



Mid-Cities Basketball Association Junior League (3rd and 4th grades) Playing Rules - Summary

MCBBA uses the National Federation of State High School Associations (NFHS) Official Basketball Rules.

Following are the exceptions for Junior Leagues.

- **Defense in the backcourt is prohibited.** This rule shall not be interpreted to allow a "free" outlet pass starting a fast break.
- Zone defenses are NOT permitted at any time during the game.
 - A zone defense violation will be called if a team has one or more players guarding an area (zone) of the court rather than an offensive player.
 - A zoning violation will be a judgment call of the officials.
 - For the first violation, officials issue a warning to the offending team.
 - For subsequent violations, award two (2) penalty shots AND possession of the ball to the offended team.
 - The prohibition of a zone defense should NOT be interpreted to preclude trapping or a double team.
- The 3 Second Rule in Rule 9-7 [free throw lane violation] is changed to a 5 Second Rule.
- In the **final 2 minutes of a game AND following a timeout**, any throw-in MUST be made into the frontcourt.
- If the timeout was called while the ball is in the backcourt, the throw-in spot is out of bounds at the frontcourt timeline.
 - Penalty: Possession to the offended team.
- If a team is ahead by more than 20 points at any time during a game, the TRAILING team coach may request either one or both (or none) of the following:
 - A running clock to be used.
 - If the trailing team elects this provision, the game clock is ONLY stopped for the following events:
 - 1. time outs
 - 2. player injury
 - 3. penalty shots.
 - However if the lead is reduced to less than 20 points, the clock automatically becomes regulation (stopped for all whistles).
 - Commissioner may elect this provision if a team is ahead by 30 or more points.
 - The scoreboard score to show zero for both teams.
 - The official score will continue to be recorded in the scorebook.
 - However if the lead is reduced to less than 20 points, the scoreboard score will reflect the actual score.

In addition:

- Every player must play 12 minutes per game.
- Only players and approved coaches (maximum of two) may occupy the bench during the game.
- One coach may leave the coaching box to direct his/her players.
- Five (5) full time-outs, to be taken anytime during the game, will be allowed.
- Quarters are six (6) minutes. Halftime intermission is five (5) minutes.
- Overtime periods are two (2) minutes.
- One (1) additional time-out for each team for each overtime period is allowed.
- Time-outs remaining from regulation may also be taken.
- During intermission following a quarter, a game is declared over when a team is ahead by 40 or more points. The current score is recorded as the final score.
- Home team players ALWAYS wear white jerseys. Visiting team players wear colored jerseys.
- Home team sits to the scorekeeper's left; the visiting team sits to the scorekeeper's right.
- For safety reasons, players will not be allowed to wear jewelry.
- Only league issued jerseys for the current season are allowed.
- Uniform undergarments may be of any color or length.
- The basket shall be 8'-6" from the floor.
- The free throw line shall be 13'-6" from the plane of the face of the backboard.

Basketball Goals

- Our drop-down goals move the backboard 2'-6" toward the painted free throw line. Therefore, use a tape mark one foot farther from the goal for free throws.
- In elementary school gyms, mark the free throw line 1'-6" closer to the goal.