

# Mid Michigan Youth Basketball League (GIRLS) 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/court entrance.
- Have a time keeping method, workers and officials for each court, scoreboard or stop watch. No scoring for 4<sup>th</sup> grade games but there is scoring for 6<sup>th</sup> grade games. Host school to email Bruce Owens 6th grade scores after hosting so that at end of year 6th grade tournament I'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 court tables. Our concern is not a bad call but rather the game getting to rough.
- 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. **We have left 2-25-22 open in the case of a cancellation makeup date.**

## 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.
- 6<sup>th</sup> grade teams should bring a score book for table 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, 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 4<sup>th</sup> and 5<sup>th</sup> grade levels. Only call real obvious calls or when the infraction results in a turnover or roughness. 6<sup>th</sup> 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:  
Grades 4 & 5 is running clock but will stop on timeouts only.  
Grade 6 is running clock but will stop on timeouts and the last 2 minutes of each half for time outs, free throws and dead balls.
- SCORING:  
Grade 4 there is NO scoring.  
Grades 5 & 6 will keep score. Each 5<sup>th</sup> & 6<sup>th</sup> grade team must bring a score book. No more keeping score if lead is 20 or more.
- DEFENSE:  
**NO** zone or switching defenses allow in any grade level (see help and recover below).  
Grades 4 & 5: Half court man to man defense only! Must allow opponent to bring ball across half court line and attempt to set up their offense. 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  
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 to develop their teams.  
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.  
4<sup>th</sup> or 5<sup>th</sup> grade games; if player fouled and makes the basket they will also get the ball back.  
6<sup>th</sup> grade games will shoot a single free throw on shooting fouls and receive a point.  
6<sup>th</sup> grade games will count fouls and player will be out on the 6<sup>th</sup> foul.
- FREE THROWS:  
Grades 4 & 5 there are NO free throws, ball to be thrown in after a personal foul to keep play going.  
Grade 6 will include a single free throw when player fouled in act of shooting in addition to the fouled team getting a single point whether basket made or not.  
During 6<sup>th</sup> grade tournament all shooting fouls will be shot as normal MHSAA rules.
- 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 for 6<sup>th</sup> grade games. If the game is tied at end of regulation we will have a jump ball and first team to score wins. If winning score happens because of a shooting foul it counts.

## MMYBL LEAGUE WEBPAGES:

MMYBL **GIRLS** league webpage [www.hoopzonebasketball.com/mmybl.html](http://www.hoopzonebasketball.com/mmybl.html)

## MMYBL (GIRLS) 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 4<sup>th</sup> and 5<sup>th</sup> grade levels. **Officials can talk to athletes about what they are doing wrong and "blow the whistle" to keep the game in control.**
- CLOCK:  
Grades 4 & 5 is running clock but will stop on timeouts only.
- SCORING:  
Grades 4 there is NO scoring, grade 5 there is scoring..
- 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 4<sup>th</sup> or 5<sup>th</sup> grade player is fouled and makes basket they also get the ball back.
- 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.

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## MMYBL (GIRLS) 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:  
Grade 6 is running clock but will stop on timeouts and the last 2 minutes of each half for time outs, free throws and dead balls.
- SCORING:  
Grade 6 will keep score. Each 6<sup>th</sup> grade team must bring a score book.
- 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 and players will be out on the 6<sup>th</sup> foul.
- FREE THROWS:  
Grade 6 will include a single free throw when player fouled in act of shooting in addition to the fouled team getting a single point whether basket made or not.
- 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.