

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.
- ✓ At any point in all leagues that a team is ahead by fifteen or more, no pressing is allowed at all. Failure to follow this rule will result in a forfeit in the record books.
- ✓ Home team will wear the white side of the uniforms & the Visiting team will wear the black side of the uniform.

4th/5th Grade Girls League

****NO team may begin a game with less than 4 players. If a team has less than 4 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: 9 Feet

CLOCK:

8 minute quarters. Running clock except at mid-quarter substitution and last two minutes of 4th quarter and then stops on every whistle. Clock is always stopped on foul shots.

BASKETBALL SIZE: 28.5"

TIMEOUTS: 2 Per Half

FOUL SHOTS

Short Free Throw Line. Each player will shoot one foul shot at the end of the first, and third quarters that count towards the team's score. Each team will shoot the same number of foul shots at the end of the quarter. For example, if one team has four players and one team has six players, the team with four will have 2 extra shots from the first two players who have missed their first shot.

LANE VIOLATION

4 seconds in the lane – short foul line to regular foul line is not considered part of the lane. (At the beginning of the season the referee will be more lenient, but it is important to get your players to understand this rule.)

10 SECOND RULE: There is a 10 second rule for bringing the ball past mid-court.

OVERTIME: 1 - 3 Minute Overtime – If still tied, then the game is tied. Except for Tournament games. Over time will continue till the game is won.

SUBSTITUTION:

At the mid-quarter and quarter points. All players must play at least half of the game and each player must sit out the equivalent of one quarter unless less than 6 players on team (no player should sit out more than 1 quarter before every player has sat out a quarter).

FAST BREAKS AND PRESSING

Fast breaks are legal at any time during the game. Any ball out of bounds in the offensive zone will be inbound by the side closest to the curtain. Full court pressing is legal only during the last two minutes of the 2nd and 4th quarters and the last minute of the overtime period. During the rest of the game, once a defensive player gets possession of the ball in the backcourt, then the opposing team cannot press until the ball passes the half court line. There is no penalty for pressing, only a warning by the referee. Intentionally fouling a player who breaks away on an uncontested lay-up on a fast break will result in two shots plus possession of the ball. The only exception to this rule is if the offensive team, while in the backcourt, attempts to fast break. The referee will use his discretion if this rule is violated.

DEFENSE:

Man to Man & Zone defense can be added at this level to encourage the advancement of the children's basketball skills and knowledge.