

MPAA REC BASKETBALL RULES SUMMARY

(revised 11.29.17)

	Co-Ed Grades K-1	Girls Grades 2-3	Girls Grades 4 and Up	Boys Grades 2-3	Boys Grades 4-5	Boys Grade 6-8	Boys Grade 9-12
Goal Height	8 ft. & Lower	Regulation 10 ft.					
Ball	Size 5- Youth 27.5		Size 6- Women's 28.5	Size 5- Youth 27.5	Size 6- Intermediate 28.5	Official Size - 29.5	
Clock	(4) 10 min. qtrs. - Running Clock (runs while shooting fouls shots) Only stops on time-outs, mid-qtr. substitutions and by Ref for injuries or other purposes	Four 10 min. quarters. - Running Clock except last 2 mins of the game for all whistles(will not stop if a team is up by 20 pts or more, until decreased to 15 points or less).Clock runs while shooting fouls shots. Clock stops on time-outs, mid-qtr. substitutions and by Ref for injuries or other purposes					
Halftime	5 Minutes						
Overtime	Up to (2) 3 minute Overtimes (if needed)– Running Clock until last 1 min stops on all whistles and dead balls Regular Season games limited to One (1) OT period						
Substitutions	During mandated substitution periods 5 min mark of each quarter.	Substitutions allowed <u>ONLY</u> during mandated substitution periods- the 5 minute mark of each quarter. Exceptions are the last 5 minutes of the game only during a timeout or dead ball (includes Free Throws).					
Timeouts	One full 60 seconds and two 30 second per half (unused timeouts in the first half do not carry over to second half or overtime) Overtime-each team allowed one full & one 30 second						
Lane Violation	No lane violations	Liberal 3 seconds entire season	3 seconds	Liberal 3 seconds entire season	Liberal 3 seconds- first half of season / 3 seconds- 2nd half of season	3 seconds	
Free Throws	At Halftime- All Players shoot a one and one FT. Each team shoots same amount of attempts	Regulation 10 ft.					
Defense Restrictions	No defense beyond half-court. No double teaming allowed	Double teaming or trapping-not allowed at top of key, ball must have penetrated past top of the key	Double teaming or trapping allowed after offense crosses half court	Double teaming or trapping-not allowed at top of key, ball must have penetrated past top of the key	Double teaming or trapping allowed after offense crosses half court.		
Pressing	Not allowed		Full court press is allowed <u>the last 5 minutes of each half &OT</u>	Not allowed	Full court press allowed <u>the last 2 minutes of the game & OT</u>	Full court press allowed <u>the last 2 minutes of each HALF & OT</u>	Full court press is allowed <u>the last 5 minutes of each half &OT</u>
Mercy Rule	If a team is up by 15 points at any given time, no full court defense is allowed						

FOR OFFICIALS

Minimum 4 players to start game.

Every player must sit at minimum ONE 5 minute period in each game.

Subs can ONLY be made during mandatory subs time (see specific league rules above)

If a game is forfeited and a scrimmage is played in its place it cannot be officiated for liability reasons.

Please have a copy of this grid at the scorer's table for each game.

If a rule is not addressed here default to GHSA.

All league specific rules are on this grid.

Hold a pre-game with both coaches to ensure everyone is on the same page.

A player, coach or fan that is ejected must leave the facility or the team they are associated with will forfeit 712/18/2018

Coaches are to go over all rules in above grid with Referee before each game.

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❑ The HOME team will wear the white jerseys and will be responsible for keeping the game book. The VISITOR team will wear the dark jerseys and will be responsible for keeping the game clock. Players must wear the FULL uniform during the game. Shirts must be tucked into the shorts. Failure to wear the full uniform will result in a technical foul for each quarter the player comes on the court without the full uniform. A plain white t-shirt should be worn if the player wants a shirt under their jersey.

❑ Two technical fouls (excluding uniform violations) on a coach or player will result in AUTOMATIC EJECTION and that person MUST LEAVE THE GYM IMMEDIATELY. Any ejection of a coach or player will result in an AUTOMATIC SUSPENSION FOR THE NEXT GAME. ANY COACH THAT IS EJECTED WILL BE REQUIRED TO MEET WITH THE BOARD PRIOR TO THEIR TEAM'S NEXT GAME. THIS RULE CANNOT BE APPEALED OR OVERTURNED BY THE BOARD. THE BOARD WILL DETERMINE IF ADDITIONAL PUNISHMENT WILL BE ENFORCED, INCLUDING THE DISMISSAL OF THE COACH.

❑ Coaches, players and spectators are expected to exhibit sportsmanship at all times! YELLING AT OR CHEERING AN OPPOSING PLAYER'S ERROR IS UNACCEPTABLE. An unruly spectator may be asked to leave the gym at the discretion of the game official or league official. Any spectator not leaving the gym when asked to do so will cause the officials to forfeit the game and award the win to the team with which the unruly spectator is not associated. Enforcement of this rule is at the Game Official's discretion, and may not be appealed or overturned by The Board.

❑ **All players must play at least one-half of the game. To ensure that this happens, the official will stop the game during each quarter at a point near the half-way mark that does not interrupt the flow of the game.** At this point ALL players not in the game must enter the game and play the remainder of the quarter. Except for injury, substitutions are prohibited during the first half of each quarter. Upon confirmation by The Board, any coach found to have violated this rule will have their team's record changed to reflect a forfeit in the game where this violation occurred. The offending Head Coach does have the right of appeal to the Board. The final decision is up to the Board.

❑ Coaches should have roster (Player, Name, and Uniform #) ready and in book prior to games starting.

❑ Coaches are the ONLY ones allowed on the player/coaches side of the gym. NO Parents or siblings allowed.

❑ MPAA is allowed to utilize gyms at the consent of the schools. That makes us the school's guests. No matter how well intended coaches, parents and players plan to be, soda, juice and snacks leave residue and ultimately cause problems with the gym's playing surface. Please help us maintain use of the gyms by not bringing anything other than water into the gym.

❑ **Co-Ed League ONLY-** All players from each team will shoot a one and one foul shot at halftime. All made free throws will be tallied after everyone shoots their free-throws. Both teams will shoot the same amount of free-throw one and one attempts regardless of the amount of players each team has. (Ex. Team A has 7 players and Team B has 6 players – Team A coach will choose a player to shoot twice. If Team A has 7 players and Team B has 5 players, Team A coach will choose a player and Team B coach will choose a player. Half-time free-throws will be shot on the same basket the teams ended the 1st half. Players will line up as they would in a live game on the free throw lines.

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