

Mid Michigan Youth Basketball League (BOYS) Rules

Updated 10-15-2022

League Purpose:

- ✓ Skill development for each player
- ✓ Sportsmanship and introduction to competition
- ✓ Development of team play
- ✓ Emphasis on having fun and enjoying the experience.
- ✓ Equal participation for all athletes
- ✓ Learning respect for athletes, officials and coaches.

General League Information:

- This league is comprised of Mid Michigan schools.
- Games will begin early in January on Saturdays for as many Saturdays as we have teams with each team playing 2 games per Saturday, either back to back or 1 rest game between.
- No cost to teams to participate, however each school must host a Saturday of games and on their host Saturday they must pay for registered officials for grades 5 & 6 games.
- **We encourage donation. Host school can have a donation box at front door or charge for admission., (donation example \$2.00 each or \$5.00 for family). Host school may also have concessions.**

Host School responsibility:

- Have THREE courts reserved and ready to go by 8:30am sharp on Saturdays as games begin at 9:00. Parents and athletes will begin to get to school between 8:00 and 8:30, so be ready. Have courts clearly marked and keep each grade on the same court as this is how game schedule is outlined. Post a game schedule at each gym entrance.
- Have a time keeping and scoring method, workers and officials for each court, grade 4, 5 & 6. Host school to email Bruce Owens 6th grade scores after hosting so at end of year 6th grade tournament we'll seed teams based on standings.
- **League will have 3 officials lined up** (as noted below) and ready for every game and rule sheet (available on webpage) at all 3 tables. Our concern is not a bad call but rather a rough game.
- Be ready to quiet aggressive, loud spectators if need be. No one wants to listen to rude fans.
- Provide a game ball for each court. Teams should bring their own practice balls.
- Have ice and first aid available if needed for injuries.
- Host school will make the call to cancel games if in the case of bad weather by **7:00am** on game day. Host school is to email out to coaches distribution list, AND call other schools main contacts by **7:00am**. Each school's main contact should then call their coaches and then coaches call their players. Families will know if they have not received a call by 7:30 that the games are still on. Names of school main contacts and phone numbers are listed on our league webpages for this reason. There is no make-up plan for games that get cancelled.

Coaching Responsibly:

- Control game environment. Eliminate rough, reckless fouls. If a game gets rough each coach must have the leadership to correct their players. Encourage aggressive play but not rough play.
- At this age your priority should be to teach, not win. Your focus should be fundamental skills, teamwork and individual improvement.
- If you have a team that is overpowering your opponent, do not continue to steal and grab the ball defensively. Rather work on defending passing lanes, moving their feet or switch your defenders around, use weak hands so they can learn.
- Do not speak negatively of officials or other athletes. If you have players getting all worked up over a bad call remind them we are here to learn to play better. Once negativity begins it only gets worse.
- Encourage and congratulate the opposing players when positive play occurs.
- Do not come to the games with winning in mind but stress the importance of improvement from week to week. Help make the games enjoyable and educational for everyone involved.
- Substituting should happen on dead balls. If action is not stopping get official's attention to sub.
- Line teams up at end of game for hand slapping.
- Each team to bring a scorebook to games for table workers to use.
- Get to know your opposing coach and develop a good relationship.

Game Rules:

- 5 minute pre-game warm-up, 20 minute running clock halves and 5 minute halftime.
- MHSAA rules will apply, but realize these young players are learning so allowing a little traveling and double dribbling is OK at 4th and 5th grade levels. Only call real obvious calls or when the infraction results in a turnover or roughness. 6th grade games should be called stricter. Officials are encouraged to quickly talk to athletes about what they are doing wrong or warn them about traveling, etc.
- OFFICIALS:
Grades 4, 5 & 6 requires one **registered** official "in strips" per court per game.
- CLOCK:
 Game clock on all 3 courts is a running clock but will stop on timeouts and the last 2 minutes of each half for time outs, free throws and dead balls.
- SCORING:
 All 3 grade courts will keep score on score board and coaches (if agreed upon) can reset score at halftime. Each team must bring a score book. No more keeping score if lead is 20 or more.
- DEFENSE:
NO zone or switching defenses allow (see help and recover below).
Grades 4: Half court man to man defense only! Must allow opponent to bring ball across half court line. No zones, no traps, no double teaming, no pressing and no switching allowed. Work with players, right from day one, on good defensive body positions and stick with their opponent rather than double teaming or switching. If an offensive player breaks away from their defender, a teammate can leave their assigned player and pick up this player until teammate recovers. Officials may have to stop game once in a while to keep this rule in force
Grades 5 & 6: Pressing (man2man), trapping, hedging, double teaming allowed HOWEVER both coaches **MUST** agree upon timeframe and it must be a man to man defense, no zone. Teams can do as much as both coaches agree to do on game day to develop their teams. Work together coaches.
 HELP & RECOVER (HEDGING) RULE: There is no double teaming or pressing in grade 4 however help defense is important to learn and players understand on screens. Coach your players on offense to look for the screen and get around it. It is OK on a good screen for the defender to switch to understand the process, however once the defending teammate is back on their assigned player the switched defender must return to their own offensive player. Coaches, help your players (offense and defense) understand that this will be happening and understand what to do. Once again no double teaming on these switches and no permanent switching.
- FOULS need to be addressed immediately by the official. Two rough / aggressive fouls per half will result in that player sitting out the remainder of the half. Everyone work together to eliminate rough play, coaches put a stop to rough play on your team.
 In grades 4 and 5 shooting fouls will result in team fouled getting 1 point and the ball back.
 In grade 6 games will shoot a single free throw on shooting fouls and receive a point.
 5th & 6th grade games will count fouls. 5th grade limit is 6 and 6th grade is 5.
- FREE THROWS:
Grades 4 & 5 there are NO free throws, ball to be thrown in after a personal or shooting foul to keep play going.
Grade 6 will include a single free throw on shooting fouls in addition to the fouled team getting a single point. If basket made fouled player will also shoot an additional single free throw.
- SUBSTITUTION to happen on dead balls or after a score, coach to holler out "sub" so official allows player(s) to come in and "quickly" get properly assigned to opponent. Officials and coaches always help make sure athletes know who they are guarding when coming into games. If no dead ball is happening let official know you need to substitution.
- TIME OUTS, all teams are allowed one 60 seconds timeout per half.
- OVERTIME if the game is tied at end of regulation we will have a jump ball and first team to score wins to help keep games on time. If winning score happens because of a shooting foul it counts.

MMYBL LEAGUE WEBPAGES:

MMYBL **BOYS** league webpage www.hoopzonebasketball.com/mmyblboys.html

MMYBL (BOYS) Game Rules for Officials - Grades 4 & 5

- 5 minute pre-game warm-up, 20 minute running clock halves and 5 minute halftime, 60 minutes total.
- MHSAA rules will apply, but realize these young players are learning so allowing a little traveling and double dribbling is OK at 4th and 5th grade levels. **Officials can talk to athletes about what they are doing wrong and "blow the whistle" to keep the game in control.**
- CLOCK: Games to start on time and never too early.
Running clock but will stop on timeouts and the last 2 minutes of each half for time outs, free throws and dead balls.
- SCORING:
Score will be kept. Each team must bring a score book. **No keeping score if lead is 20 or more.**
- DEFENSE:
NO ZONE or switching defenses allow in any grade level.
Grades 4 & 5: Half court man to man defense only! Must allow opponent to bring ball across half court line. No zones, no traps, no double teaming, no pressing and no switching allowed. Work with players, right from day one, on good defensive body positions and stick with their opponent rather than double teaming or switching. If an offensive player breaks away from their defender, a teammate can leave their assigned player and pick up this player until teammate recovers. Officials may have to stop game once in a while to keep this rule in force
HELP & RECOVER (HEDGING) RULE: There is no double teaming or pressing in grade 4 & 5 however help defense is important to learn and players understand on screens. Coach your players on offense to look for the screen and get around it. It is OK on a good screen for the defender to switch to understand the process, however once the defending teammate is back on their assigned player the switched defender must return to their own offensive player. Coaches, help your players (offense and defense) understand that this will be happening and understand what to do. Once again no double teaming on these switches and no permanent switching.
- **FOULS need to be addressed immediately by the official.** Two very rough / aggressive fouls per half will result in that player sitting out the remainder of the half. Everyone work together to eliminate rough play, coaches put a stop to rough play on your team. If a 4th or 5th grade player is fouled and makes basket they also get the ball back. 5th grade games will count fouls. 5th grade foul limit is 6.
- FREE THROWS:
Grades 4 & 5 there are NO free throws, ball to be thrown in after a personal or shooting foul to keep play going.
- SUBSTITUTION to happen on dead balls or after a score, coach to holler out "sub" so official allows player(s) to come in and "quickly" get properly assigned to opponent. If no dead ball is happening let official know you need to sub.
- TIME OUTS, all teams are allowed one 60 seconds timeout per half.
- OVERTIME, if game is tied at end of regulation we will have a jump ball and first team to score wins.

MMYBL (BOYS) Game Rules for Officials - Grade 6

- 5 minute pre-game warm-up, 20 minute running clock halves and 5 minute halftime, 60 minutes total.
- MHSAA rules will apply. **Officials can talk to athletes about what they are doing wrong and "blow the whistle" to keep the game in control.**
- CLOCK: Games to start on time and never too early.
Running clock but will stop on timeouts and the last 2 minutes of each half for time outs, free throws and dead balls.
- SCORING:
Score will be kept. Each team must bring a score book. **No keeping score if lead is 20 or more.**
- DEFENSE:
NO ZONE or switching defenses allow in any grade level.
Grade 6: Pressing (man2man), trapping, hedging, double teaming allowed HOWEVER both coaches MUST agree upon timeframe and it must be a man to man defense, no zone. Teams can do as much as both coaches agree to do on game day.
- **FOULS need to be addressed immediately by the official.** Two very rough / aggressive fouls per half will result in that player sitting out the remainder of the half. Everyone work together to eliminate rough play, coaches put a stop to rough play on your team. 6th grade games will shoot shooting fouls and receive a point. If basket made fouled player will also shoot a single free throw. 6th grade games will count fouls. 6th grade foul limit is 5.
- FREE THROWS:
Grade 6 will include a single free throw on shooting fouls in addition to the fouled team getting a single point. If basket made fouled player will also shoot an additional single free throw.
- SUBSTITUTION to happen on dead balls or after a score, coach to holler out "sub" so official allows player(s) to come in and "quickly" get properly assigned to opponent. If no dead ball is happening let official know you need to sub.
- TIME OUTS, all teams are allowed one 60 seconds timeout per half.
- OVERTIME, if game is tied at end of regulation we will have a jump ball and first team to score wins.