

2020-21 METRO EAST YOUTH BASKETBALL RULES AND REGULATIONS

LEAGUE HOMEPAGE: <http://www.myas.org/basketball/metro-east-rec-league>

Reporting Scores: Scores from each playing location will be reported by that facilities' site coordinator to the MYAS website.

1) **PURPOSE:**

The Metro East Recreation Basketball Program is organized to teach youngsters how to play basketball and to provide them with an opportunity to experience good sportsmanship and enjoyable recreation.

2) **ORGANIZATION:**

The individual Communities' Park and Recreation or Basketball Association has overall authority and responsibility for the Basketball Program. The program is administered and directed by the Minnesota Youth Athletic Services.

3) **ELIGIBILITY:**

All players must be registered through their community. **Traveling players not allowed.**

4) **LEAGUES:**

Leagues will be organized by school grade with some age restrictions.

If an area enters more than one team in a given league, the teams must be approximately balanced in regard to grade. (e.g., one team cannot be predominantly sixth graders, leaving another team with mainly fifth graders).

Area League Directors must approve player transfers, or any addition to the official roster.

5) **LEAGUE GAMES:**

Whenever possible games must start promptly at the time and site scheduled. If a team has at least four players at the scheduled start time, the game will be started as scheduled. If a team does not have at least four players by ten minutes past the scheduled start time, the team will forfeit the game. At that point we recommend that the coaches arrange an officiated scrimmage game in the allotted time.

A team **WILL PLAY** with a player who has five fouls provided the team has no additional players available. The last player to foul out, NOT a player who has previously fouled out, is the player the team must play with. Any additional fouls on that player will result in two free throws and the ball to the offended team.

Officials will have complete control of the game and the gym. Officials will have the authority to control coaches and spectators by assessing technical fouls or forfeiting games. In the event of problems with fan or crowd control, the official will stop the game and will ask the coach of the team whose fans are a problem, to address the issue by speaking to the fan(s). Many of our officials are youth or young adults; we do not feel that they should be put in the position of having to confront adult spectators. Fan control will be the responsibility of the coaches.

Hosting communities will provide the game officials, including an official scorer. If for some reason these are not provided, the two coaches should agree on the best conditions possible, solicit volunteer officials, and play the game.

6)

RULES:

The Minnesota State High School Basketball Rule Book shall serve as our official rulebook. Our Special League Rules will always take precedence over the rulebook.

Ball Size :

All 3/4 Grade use the junior size ball (27.5)

All 5/6 Grade use the intermediate ball (28.5)

All 7/8 Grade use the official game ball for their gender

Coaches:

Coaches should be at least 18 years of age. Teams are allowed to have an assistant coach younger than 18 years old. No more than two coaches will be allowed in the area of the team bench. Additionally, a (silent) team scorer will be allowed on the team bench or at the scoring table, if space is available. Spectators must stay away from the team bench. Only the head coach should have correspondence with the officials.

Sportsmanship:

Coaches are responsible for the leadership, and thus the sportsmanship of their teams. Sportsmanship is displaying respect for opponents and officials. Coaching leadership is most effectively achieved by treating persons fairly and courteously, maintaining self-control in emotionally charged situations, teaching with encouragement and inspiring youngsters to derive satisfaction from solid team play and improving individual performance. Coaches must be concerned primarily about the long-range physical and mental well being of all of the youngsters in the program.

Rules Interpreter:

Questions about rule interpretation should be directed to Maplewood Parks and Recreation.

Substitutions:

Substitutions are only allowed at the mid quarter substitution breaks called by referees.

The only exceptions are injury, blood or foul trouble. Foul trouble is if a player picks up their 3rd foul in the first four periods or their 4th foul prior to the 8th period. During these situations, the coach should use a player of "comparable ability." Sportsmanship should be your guide, not winning!

The playing time of the sub will not be recorded against the sub's normal rotation. The player removed for injury or blood should return as soon as they are able. Coaches may not modify their normal playing rotation to make up for the removed player's lost time.

Every substitute player must report his/her number to the official scorer and then wait until an official on the court waives him in.

Player Check-In Process at Substitution Breaks:

Each player is required to check their number into the scorekeeper at the beginning of their play quarter. The scorekeeper will keep track of the number of quarters for each player as well as the coach. The scorekeeper will report any player to the official/coach once they reached their maximum amount of playing time. The player will then be unable to participate further in that game.

Playing Time:

The participation rule is designed to allow the coach maximum flexibility to determine line ups while ensuring all participants share as close to equal playing time as possible. The recommended amount of playing time is based upon the number of players available to compete in each game. The required number of quarters for each player is listed below based on number of total participants.

NUMBER OF PLAYERS AND PLAYTIME REQUIREMENTS					
# Players	Playtime Requirements	# Players	Playtime Requirements	# Players	Playtime Requirements
5	5 play 8 periods	9	4 play 5 periods, 5 play 4	13	1 play 4 periods, 12 play 3
6	4 play 7 periods, 2 play 6	10	10 play 4 periods	14	12 play 3 periods, 2 play 2
7	5 play 6 periods, 2 play 5	11	7 play 4 periods, 4 play 3	15	10 play 3 periods, 5 play 2
8	8 play 5 periods	12	4 play 4 periods, 8 play 3		

Each coach will decide which players on their team get the "extra" period.

The player participation chart is available on the Teamsideline page for each coach to draw up a playing rotation prior to the game. The coach should make copies of the chart for each one of their games. It is helpful to provide a copy of your rotation to the scorekeeper prior to your game start.

Coaches, you are on your honor to be fair to the intent of the equal playing time rule. Coaches, who are found to be attempting to violate this rule, or the spirit of this rule, will be removed.

Overtime:

Overtime is a 2-minute (stop time) period. If at the end of the 1st overtime period the game is still tied there will be a 2nd overtime period (2-minute stop time). If at the end of the 2nd overtime the game is still tied there will be a sudden death (first basket wins) untimed period.

NOTE : *If you decide to only play five players in first overtime, if a second overtime occurs a different group of 5 players must play that overtime. You do have the option of switching players in the first overtime if you prefer.*

Timeouts:

3rd-4th Grades: 2 per game in regulation (1 in overtime if required)

5th-8th Grades: 3 per game in regulation (1 in overtime if required)

NOTE: Any unused timeouts from regulation time will not be carried over into overtime.

A team calling a timeout when it has none left, will receive a warning on the first offense, the second offense will result in a technical foul, which is an automatic two points and the ball to opposing team.

Jump Balls:

In all leagues, the only jump balls will be at the beginning of the game and the beginning of all overtime periods. For all other jump ball situations, alternate possession will be used including the start of quarters and the second half.

Over-&-Back:

Called in all leagues. The line used will be the mid-court line in all gyms.

Ejections:

This is a recreational league and unsportsmanlike behavior will not be tolerated.

If a coach or player is ejected from a game the following punishments will occur:

- 1) **First Ejection:** The person ejected will be suspended for the remainder of that game plus the next game. If the ejection occurs during the tournament that individual will be suspended for the remainder of the tournament.

2) **Second Ejection:** The person will be suspended for the remainder of the season.

Technical Fouls:

- 1) Two free throws will be shot by a player on the court.
- 2) The ball will be awarded to the opponent of the offending team.
- 3) Technical fouls by coaches will be tracked and reported to the league director during the season. If a coach receives two technical fouls during the season they will be suspended for the next game. If this happens during the tournament they will be out for the remainder of the tournament.

NOTE: *If a coach, the bench or a fan is given a technical foul the offended team will be given an automatic 2 points (no shots) and the ball.*

Scoring:

1pt for free throws

2pt for field goals

3pt field goals allowed in 5th-8th grade leagues when played on a court with 3-point lines.

Jewelry: No jewelry will be permitted as per the NFHS Rules

Protests: Protests will not be allowed. Blatant disregard for league rules will result in a forfeit for the offending team. Maplewood Parks and Recreation should be contacted with concerns of blatant disregard of rules.

ALL DIVISIONS

- 1) Running time except during:
 - Free throws
 - Time-outs
 - Last 2 minutes of the 4th quarter (clock stops on all dead ball whistle/foul also)
 - Substitutions at midpoint in quarter

Coach Note: At the mid-quarter official's time-out for substitutions, coaches are not allowed to instruct players. The purpose of this time-out is to get substitutes into the game. The time-out should take no longer than a minute. *Coaches who delay the resumption of the game because they are using this break to coach the team risk being charged with a time out.*

3rd-4th GRADE LEAGUES:

- 1) Four 9-minute quarters.
- 2) Clock does not stop during the last 2 minutes of the 4th quarter if a team is ahead by 15 or more points. It will continue to run even if the lead is cut to fewer than 15 points.
- 3) Free throws will be shot from **3 feet** in front of the foul line. A player may cross the line as long as it is not intentional.
- 4) Games will be played on 9 foot baskets.
- 5) The team shooting the ball (or losing possession) shall fall back on defense as soon as the other team controls the ball. The ball does not need to be cleared in this league.
- 6) **No isolation offense is allowed.** It is the goal of the league to have everybody involved. You will be warned once and the second violation is a bench technical resulting in an automatic 2 points and the ball for the opponent of the offending team. *It is referee discretion on if they feel this rule is being violated.*

5th-6th GRADE LEAGUES:

- 1) Four 9-minute quarters.
- 2) Clock does not stop during the last 2 minutes of the 4th quarter if a team is ahead by 15 or more points. It will continue to run even if the lead is cut to fewer than 15 points.
- 3) Free throws will be shot from the foul line.
- 4) Three point shots are allowed in gyms where there is a 3-point line.
- 5) A team will be on defense when it loses possession of the ball in either of two ways:
 - a) A rebound taken within the key is cleared by dribbling or passing successfully out of the key. If a rebound is taken outside of the key the defensive team must fall back immediately.
 - b) When a team loses possession of the ball without taking a shot, it is on defense and must drop back as soon as the opposing player dribbles or successfully passes the ball to a teammate.
- 6) **No isolation offense is allowed.** It is the goal of the league to have everybody involved. You will be warned once and the second violation is a bench technical resulting in an automatic 2 points and the ball for the opponent of the offending team. *It is referee discretion on if they feel this rule is being violated.*

7th-8th GRADE LEAGUES:

- 1) Four 9-minute quarters.
- 2) Clock does not stop during the last 2 minutes of the 4th quarter if a team is ahead by 20 or more points. It will continue to run even if the lead is cut to fewer than 20 points.
- 3) Free throws will be shot from the foul line.
- 4) At this level we will play Minnesota State High School Rules except you will not be allowed to full court press if your team is ahead by 15 points or more.

DEFENSIVE RULES:

One warning will be issued for any defensive violations followed by a technical foul for subsequent violations.

3rd-4th Grade:

- 1) **SEE DIAGRAM AT END OF RULES:**

Upon change of possession, defensive players must **immediately** fall back behind the top of key extended and must remain behind the line until the ball crosses this line the first time during that possession.

This creates an offensive "Safe Zone" between the half court line and the top of the key extended in which no defenders are allowed during the initiation of the offense. Once the ball exits the "Safe Zone" and crosses the fall back line, the "Safe Zone" disappears and defense may be extended out the entire half court if the ball is brought back out.

Referees have been notified not to allow teams to stall outside of the top of the key extended, please do not try and circumvent this rule.
- 2) No full court pressing.
- 3) Person to Person defense must be played outside the free throw lane. Defenders must be within 6-8ft of the player they are guarding.
- 4) No double teaming, trapping or zone defenses allowed outside the free throw lane. Double teaming is allowed only inside the free throw lane.

5th-6th Grade:

- 1) Players must drop back to half court at the change of possession.
- 2) No full court pressing.
- 3) Person to Person defense must be played outside the free throw lane. Defenders must be within 6-8ft of the player they are guarding.
- 4) No double teaming, trapping or zone defenses allowed outside the free throw lane. Double teaming is allowed only inside the free throw lane.

7th-8th Grade:

- 1) Full court press and Zone defense allowed. Teams may not full court press at any time if they are ahead by 15 points or more. Teams may full court press once the lead goes under 15 points.

FOULS:

Bonus free throws are awarded on the seventh team foul; double bonus on the tenth team foul.

TOURNAMENT:

All divisions will have a post-season tournament. Teams will be matched according to final league standings and placed in the appropriate tournament bracket. League rules and official rosters will be in effect for the tournament. No changes in the roster are permitted.

TIES:

Ties are broken as follows.

- 1) Winning %
- 2) Head to Head
- 3) Strength of Schedule
- 4) Coin Toss

AWARDS:

Medals will be awarded as follows:

- Regular Season Division Champion
- Tourney 1st, 2nd, 3rd