

MOORESVILLE LADIES JUNIOR BASKETBALL LEAGUE
GAME RULES - 2010

1. **Stopped Clock:** The clock will be stopped only on foul shots, time-outs and for the last ten (10) seconds during quarters in which teams cannot full court press. The clock will stop at every whistle during the 4th quarter and all overtime periods. During the last ten (10) seconds, when the press defense is in effect, the clock will start immediately upon possession.
2. **Mercy Rule:** In the event that a team has a fifteen (15) point lead or greater in the 4th quarter, a running clock will be adopted and the leading team will not be allowed to use a pressing defense. If the lead drops below fifteen (15) points, the clock will once again be stopped at every whistle and pressing defenses will be allowed per normal rules.
3. **Overtime:** All overtime periods will be two (2) minutes in length.
4. **Season:** The season will consist of eight (8) games followed by a *single* elimination tournament for 3rd through 6th grades.
5. **Time-outs:** Grades 3 through 6 will be allowed three (3) full and two (2) thirty (30) second time-outs per game. Each team will receive one (1) additional time-out per each overtime period. Coaches may directly ask for a time-out from the Official per IHSAA rules.
6. **Length of Quarters:** Grade 5 and 6 will play six (6) minute quarters. Grades 3 and 4 will play five (5) minute quarters.
7. **Warm-ups and Half-time:** There will be five (5) minute warm-up and five (5) half-time.
8. **Playing Time:** No player may sit out more than one (1) quarter until every player has sat out one (1) full and uninterrupted quarter. If an injury occurs during the game, the substitute player is credited for one (1) full quarter of non-play. The injured player must return to the court as soon as the injury is treated and report for the same player who reported in for the injured player.

Discipline Rule: A coach, with *prior* approval of the league board, may be allowed to limit the playing time of a player due to un-sportsmanlike conduct or non-participation at practice. The request to limit playing time of a player must be made in writing to the Board Disciplinary Committee. If the Board Disciplinary Committee approves the Coach's request, it will be the Board's duty to notify the coach and that player's parents of the decision.
9. **Coaches:** Each team will be assigned one (1) Head Coach and may have one (1) assistant Coach. A second assistant Coach will be allowed as long as he/she is a high school student. **All Coaches and Assistant Coaches are subject to Board approval.** Only the above-referenced three (3) Coaches are allowed on the bench during the game. All team members must sit on the bench during the game. If there is no approved coach present for the game, a currently-approved coach or board member may coach the team.
10. **Press Defense:** Grades 1, 2 and 3 are allowed no press defense at any time. Grade 4 will be allowed to use a man-to-man press (no zone press) during the last two and a half (2 ½) minutes of the 2nd and 4th quarters and all overtime periods. Grade 5 will be allowed to press during the full six (6) minutes of the 2nd and 4th quarters and all overtime periods. Grade 6 will be allowed to press the entire game.

11. **Free Throw Distance:** Grades 1 through 3 is 10'0" and they can cross the line. Grade 4 is 12'6" and they cannot cross the line. Grade 5 and 6 is 15'0" and they cannot cross the line. Players may not enter the lane until the ball hits the rim or backboard.
12. **Technical Fouls:** Any coach or player that receives two (2) un-sportsmanlike technical fouls in one (1) game will be ejected from the remainder of that game and for his/her next game. Coaches will be assessed \$10.00 for their first un-sportsmanlike technical foul and \$20.00 for each subsequent un-sportsmanlike technical foul, payable to the league. **This fine must be paid before the coach will be allowed to sit on the bench for their next assigned game.** Anyone receiving three (3) or more technical fouls in one (1) season will be subject to disciplinary action by the Board Disciplinary Committee.
13. **Un-sportsmanlike Conduct:** Disciplinary action for un-sportsmanlike conduct by a player, coach or fan will be at the discretion of the Board Disciplinary Committee.
14. **Defense:** Grades 1 through 4 may not play any type of zone defense. 5th grade must play man-to-man defense in the 1st and 3rd quarters and can play any type of defense in the 2nd and 4th quarters and all overtime periods. 6th grade is allowed to play any defense.

Exception for grades 1 through 4 (all quarters): If offensive player without the ball is outside of the lane, the defensive player may play help-side defense, but both feet must be outside of the 3-second lane opposite ball side, or in a legal guarding position. Once the ball has entered the 3-second lane, double-teaming is allowed on the ball.

Penalty for Exception: Two warnings will be issued, and the 3rd and all subsequent violations will be one penalty free throw and the ball out of bounds at half court for the shooting team.

15. **Three Point Field Goals:** Three (3) point field goals will be allowed for grades 4 through 6.
16. **Players Needed to Start Game / Uneven Number of Players:** A team must have a minimum of three (3) players to start a game or the game will be forfeited. There is no grace period for game start times. When a team has six (6) players or less and has only (4) available to participate, the opposing team must also play with only four (4) players.

In instances where one team has seven (7) players and the opposing team has six (6) players at the start of the game, the first round draft pick of the team with only six (6) players must sit one (1) uninterrupted quarter. The quarter the first round draft pick sits is at the discretion of the coach.

If a 7-player team has an injury or foul out while the 1st pick is sitting uninterrupted quarter, the 1st round pick cannot substitute (only exception if 2nd round pick is absent, injured or has fouled out).

Exception: If the second round draft pick is not available to play, the first round player is not required to sit out one quarter.

17. **Practice:** No indoor practices, other than league-scheduled, are allowed. There is no limit to the number of outside practices allowed. Temperature must be above 50 degrees for an outside practice to be allowed. Any roofed structure is considered an indoor facility. Violation of this rule will result in forfeiture of league-scheduled indoor practices.

18. **Goal Height:** 1st/2nd – (8’6’’), 3rd – (9’0’’), 4th, 5th, 6th – (10’0’’).
19. **Lane Violations:** 1st/2nd, 3rd – (5 seconds), 4th, 5th, 6th – (3 seconds).
20. **Ball Size:** 1st/2nd, 3rd – Junior size (27.5’’), 4th, 5th, 6th – Intermediate Size (28.5’’).
21. **Scoring Limitations:** Players will be limited, per game, to a designated number of baskets per game (baskets do not include free throws). Once the player reaches the basket limit, no more team or individual baskets are allowed by that player. If a player attempts a shot after the maximum basket limit is reached, a turnover occurs and the ball is awarded the opposing team. See exceptions to this rule.

Grade 1	6 baskets	Grade 4	8 baskets
Grade 2	6 baskets	Grade 5	9 baskets
Grade 3	7 baskets	Grade 6	10 baskets

Exceptions:

- A. **Bonus:** Points will be allowed if a player is fouled, when not in the act of shooting, and her team is in the bonus.
- B. **Technical Fouls:** Any player may shoot technical foul shots.
- C. **Overtime:** Players are allowed unlimited baskets in overtime periods.
22. **Code of Conduct:** All players, coaches, referees, board members and parents will be required to sign a Code of Conduct Statement prior to the start of the league season.

23. 1st/2nd Grade Playing Rules:

1. There will be eight (8) total games. The first four (4) games will not have the score kept. Last four (4) games the score will be kept.
2. Teams will be allowed a fifteen (15) minute practice, and then play four (4) six (6) minute running quarters with a five (5) minute halftime.
3. Board will attempt to limit each team to seven (7) total players.
4. Teams will be given a set number of indoor pre-league scheduled practices.
5. Colored wrist bands will be provided to distinguish players for man-to-man defense.
6. Steals are only allowed on passes. No steals may be made when a play is dribbling or holding the ball.
7. A five (5) second back down rule will be in effect in all games. If a player is dribbling and backing down towards the basket a five (5) second time limit will be enforced as a turnover to the other team.
8. Only man-to-man half court defense is allowed.
9. One time out for the first two quarters and one time out for the second two quarters are allowed in each game.
10. Players are limited to five (5) baskets in the last four (4) games. Scoring limitation rule does not apply to the first four (4) games.
11. Coaches will be allowed on the court to provide extra guidance to their teams for the first four (4) games.
12. Board will emphasize the proper ball handling and passing techniques.

The MLJBL Board reserves the right to amend these rules at any time.