

Mid-Cities Basketball Association

Junior League (3rd and 4th grades) Playing Rules - Summary

Rules for Junior Leagues.

- If a team is ahead by more than 20 points at any time during a game, both teams are prohibited from using backcourt defense. (press)
 - 1st Violation - Officials issue a warning to the coach and players.
 - All subsequent violations - Turnover of possession of the ball
- The TRAILING team coach may request 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.
 - 4. Official time.
 - If the lead is reduced to less than 10 points, the clock automatically becomes regulation (stopped for all whistles)
 - Commissioner will elect to run the clock if a team is ahead by 30 points.
 - When a team is up by 30 or more points on the next referee whistle, Coaches may decide to declare game over or continue to play.
- At 7 team fouls 1 and 1 free throw. Team fouls reset at halftime.
- The 5 Second Rule - A player cannot be in the paint for more than 5 seconds.
 - 1st Violation – Officials issue a warning to the coach and players.
 - All subsequent violation - Turnover of possession of the ball
- **Defense in the backcourt is prohibited.** Defense can start at the half court line.
- Zone defenses are NOT permitted at any time during the game and must be man to man. Man to man does not exclude reasonable trapping or double teaming. Excessive use over 5 second rule is not permitted, and players must return to man to man.
 - 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.
 - 1st Violation -Officials issue a warning to the coach and players.
 - All subsequent violations - Turnover of possession of the ball.
- In the **final 2 minutes of a game AND following a timeout**, any throw-in MUST be made into the front court.
- If the timeout was called while the ball is in the backcourt, the throw-in spot is out of bounds at the frontcourt timeline.

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 on their respective side. This does not include the area in front of the score table.
- Four (4) full time-outs, to be taken anytime during the game, will be allowed.
- Quarters are six (6) minutes. Halftime intermission is three (3) minutes.
- Overtime periods are two (2) minutes. One (1) time-out for each team for each overtime period is allowed.

- 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 or hats.
- Only league issued jerseys for the current season are allowed and must be tucked in.
- Uniform undergarments may be of any color or length.
- Each technical foul will result in 2 free throws for the opposing team.
- When a player or coach is ejected from the game there will be an automatic suspension for the next game. The Coach will be expected to request a meeting with the screening committee before returning to the next game. No exceptions.
- 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.