



## **Mid-Cities Basketball Association**

### **Rookie League (1<sup>st</sup> and 2<sup>nd</sup> grades) Playing Rules - Summary**

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

#### **Following are the exceptions for Rookie Leagues.**

- Teams are ONLY allowed to play a man-to-man defense.
- Running clock is used UNTIL the final two minutes of the game.  
Running clock is ONLY stopped for the following events:
  - 1. time outs
  - 2. player injury
  - 3. penalty shots.
- During the last two minutes of the game, the clock is "regulation" and stops with all "whistles" and starts once the ball is in play.
- Players on both teams will match up using colored wrist bands.  
**A defensive player may ONLY guard the opponent with the same colored wrist band. EXCEPT: A screened defensive player may switch to guard the opponent with the ball but should return in guard with the same colored wrist band in a short amount of time (< 20 seconds).**
- Doubling teaming or switching wrist bands are NOT permitted.
  - Penalty: For the first violation, the referee will issue a clear warning to players and head coach.
  - Subsequent violations will result in 2 penalty shots AND possession of the ball to the offended team.
- Players on both teams will match up using colored wrist bands, per Rule 6.1.14.
- **A defensive player may ONLY guard the opponent with the same colored wrist band.**
- Doubling teaming or switching wrist bands are NOT permitted.
  - Penalty: For the first violation, the referee will issue a clear warning to players and head coach.
  - Subsequent violations will result in 2 penalty shots AND possession of the ball to the offended team.
- No double team, trapping or sagging. If two or more players are trying to take the ball away from one, it's a violation.
  - Penalty [after age/experience-appropriate warning]: Two penalty shots AND possession to the offended team.
- Defense in the backcourt is prohibited. This rule shall not be interpreted to allow a "free"

outlet pass starting a fast break.

- Penalty [after age/experience-appropriate warning]: Two penalty shots and possession to the offended team.
- 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.
- The 3 Second Rule in Rule 9-7 [lane violation] is changed to a 7 Second Rule.
- The offensive team must dribble or pass the ball inside the 3-point boundary within 10 seconds of crossing half-court.
- If the ball has crossed the 3-point line and is then moved outside that line, the offensive team has 5 seconds to move the ball back inside the 3-point line.
  - Penalty: Possession to the offended team.
- If the referee determines that the offensive team is deliberately moving the ball inside and outside the 3-point arc for the purpose of running out the clock, the offending team will be warned.
  - Penalty for subsequent violations: Possession to the offended team.
- A defensive player must be within 6 feet of the offensive player. Once the ball is back outside the 3-point line the defensive players must guard their opponents within 6 feet.
- No 3-point shots. Any shot made does not count. Any attempt is a turnover.
- Isolation offense only involving one or two players is NOT permitted.
  - This rule includes but is not limited to the clearing of one side of the floor for 1 on 1 or 2 on 2 options and spreading the offensive players and driving to the basket until stopped.
- Another obvious isolation offense call that should be made is a team placing one or more players outside the perimeter of a normal offense (near half court or in the baseline corner opposite the ball, for example).
  - This interpretation is needed to keep the balance with the "6 feet" call. The isolation offense call should not be called if the defensive man attacks (closely guards or attempts to steal the ball from) the dribbler prior to getting to the 3-point line.
  - This is a judgment call of the officials.

### **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 jersey. Visiting team players wears colored jersey.
- Home team sits to the scorekeeper's left; visiting team sits to the scorekeeper's right.
- For safety reasons, players will not be allowed to wear jewelry.
- Only league issued jerseys for current season are allowed.
- Uniform undergarments maybe of any color or length.
- The basket shall be 8'-0" 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.