

All Leagues Will Adhere to the Following Rules:

- All players who have braces on their teeth must wear mouth guards in order to play in any MJCCA basketball game.
- Uniforms that get blood on them must be taken off. Please bring extra t-shirts to the games to avoid being asked not to play due to blood being on your game shirt.
- If a coach does not substitute correctly, his/her team risks a forfeit. If a player shows up late to a game the coach may use that time towards the player's playing time.
- Forfeiture time is five minutes after the scheduled start time even if the preceding game runs past the scheduled start time.
- Home team will wear the white side of the uniforms & the Visiting team will wear the black side of the uniform.

2nd/3rd Grade Girls League

- No team may begin a game with less than 3 players. If a team has less than 3 players to start a game, it will forfeit the game. There is a 5 minute grace period before a forfeit is awarded.

PLAY: 4 on 4 crosscourt.

BASKET HEIGHT: 8 Feet

CLOCK:

8 minute quarters. Running clock: except at mid-quarter substitutions and last 2 minutes of 4th quarter (will then stop on every whistle). Clock will always stop on foul-shots.

BASKETBALL SIZE: Standard Women's (28.5")

TIMEOUTS: 2 per half (note: unused timeouts do not carry over)

FOUL SHOTS:

Short Foul Line. Each player will shoot one foul-shot at the end of the first 3 quarters (i.e. quarters 1, 2 and 3 – but not 4) that counts toward the teams' score. Each team will shoot the same number of foul shots at the end of the 3 quarters (i.e. if one team has 5 players and one team has 6 players, the team with 5 will have 2 extra shots from the first player to miss their first shot).

OVERTIME: 1 (4 Minute Period)

SUBSTITUTION:

Substitutions must take place at the mid-quarter (4-minute) and end-of-quarter points (except only for injury). All players must play at least half of the game and each player must sit out the equivalent of one quarter - unless a team fields less than 6 players (no player should sit out more than 1 quarter before every player has sat out a quarter). After each half-quarter, the players will line up for defensive match-ups.

Note: Please have your players on the court and ready to go quickly, as these are not timeouts, but designed to ensure the children will know who they are guarding.

GAME RULES:

1. **No Full Court Pressing.** Full-court presses are not allowed at any time; however, offensive teams are also not allowed to stall in the back court. There is no penalty for pressing, but the kids will be directed by the officials and their coaches to retreat.
2. **Kids Must Retreat to Their Lane Before Defending.** Each team will have the opportunity to cross half-court uncontested. All defenders must retreat to their lane on every exchange and have at least 1 foot in the lane – potential adjustments to defensive schemes should be revisited after each team has played 4 games.
3. **Fast Breaks Are Allowed.** Fast breaks are legal at any time during the game. If an offense initiates a fast-break, you can defend immediately.
4. **Defense:** Man-to-Man or Zone defenses are allowed.
5. **Coaches On the Floor.** Coaches are allowed on the floor for the first 4 games. The intent should be to instruct, and NOT to interfere with play in anyway (i.e. do not touch your players or the ball). Please stay on the outside of play and away from the opposing coach (es).