playing weak side and strong side is allowed.

In Picture 2 players have left their player to Shadow the ball by OVER helping prior to ball movement. This is not allowed.

There is no violation for an offense of “clearing out”. If the defense is adjusted properly, they can prevent clearing out from happening as they do NOT have to be 3 feet from their “player.” Picture C and D It is important to understand that a good man-to-man defense can look like a zone. The intent of the rule is to force coaches NOT to play zone or try to gain a competitive advantage but to teach. Coaches who are constantly looking for an official to call a ZONE violation are also looking for a competitive advantage that the rule is NOT intended for. Allow officials to determine if an opposing team is playing with Zone principles.

## DOUBLE TEAM RULE

Organized or designed double teaming is NEVER ALLOWED. However, if the ball is inside the 3 point arc and is a “natural” result of an offensive rebound, loose ball, or help defense that creates a double team, these would be allowed. This would include post defense, if the defenders are doubling the post by design, that would be a violation. If a double team occurs as a result of help, rebounding or loose a ball that is allowed. The official will determine if they feel the coach is teaching organized/planned double teams and call a violation if such situations occur.

SOME EXAMPLES WHEN DOUBLE TEAMING IS ALLOWED:

1. The ball is in team control and ball is inside the 3 pt arc and the double team occurs a result of the help defender whose teammate has been beaten by dribble penetration or pass. Once the ball is stopped, one of the two defenders should rotate back to the player.
2. LOSS OF PLAYER CONTROL by an offensive player and two defensive players are around the ball as the offensive player as he/she regains team control. One of the two defenders should rotate back once player regains control.
3. The screening by the offense creates a situation where another defender must help/switch for his teammate who is on the ball, and the proximity is so close that this is not an intentional double team but looks like one. If two offensive players are too close to each other, and/or a switch or a hedge and recover occurs, a short period for a double team might exist if the two defenders do not stay and maintain the

double team. This situation can also occur outside the 3-point line, where the spacing by two offensive players allows two defenders to be next to the ball.

#### SOME EXAMPLES OF ILLEGAL DOUBLE TEAMING

1. 2 DEFENDERS MIRROR THE MOVEMENT OF THE PLAYER IN CONTROL OF THE BALL SIMULTANEOUSLY

2. A player in control of the ball is covered by his defender but closely shadowed by another defender as if ready to trap the ball/player or prevent dribble. ALSO violates M2M rules.

3. 2 defenders who reach for or grab the ball when no loss of control or interrupted dribble has occurred.

4. Once the ball in player control enters inside the 3-point arc area, another defender runs up to steal the ball by design and not based on the action of the offense.

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Double teams are only allowed inside the arc as a result of loss of player control, interrupted dribbling, or help/switching defense as long as they are NOT by design. This is all subject to your interpretation, whether the defense is intentionally trying to create a double team or trap situation by designing a double team or trap situation. If so, it is a violation.

## PRESS RULE 4<sup>th</sup> & 5<sup>th</sup> grade girls and boys only

No defensive pressure is allowed in the backcourt once a team has established team control following a missed try(rebound), steal, loose ball, or violation (naturally followed by a throw in.)

With final 2 minutes of a half and 3 minutes of the game teams may press following these rules.

1. The press must be strictly man to man. No zone press is allowed.

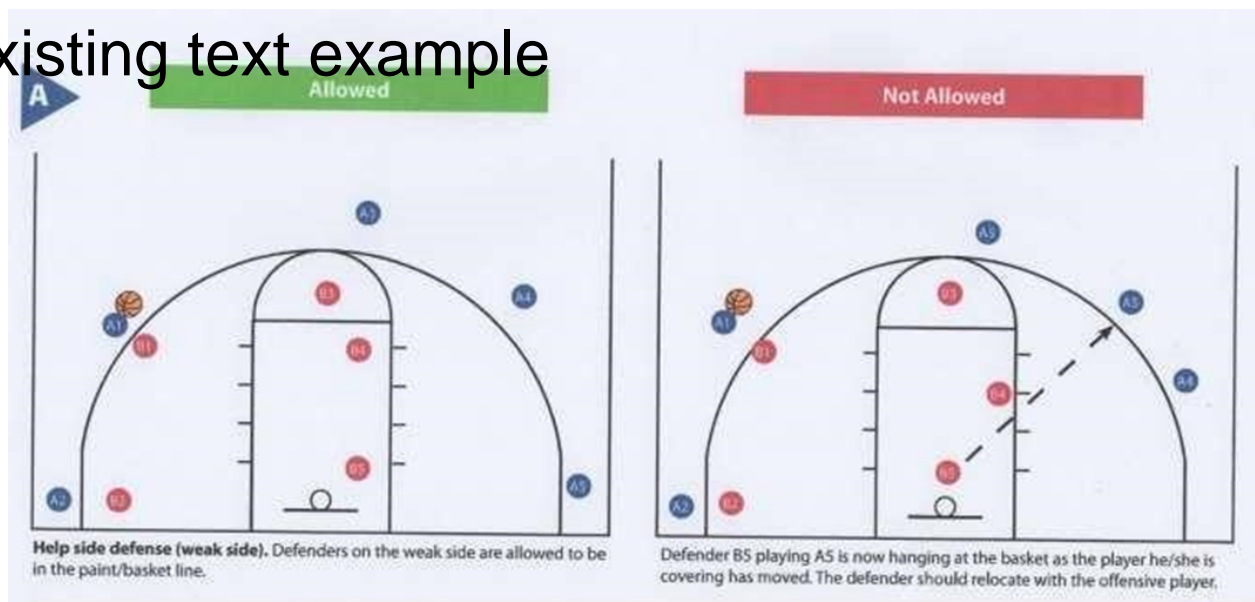
2. The pressing team is allowed to press with less than 5 players and does not have to defend the in bounder. The extra players may not be forming a double team or shadowing another player. The players not involved in the press must retreat BEYOND half court.

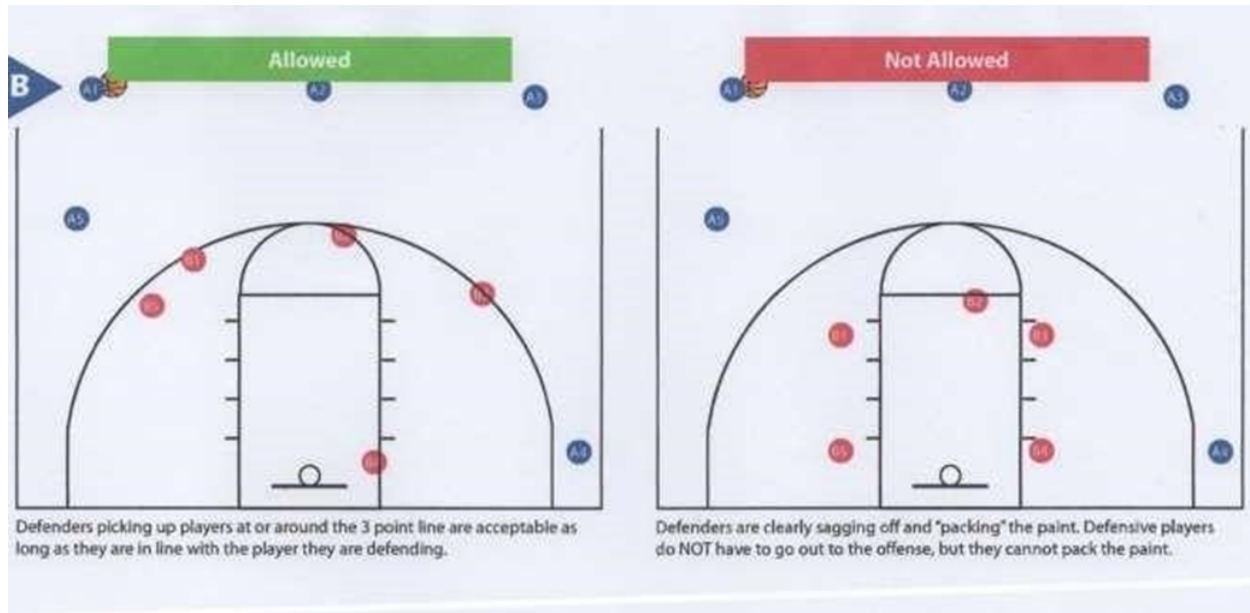
3. If an offensive player picks up the ball or passes to a teammate, the defender who was just covering the ball may not leave and cover the unguarded player. This would represent a Zone Press. Switching can only occur on screens. The defender may however retreat beyond half court after initially guarding to wait for the opponent to advance the ball into the frontcourt.

4. The pressing team is not allowed to double team the player in control of the ball while he/she is in the backcourt.

**Officials**, a zone press is easy to spot so use good common sense when spotting an intentional application of it. If we execute it correctly early in the season and are consistent throughout it won't be a problem. In addition remind players about slapping or grabbing for a ball off a rebound. Use a proactive approach prior to issuing a free throw.

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