

METRO CLASSIC CONFERENCE BASKETBALL LEAGUE

2009-10 Rules

All rules are in accordance with WIAA basketball regulations except for those listed below.

Game Length

1. Four six-minute quarters, stop time.
2. Three-minute halftime.
3. Each team will get three timeouts per game.

Overtime

1. There will be one(1) two-minute overtime.
2. Timeouts remaining after regulation will not carry over to the overtime period.
3. Each team will receive one timeout if regulation ends in a tie.
4. Team fouls carry over to overtime.
5. If after the two-minute overtime the game remains tied, a jump ball will take place and the first team to score will win. Prior to the jump ball, there will be a one minute break. There will not be additional timeouts added at this point.

Basketball Size

1. 4th through 6th grade will use a 28.5 women's regulation basketball.
2. If both 6th grade coaches agree, a regulation men's basketball can be used.
3. 7th & 8th grade will use a regulation men's basketball.
4. The officials will ask one of the teams playing to provide the game ball.

Warm-up

1. Five-minutes will be provided unless the game schedule is behind. In that case, the officials may elect to start the game with less warm-up time.
2. Each team must provide their own warm-up basketballs.

Uniforms

1. Uniforms must have numbers on the front and the back.
2. Teams may be asked to reverse their jersey by the referees to aid in the officiating of the game.

Score Table

1. One parent volunteer per team is required at the score table to run the clock or keep the score sheet.
2. The parent at the score table will need to be neutral when performing the task and should not be openly cheering for or coaching either team.

Bench Personnel

1. The maximum number of adults sitting on each team bench is three.
2. Only one coach can stand for each bench. (Officials may invoke "seat belt rule" if they deem necessary).

Sportsmanship

1. Unruly fan behavior will not be tolerated. Coaches will be issued a warning and told to handle the situation.
2. If the behavior continues, a technical foul will be assessed and following that, a forfeit may be declared.

Technical Fouls

1. No shots will be taken, but two points will be awarded plus the possession of the ball.
2. A person committing a second technical foul in a game will be ejected from the game and the premise for the rest of the day.

Free Throws

1. 4th graders must shoot the ball from behind the line but can finish over the line.

Pressing

1. 4th and 5th grade teams are allowed to use a man-to-man press in the last two-minutes of each half, providing they are not leading by 15 or more points. A team will be allowed to trap the ball handler in the back court by a double team, but cannot align itself in a zone formation nor have players guarding areas and not players.
2. 6th – 8th grade teams can press at anytime, providing they are not leading by 15 points or more.

Half Court Defenses

1. 4th and 5th grade teams may play only man-to-man defense. There can be no zones or disguised zones. The following examples will help to clarify:
 - a. A team will be allowed to send help (double team) to a low post player if he has the ball. It is not allowed before he receives the ball or after he passes the ball.
 - b. A team will not be allowed to run a trap at the dribbler immediately upon crossing half court (exception the last two minutes of each half).
 - c. Proper weak-side defensive positioning is allowed, but referees will be given broad latitude to call a technical foul if the man-to-man defense is sagging and merely packing the lane.
2. 6th through 8th grade teams may utilize zones, man-to-man, or any other defense at any stage in the game.

Schedule and Standings

1. All scores will be reported by the host of each league date.
2. Schedules, results and, standings can be found on the Brookfield Central Jr. Lancer Basketball website at www.jrlancersbb.com
3. On the website schedule, the Brookfield Central teams are identified as 4th grade, 5th grade, 6th grade, 7th grade, and 8th grade.