



**Basketball League Rules
Grade K through Grade 8
Boys & Girls**

I. Division Grade/Age Requirements

A. Leagues will be organized by grade (K-2 Developmental through 8th) and gender.

1. Grades 3rd through 8th will play regulation rules and be divided by grade and gender.
2. Girls Divisions: 3rd/4th Combined, 5th/6th Combined, 7th/8th Combined
3. Boys Divisions: 3rd, 4th, 5th, 6th, 7th, 8th. Grades not combined
4. Co-ed Leagues will be offered for K, 1st/2nd Grade combined

B. Teams may have players in lower grades to “play-up” in an older grade division. Teams may also choose to play in a older grade division.

C. Grade Division Age Requirements

Grade Division	
2 nd	An athlete must be in the 2 nd Grade as of Sept. 1, 2022 and cannot turn 10 prior to September 1, 2023
3 rd	An athlete must be in the 3 rd Grade as of Sept. 1, 2022 and cannot turn 11 prior to September 1, 2023
4 th	An athlete must be in the 4 th Grade as of Sept. 1, 2022 and cannot turn 12 prior to September 1, 2023
5 th	An athlete must be in the 5 th Grade as of Sept. 1, 2022 and cannot turn 13 prior to September 1, 2023
6 th	An athlete must be in the 6 th Grade as of Sept. 1, 2022 and cannot turn 14 prior to September 1, 2023
7 th	An athlete must be in the 7 th Grade as of Sept. 1, 2022 and cannot turn 15 prior to September 1, 2023
8 th	An athlete must be in the 8 th Grade as of Sept. 1, 2022 and cannot turn 16 prior to September 1, 2023

D. **In no case may a player “play-down” in a lower grade division regardless of perceived skill level.**

E. **IMPORTANT:** If the grade of a player is protested, coaches should be prepared to verify the player’s grade or age with report card and/or birth certificate. **Note: Protesting team must supply all required information for their team when filing a protest.** If a player is determined to be ineligible before tournament seeding is complete, all games in which the player has participated will be forfeited. The team may continue to participate in league play without the disqualified player. If a player is determined to be ineligible once tournament play begins, the team will be disqualified and not allowed to continue in tournament play.

F. Players must be on the original team roster submitted before league play begins in order to participate on a team.

G. **Players may only play on one team within a Grade Division.**

H. Players may play on another team in another division if they meet the grade requirements.

H. Any protest concerning player eligibility must be directed to the League Administrator.

II. Required Documentation

A. The following must be submitted to the League Administrator before beginning league play:

1. Registration Form
2. Complete Roster information with parent signatures. Players may not be added to the roster after league play begins.

3. Signature of Coach or Team Representative verifying information submitted.
4. Entry fee paid in full.

III. Game Rules

A. K, 1st/2nd Grade Combined

1. Ball Size – 28.5
2. Goals will be set at 9 ft. – Teams may opt to play at 10ft height.
3. Free-throws will be shot from 12 ft.
4. 6 Minute Quarters – Clock Stops on all dead balls.
5. 3 Minute Halftime
6. **Overtime:** First Overtime will be two (2) minutes. If 2nd overtime period is required, the first team to score wins the game.
7. 3 Timeouts for the Game
8. 1 Additional 60 Second Timeout for overtime periods. Unused timeouts from second half **May Not** be carried over to overtime period.
9. Teams may play man-to-man or zone defense.
10. No Double Team past the 3-point line.
11. Pressing is NOT allowed until the last two minutes of the game. Teams with a lead of 10 points or more may NOT press.
12. Teams may Fast Break on Steals and Rebounds.
13. **Running Clock:** The clock will run in the second half if the deficit is 15 points or more with the exception of timeouts.
14. Coaches or Team Representative should have roster information entered on official score sheet two minutes prior to scheduled start time.
15. Teams should be ready to begin play at the scheduled game time. A five minute grace period will be allowed before the game is determined as forfeited. Teams may start a game with 4 players. Teams must have 5 players to begin the 2nd Half or game will be a forfeit.
16. In the case that a game runs past the next games scheduled start time, teams will be given a minimum of 5 minutes warm-up before their game.

B. 3rd Grade through 6th Grade – Divided by Grade and Gender

1. Ball Size – 28.5
2. Goals will be set at 10 ft.
3. Free-throws will be shot from 15 ft. regulation distance. No Penalty if a player's momentum takes them over the free-throw line for Grades 3 and 4.
4. 6 Minute Quarters – Clock Stops on All Dead Balls
5. 3 Minute Halftime
6. **Overtime:** 3 Minute Overtime
7. **Timeouts:** 3 Full Timeouts for the Game
8. 1 Additional 60 Second Timeout for overtime periods. Unused timeouts from second half **May Not** be carried over to overtime period.
9. **Pressing:** Pressing allowed at all times with the exception of the 4th Quarter when the deficit is 20+ Points. Teams with a lead of 20+ Points cannot press in the 4th Quarter until the lead is below 20 points.
10. **Running Clock:** The clock will run in the 4th Quarter if the deficit is 20 points or more with the exception of timeouts.
11. Coaches or Team Representative should have roster information entered on official score sheet two minutes prior to scheduled start time.
12. Teams should be ready to begin play at the scheduled game time. A five-minute grace period will be allowed before the game is determined as forfeited. Teams may start a game with 4 players. Teams must have 5 players to begin the 2nd Half or game will be a forfeit.
13. In the case that a game runs past the next games scheduled start time, teams will be given a minimum of 5 minutes warm-up before their game.

C. 7th & 8th Grade – Divided by Grade and Gender

1. Ball Size – 28.5 – Girls / Regulation - Boys
2. Goals will be set at 10 ft.
3. Free-throws will be shot from 15 ft. regulation distance.
4. 6 Minute Quarters – Clock Stops on All Dead Balls.
5. 3 Minute Halftime
6. 3 Minute Overtime
7. **Timeouts:** 3 Timeouts for the Game.
8. 1 Additional 60 Second Timeout for overtime. Unused timeouts from second half **May Not** be carried over to overtime period.
9. **Pressing:** Pressing allowed at all times with the exception of the 4th Quarter when the deficit is 20+ Points. Teams with a lead of 20+ Points cannot press in the 4th Quarter until the lead is below 20 points.
10. **Running Clock:** The clock will run in the 4th Quarter if the deficit is 20 points or more with the exception of timeouts.
11. Coaches or Team Representative should have roster information entered on official score sheet two minutes prior to scheduled start time.
12. Teams should be ready to begin play at the scheduled game time. A five minute grace period will be allowed before the game is determined as forfeited. Teams may start a game with 4 players. Teams must have 5 players to begin the 2nd Half or game will be a forfeit.
13. In the case that a game runs past the next games scheduled start time, teams will be given a minimum of 5 minutes warm-up before their game.

IV. Coach / Player and Fan Conduct

- A. Security Officers will be present at all events at both locations.
- B. Any game determined to be unsafe due to Coaches, Players, Parents and/or Fans behavior will be terminated immediately by the attending Site Manager. The Site Manager with input from the Officials, will determine the team at fault or if both teams are at fault. That team(s) will be terminated from league and tournament play for a minimum of one (1) year.
- C. Parents and other Fans are expected to be respectful to referees and cheer for their teams. Any Fan deemed to be unruly will result in expulsion from the facility for that game and the remainder of the league or tournament. Expulsion from the facility will result in that fan's team forfeiting the game where the expulsion occurred.
- D. Respectful conversation with referees by coaches is permitted and encouraged. Disrespectful outburst by coaches will not be tolerated. 1st Infraction – Warning. 2nd Infraction – Technical Foul. 3rd Infraction – Technical and expulsion from the game and facility and cannot coach or be present for their team's next game. If the coach ejected does not leave the facility in a respectful manner, the referee may call a forfeit in favor of the other team. A coach ejected twice during league play will result in that coach's team being removed from the league or tournament.
- E. Any Coach, Player, Parent or Fan verbally or physically threatening anyone else in the facility will be arrested and removed from the facility and may not be in the facility for the remainder of the league or tournament. That Coach, Player, Parent or Fan's team will forfeit the game in progress or the next game to be played.
- F. Any referee that is part of the MidAmerica Sports Center Officials Pool will be required to attend two Officials Clinics annually.
- G. MidAmerica Sports Center Management reserves the right to not accept registrations from teams or organizations for events if that team or organization is deemed to be a threat to the safety of Players, Referees, Parents, Fans, Employees or Patrons at MidAmerica Sports Center.

V. Uniforms, Balls, Game Administration

- A. Teams must have uniform tops with numbers on the back at a minimum. T-shirts with numbers will do.
- B. Teams must supply their own balls for warm-up with one team supplying the agreed upon game ball.
- C. Clock Keepers, Score Keepers and Officials are provided.

VI. League Standings

1. League Play – Seeding into Tournament – Where ALL teams are played in League Play

Seeding for tournament play will be determined as follows:

1. Most wins in League Play
2. In the case of a two-way tie, the first tie-breaker is head-to-head competition.
3. In the case of a three-way tie, seeding will be determined using the highest accumulated winning margin during league play. The most points credited for a win is +20, and for a loss –20.
4. If there is still a tie using the established point system, seeding will be determined by Points Allowed, the total number of points scored by the opposing teams during League Play. The team allowing the least points will receive the higher seed.
5. If the tie is still not resolved, seeding will be determined by the total number of Points Scored by the team over the course of League Play. The team scoring the most points during Pool Play will receive the higher seed.
6. If there is still a tie, a coin-toss will be used to determine tournament seeds.

2. League Play – Seeding into Tournament – Where all teams are NOT played in League

Seeding for tournament will be determined as follows:

1. Most wins in League Play
2. In the case of a two-way tie, the first tie-breaker is head-to-head competition.
3. If a two-way tie occurs and teams have not played each other, seeding will be determined using the highest accumulated winning margin during league play. The most points credited for a win is +20, and for a loss –20.
4. In the case of a three-way tie or more, seeding will be determined using the highest accumulated winning margin during league play. The most points credited for a win is +20, and for a loss –20.
5. If there is still a tie using the established point system, seeding will be determined by Points Allowed, the total number of points scored by the opposing teams during League Play. The team allowing the least points will receive the higher seed.
6. If the tie is still not resolved, seeding will be determined by the total number of Points Scored by the team over the course of League Play. The team scoring the most points during League Play will receive the higher seed.
7. If there is still a tie, a coin-toss will be used to determine tournament seeds.

VII. Scheduling

- A. League Administration will, to the best of their ability, to accommodate scheduling request. Any time or date request should be communicated before league play begins.
- B. Please realize that request made to change scheduling after it is published has an impact on many individuals. Changes requested after a schedule is posted cannot always be made.
- C. It is the responsibility of each team to know their schedule. Each team should appoint a designated individual to communicate with coaches, players and parents. Schedules will also be posted on the MidAmerica Sports Center website at <http://www.midamericasportscenter.com> . A Free App is also available for Apple and Android smart phones.
- D. The primary method of communication is e-mail. Please make sure that your team's designated individual responsible for communicating to the team has submitted an e-mail address.
- E. Phone calls from each team's designated communicator are welcome. Please realize that communicating with every parent within the league is impossible.