



Mid-Cities Basketball Association

Senior League (7th and 8th grades) Playing Rules - Summary

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

Following are the exceptions for Senior Leagues.

- If a team leads by 20 or more points anytime in a game, the team is prohibited for the remainder of the game from defense in the back court even if the lead is reduced to less than 20 points.
 - Penalty: For first occurrence, officials issue warning to coach and players. All subsequent violations, 2 penalty shots AND continued possession of the ball by 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.