



**Basketball League Rules
2024-2025 Season
Grade K through Grade 12
Boys & Girls**

I. Division Grade/Age Requirements

A. Leagues will be organized by Grade (K-2 Developmental through 12th) and Gender.

1. Girls Divisions: 3rd/4th Combined, 5th/6th Combined, 7th/8th Combined, 9th-12 Combined
2. Boys Divisions: 3rd, 4th, 5th, 6th, 7th, 8th. Grades not combined, 9th – 12th Combined
3. 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 an older grade division.

C. Grade Division Age Requirements

Grade Division	
K-2 nd	An athlete must be no more than 2 nd Grade as of Sept. 1, 2024 and cannot turn 10 prior to September 1, 2025
3 rd	An athlete must be in the 3 rd Grade as of Sept. 1, 2024 and cannot turn 11 prior to September 1, 2025
4 th	An athlete must be in the 4 th Grade as of Sept. 1, 2024 and cannot turn 12 prior to September 1, 2025
5 th	An athlete must be in the 5 th Grade as of Sept. 1, 2024 and cannot turn 13 prior to September 1, 2025
6 th	An athlete must be in the 6 th Grade as of Sept. 1, 2024 and cannot turn 14 prior to September 1, 2025
7 th	An athlete must be in the 7 th Grade as of Sept. 1, 2024 and cannot turn 15 prior to September 1, 2025
8 th	An athlete must be in the 8 th Grade as of Sept. 1, 2024 and cannot turn 16 prior to September 1, 2025
9 th	An athlete must be in the 9 th Grade as of Sept. 1, 2024 and cannot turn 17 prior to September 1, 2025
10 th	An athlete must be in the 10 th Grade as of Sept. 1, 2024 and cannot turn 18 prior to September 1, 2025
11 th	An athlete must be in the 11 th Grade as of Sept. 1, 2024 and cannot turn 19 prior to September 1, 2025
12 th	An athlete must be in the 12 th Grade as of Sept. 1, 2024 and cannot turn 20 prior to September 1, 2025

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 with a \$100 protest fee.** Protest fee will only be returned if the protest is upheld. 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. Any Protest concerning player eligibility must be directed to the League Administrator or Site Manager.

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.

I. Players may only play on teams in Divisions of their gender. Girls cannot participate on Boy’s teams and Boys cannot participate on Girl’s teams.

II. Elementary and Middle School Team Leagues

- A. Leagues designated as Elementary and Middle School Team Leagues may have game rules that vary. Those rules will be posted online and under Documents on the MidAmerica Sports Center App.**

III. 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.**

IV. 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.**

V. 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.

VI. 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.

League Rules Summaries

See Below

K-2 Developmental League Rules Summary

1. 6 Minute Quarters – Clock Stops on All Dead Balls
2. 2 - Full Timeouts & 1- 30 Second Timeout for the Game
3. 3 Minute Halftime
4. **Bonus Free Throws:** Per Half: Bonus on 7 Team Fouls. Double Bonus on 10 Fouls.
5. **Overtime Period:** First Overtime will be two (2) minutes. If second overtime is required, the first team to score wins. Each team will receive (1) additional timeout for the overtime periods. Unused timeouts from regulation **May Not** be carried over. Unused timeout from the first overtime period **May Not** be carried over.
6. **Running Clock:** The clock will run in the second half if the deficit is 15 points or more with the exception of timeouts. Once the lead is below 15 points, the clock will stop on all dead balls.
7. Teams may play Man-to-Man or Zone Defense.
8. **No Double Team** past the 3pt line.
9. **Pressing:** No Full Court Pressing until the last 2 Minutes of the Game. Teams with a lead of 10 points or more may NOT press.
10. Teams must retreat to Half Court when teams have possession on a rebound.
11. **9 Ft. Goal Height.** Teams may elect to play at 10ft height. One team may play at 10ft and the other team 9ft. If that is the case, teams will play on the same end both halves.
12. 12 Ft. Foul Line
13. A player fouls out on five (5) fouls.
14. Ball Size: 28.5

Open League Rules Summary

- **6 Minute Quarters – Clock Stops on All Dead Balls**
- **Full Timeouts & 1 – 30 Second Timeout for the Game**
- **3 Minute Halftime**
- **3 Minute Overtime** – One additional timeout for each overtime. Unused timeouts from regulation may **NOT** be carried over to overtime period.
- **Bonus Free Throws:** Per Half: Bonus on 7 Team Fouls. Double Bonus on 10 Fouls.
- **Pressing:** Pressing is allowed at all times with the exception of the 4th Quarter of the game if a team is leading by 20 points or more.
- **Running Clock:** The clock will run in the 4th Quarter of the game if the deficit is 20 points or more with the exception of timeouts. Once the lead is below 20 points, the clock will stop on all dead balls. The team leading by 20 may **NOT** press.
- **Games will not start early** unless requested by both coaches.
- **Ball Size, Goal Height, Free-Throw Line Distance**
 - 3rd, 4th, 5th, 6th, 7th, 8th Grade Girls – Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.
 - 3rd, 4th, 5th, 6th - Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.
 - 7th, 8th Grade Boys – Ball Size Regulation / Goal Ht. 10 ft. / Foul Line – 15 ft.

Friday Night League Rules Summary

- **6 Minute Quarters – Clock Stops on All Dead Balls**
- **Full Timeouts & 1 – 30 Second Timeout for the Game**
- **3 Minute Halftime**
- **3 Minute Overtime** – One additional timeout for each overtime. Unused timeouts from regulation may **NOT** be carried over to overtime period.
- **Pressing:** Pressing is allowed at all times with the exception of the last Quarter of the game if a team is leading by 20 points or more.
- **Bonus Free Throws:** Per Half: Bonus on 7 Team Fouls. Double Bonus on 10 Fouls
- **Running Clock:** The clock will run in the **last Quarter of the Game** if the deficit is 20 points or more with the exception of timeouts. Once the lead is below 20 points, the clock will stop on all dead balls. The team leading by 20 may **NOT** press.
- **Games will not start early** unless requested by both coaches.
- **Ball Size, Goal Height, Free-Throw Line Distance**
 - 3rd, 4th, 5th, 6th, 7th, 8th Grade Girls – Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.
 - 3rd, 4th, 5th, 6th - Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.
 - 7th, 8th Grade Boys – Ball Size Regulation / Goal Ht. 10 ft. / Foul Line – 15 ft.

High School League Rules Summary

1. **14 Minute Halves – Clock Stops on All Dead Balls**
2. **3 Full Timeouts per Game**
3. **3 Minute Halftime**
4. **2nd Half Running Clock:** Clock will run the 2nd Half when the lead is 20 Points or more with the exception of timeouts. The clock will stop running when the lead is below 20 points.
5. **3 Minute Overtime Period:** One additional timeout for each overtime. Unused timeouts from regulation play or previous overtime periods may **NOT** be carried over to the overtime periods.