

# Middle School Basketball League Rules

## **Goals and Objectives of League:**

- To better provide a recreational basketball program in which all interested 6th – 8th grade boys and girls may actively participate.
- To instruct and develop fundamental and basic skills pertaining to basketball.
- To develop and encourage those attributes relating to good sportsmanship.
- To emphasize a sense of team unity and de-emphasize personal or individual play.

## **Equipment:**

- Each recreation and park district will furnish basketballs, jerseys and other necessary equipment for their own teams.
- NO jewelry will be allowed during play.
- All players must wear tennis shoes.

## **Player Eligibility:**

- All boys and girls must be in the 6th, 7th or 8th grade.

## **Registration:**

- All players must be listed on the roster provided by each recreation and park district.
- A team using players not registered, or registered for another team shall forfeit all games in which said players took part in.
- No new players may be registered after the first week of games. Special exceptions will be authorized by league administrators only.

## **Teams:**

- Teams will have only five players on the court during play. More than five will be a technical foul. Two points and the ball will be awarded to the opposing team.

## **Scoring:**

- Any basket from the floor scores two points, except 3-point line will be three points and a free throw, one point. The team that is ahead at the end of the game is declared the winner.
- Technical fouls will score two points for the team awarded the foul, plus loss of possession when applicable.

## **Timing:**

- There are four 9-minute running quarters.
- Stop time will be played during the last two minutes of the 2nd and 4th quarters.
- Three minutes between halves.
- One minute between quarters.
- Each team has two-time outs per half.

- In cases of tie games, overtime period will be two minutes stop time with one time out permitted for each team. Previous time outs from the regular time period do not carry over. Only one overtime period is allowed and then move onto sudden death which will last an additional 2 minutes at maximum.
- Sudden Death will occur if the game remains tied after the first overtime period. In this case, the team to score first will be declared the winner.
- All players must play a minimum of 9 minutes throughout the game as coach deems.
- All coaches are encouraged to actively play as many players as possible during the regular game.
- The maximum deficit shown on the scoreboard will be limited to 20 points, after that the accurate score will be reflected on the scoresheet and will be adjusted on the scoreboard properly moving forward. If the deficit between two teams reaches 20 points the clock will continue to run including inside of 2 minutes of each half, the clock will only stop for time outs and injuries at that point. No full court press is allowed for the team up by 20+.

### **Putting the Ball into Play:**

The penalty for a violation shall be awarding of the ball to the opponents at the nearest out-of-bounds point. The following are violations:

- Traveling: Taking more than one step with the ball without passing, dribbling or shooting.
- Stepping out of bounds with the ball or last touching the ball which goes out of bounds.
- Double Dribble: A second series of dribbling without another player handling the ball, palming (not clearly patting) the ball, or dribbling the ball with both hands at once.
- Stepping out or over a restraining line during a jump ball or free throw.
- Kicking the ball.
- Remaining in the key more than three seconds by the offensive team under their offensive basket.

### **Personal Fouls:**

- Personal fouls are holding, pushing, hacking (striking), tripping, charging, blocking and unnecessary roughness.
- If a player is fouled during the act of shooting and the basket is missed, the player receives two foul shots. Exception: 3-point attempts get 3 foul shots.
- If a player is fouled during the act of shooting and the basket is made, the player receives the made basket and 1 free-throw shot.
- A player who has 5 personal fouls is disqualified from the game and must go to the sideline.
- Team Penalty – Two Free Throws after 5 team fouls in quarter. Once a team reaches 5 fouls in one quarter, two free throws are awarded for every common foul thereafter. The total number returns to zero at the start of each quarter.

### **Technical Fouls:**

- Technical fouls include unsportsmanlike or disrespectful conduct.
- Players receiving technical fouls must sit out the rest of the half.
- Technical fouls are also counted as personal fouls.
- Two technical fouls call for immediate expulsion for the remainder of the game, both regulation and overtime.
- A player may be removed from play without any previous technical foul if the official determines the act warrants such action.
- A player receiving two technical fouls or is removed from the game by the officials due to extreme unsportsmanlike conduct or vicious personal fouls is suspended and cannot play in the next scheduled game (including playoff games).
- Subsequent personal and technical fouls: A technical foul may accompany a personal foul. If the personal foul warrants free throws, the fouled player shall take such shots without players on the free throw lines and then their team is awarded the ball at half court.
- Technical fouls award opposing team two points and the ball.

### **Officials:**

- Officials will be assigned to all games by the recreation and park districts and will have complete charge of the games. They shall have the power to banish any player, manager, or any other person from the game or gym for misconduct, delaying the game, or any other reason deemed necessary for the good of the game.
- Any player banished from the game will not be allowed to direct remarks toward the officials during the remainder of the game, even though such players or managers are in the spectator area. Officials shall report all action of players banished from the game and any player who continues to direct remarks toward officials shall be suspended from further play in the league.
- For all rules, regulations, or incidents not specifically identified above the referees will follow the NFHS High School Rules.