

**MCE BASKETBALL RULES
GIRLS 7-8**

GAME RULES:

High school rules will be followed except as specified below:

1. BASKETS

10 Feet

2. BALLS

Women's Ball – 28.5

3. FOUL LINE

15 feet foul line

4. PLAYERS

A full team of 5 players is expected.

A team cannot start a game with less than the recommended number of players in uniform. If the players are not on the floor ready to play five minutes after the scheduled start time, the game shall be forfeited to the opposing team. The participants present will scrimmage for the time allocated.

5. FOULS

Players will foul out of the game following the fifth (5) foul. If a team has only the minimum number of players present, no player shall foul out of the game. Subsequent fouls on the player will result in the fouled team being awarded the necessary foul shots plus getting the ball out of bounds at mid-court.

Foul shooting: Free throws begin on the 7th Team foul in each half for non shooting fouls. A foul committed in the act of shooting will result in two free throws if the shot is missed and one if the shot is made. Bonus after 10 team fouls.

6. DEFENSE

Defense: No double team. Girl to girl the whole season, and zone defense will begin on 1/12/08. Starting the 4th week of the season zone defense will be allowed. Only a 2-3 zone or a match-up zone allowed, no 1-3-1 or trapping zones permitted. Zone defense is only allowed as a half court defense, no full court zone press.

A full court modified press is allowed. A modified press is allowed during the entire game, but is not allowed by a team when they are ahead by 10 points or more. (The losing team may always press.) Press is allowed again if the score closes to within 10 points or less for the team ahead. **Modified press defined:** No double teaming or zone presses, only girl to girl pressing allowed. The defense can only send (or keep) the same number of girls to the far court as there are offensive players, and they must not double team. This rule is to prepare them for the High School Rec League.

7. LANE VIOLATION

3 seconds

8. PLAYING TIME

The games must be played in approximately one hour.

- a. Eight (8) minutes for warm-up.
- b. Sixteen (16) minute running time halves. stops only for free throws, substitutions, time outs, injuries
- c. Thirty (30) second clock stop at 4:00, 8:00, and 12:00 each half for substitutions. No coaching other than subbing at this time.
- d. Five (5) minutes between halves.
- e. The last 2 minutes of the game the clock will stop for all dead ball situations (free throws, fouls, etc.)

9. TIME OUTS

Each team is allowed 2, one-minute time-outs per half.

Time-outs can be called from the bench although coaches should instruct their players to call time-outs from the floor.

10. SUBSTITUTION

Equal timed substitutions. Starting 1/12/08 regular substituting is allowed (no restrictions, *but please remember*, in keeping with the goals of the Rec League all coaches are strongly encouraged to play ALL players equally - the intent in changing the rule mid year is only to prepare them for High School Rec). The clock will continue to stop for 30 seconds at the 4:00, 8:00, and 12:00 times all season for those who wish to use it for substitution reasons (no coaching). The coaches and refs may reduce or eliminate these breaks by mutual consent before the game starting 1/19/08. Since the scorers table is not accessible to the players, the coach will inform the ref when he wants to sub. In this case, the scorer will buzz with a clock stop when the ref allows the substitutions.

11. TECHNICALS

One point will be awarded to the opposing team for a technical called by ref (flagrant foul, language foul, coach violation, audience (parent) problem, at the discretion of the ref.) Expulsion of player or coach will occur after two technicals. The ball will then be inbounded by the opposing team.

12. OVERTIME

There will be 1-3 minute running time period. If tied after that, the game is a tie. One additional time-out will be granted. Unused time-outs carry over.

13. SCORE BOOK AND TIMEKEEPER

A scorebook will be provided for each team. Each team should assign a person to keep score for their team.

The Home Team's scorebook is the Official Scorebook. This person should sit at the timekeepers table. In the event of a discrepancy, the two scorers will confer with the lead ref and the lead ref will issue a decision. The home team is listed first in the game schedule, and the home team wears the BLUE UNIFORM.

During the season, the visiting team is to provide the timekeeper.