

**MONROVIA PARKS AND RECREATION ASSOCIATIONS (MPRA)
YOUTH BASKETBALL RULES AND REGULATIONS**

1. All games will be played according to the Alabama High School Athletic Association Rules, except as note herein.
2. Boundaries for player participation in the MPRA basketball league are:
 - within the Monrovia, Endeavor, Legacy, and Harvest School Districts, or
 - attendance at a school participating in the MPRA basketball program, or
 - participation in other MPRA sanctioned athletic programs.
3. It shall be the **goal** of the MPRA Basketball Board to have team rosters that consist of no less than seven (7) players and no more than nine (9) players.
4. Any student playing on a school team as of December 1 of that year will not be permitted to play on a MPRA basketball team during the current season.
5. Age groups for the MPRA basketball program are as follows:
 - **6 & under coed**, minimum age of 5 on or before to September 1 of the current year
 - **8 & Under Boys & Girls** on or before September 1, 2015
 - **10 & Under Boys & Girls** on or before September 1, 2015
 - **12 & Under Boys & Girls** on or before September 1, 2015
 - **14 & Under Boys & Girls** on or before September 1, 2015
 - **18 & Under Boys & Girls** on or before September 1, 2015
6. Date of birth of all players must be verified by a State Certified or County Certified Health Department birth certificate before the player is eligible to be on a roster.
7. Each player must be in uniform with numbers clearly visible on both sides of the uniform. Players on the same team may not have the same number.
8. The basketballs to be used for each age group are as follows:
 - **6 & Under:** Youth or 27 inch
 - **All Girls:** 28.5 inch or women's ball
 - **Boys:**
 - **8U:** 28.5 inch or women's ball
 - **10U:** 28.5 inch or women's ball
 - **12U:** 29.5 inch or men's ball
 - **14U:** 29.5 inch or men's ball
 - **18U:** 29.5 inch or men's ball
9. Goal Height
 - **6 & Under** will shoot at an eight (8) foot high goal
 - **8 & Under** will shoot at an eight (8) foot high goal.
 - All others will shoot at a regulation ten (10) foot high goal.
10. Three-Point Goals

- **6 & Under:** No three-point goals awarded
- **8 & Under:** No three-point goals awarded
- The three-point arc will be in affect for all other age groups.

11. Free Throw Line

- **6 & Under:** The free throw line will be the front of the (hashed-marked) circle nearest to the goal, or six (6) feet from the regulation free throw line closer to the goal.
- **8 & Under and 10 & Under:** The free throw line will be two (2) feet from the regulation free throw line closer to the goal.
- All other age groups will shoot free throws from the regulation free throw line.

12. Lane Violations (3-second Rule)

- **6 & Under** will have no lane limitations.
- **8 & Under** will be allowed three (3) continuous seconds in the lane area.
- All other age groups will play the regulation three (3) second lane rules.

13. Length of Play

All games will have 8 minute quarters with a running clock. The clock shall be stopped only for timeouts, free throws, or as directed by the officials. The final 2 minutes of each game will be standard clock operation according to the high school regulations. Halftime will be 3 minutes. Pregame warm up time will be 3 minutes.

14. Overtime

All overtime periods will be 2 minutes in length and use a regulation clock.

Exception: 6 & Under games will be declared a "TIE" and overtime will not be played.

15. Minimum Participation Requirements

Each player shall play at least half of the 1st, 2nd, and 3rd quarters. The game will stop at the 4:00 minute mark, where all bench players will be substituted into the game and must remain in the game for the rest of the quarter. There will be NO substitutions during the first part of each quarter, with the exception of injury or illness. During the latter part of these quarters, players that played the entire first half of the quarter can be subbed out. For 6U coed, this model will be followed in the 4th quarter also. For all other age groups above 6U coed, there are no minimum play requirements for the 4th quarter.

Exception: Injured players or players that must come out of the game for medical reasons (i.e., asthma) may be considered to have met the minimum play requirements for the quarter in which they are injured. If a player cannot return to the game he is exempt from the minimum play requirements. **NOTE:** Being tired is not an injury.

Explanation: Player A is injured in the first quarter. Player A has met the minimum play requirements for the first quarter. If the injury is severe enough to prevent him/her from returning to the game, he/she has met the minimum play requirements. If Player A's injury is not severe, and the player is capable of returning, with the parents approval, then Player A is required to play part of the remaining quarters as the rule specifies.

NOTE: Coaches are strongly encouraged to return players to the game as soon as they are able to play following an injury that requires them to leave the game. Board members will

get involved if it is thought that the intent of this rule is being abused.

If a player does not meet the participation rule a technical foul will be given to the coach and the player will be required to enter the game.

Exception: If a player arrives late for a game (late = anytime after the start of the game), it is at the coaches discretion whether that player plays in the quarter occurring at his arrival. However, if the player is present at the beginning of the 2nd and/or 3rd quarters, then that player must play half of those quarters as the rule specifies.

(The board strongly encourages each coach to be fair when using this rule exception. Remember that there is a big difference in a player being 30 seconds late and a player being 30 minutes late.)

If a player is late for the game the coach should notify the board member on duty prior to the game starting.

Any coach found to be giving information to parents causing them to purposefully be late for a game will be suspended a minimum of one game. In addition, further review by the basketball board will determine if additional action is appropriate.

16. Mercy Rule

If a team is winning by 20 points, the coach of the team that is winning must remove his top scorer from the game and he/she cannot return until the lead has been reduced to 15 points. If the lead goes back to 20, the rule is enforced again. The minimum participation requirement takes priority over the mercy rule.

Exception: This rule applies to all groups except 14U and 18U Boys.

17. Discipline Rule

A coach may request that a player be exempt from the minimum participation requirement for disciplinary reasons. A coach shall submit a written request (See attached sample) to the MPRA basketball board prior to the game or to the MPRA basketball board member that is responsible for management of the facility (gymnasium) prior to playing the game. The request must state the players name, the coach's name, the league assigned team number, the date on which the game is played, the location of the game, and the disciplinary reason for exempting the player from the minimum participation requirements. This request must be signed by the coach. The MPRA basketball board or the responsible MPRA basketball board member will make the final decision on the acceptance or denial of the coach's request. All decisions by the MPRA basketball board or the responsible MPRA basketball board members are final.

18. Defensive Restrictions and Pressing Defenses

- **6 & Under:**

The defending team shall not play defense beyond the three point line. If the ball is passed across the three point line, the ball shall be considered in play and may be intercepted by the defensive team. The offensive team will not be allowed to stall. With each offensive possession, the offensive team will have fifteen (15) seconds after crossing the half court line in which to penetrate the three-point line by dribbling or passing the ball or making an

attempt at a basket. Violation of this rule will result in the loss of possession. After penetrating the three-point line, the offensive team may pass or dribble outside the three-point line and the defensive team must once again not play defense beyond the three point line.

Exception: During the last two minutes of the game, the defending team may play defense in their back court area. The defensive team shall not play defense until the offensive team has possession of the ball in the offensive team's front court. (A team has possession of the ball in their front court when both feet and the ball are in the front court. Note: A player standing in the front court and dribbling the ball in the back court is a back court violation.)

- **8 & Under:**

The defending team shall allow the offensive team to dribble across the half court line before playing defense. If the ball is passed across the half court line, the ball shall be considered in play and may be intercepted by the defensive team. During the last two (2) minutes of the game, and all overtime periods, the defensive team may press full court.

- **10 & Under:**

The defending team shall allow the offensive team to dribble across the half court line before playing defense line. If the ball is passed across the half court line, the ball is considered "in play" and may be intercepted by the defensive team. During the last quarter, and all overtime periods, the defensive team may press full court.

- **12 & Under Boys, 14 & Under Boys & Girls, and 18 & Under Boys:**

No restrictions

19. No team will be allowed to press as follows:

- **6 & Under and 8 & Under:** If the team has a lead of ten (10) points or more.
- **10 & Under and 12 & Under:** If the team has a lead of fifteen (15) points or more.
- **18 & Under and 14 & Under:** No restrictions.

20. Play up players

If a team does not have five players to start a game, the coach may elect to "call up" a player from a younger MPRA age division. In order for this to take place, the child must (1) not have a MPRA game in his/her division later in the day, (2) have the permission of his/her parents, and (3) have the permission of his/her assigned coach, if the minimum fifth player arrives after the starting line-up is reported or after the start of the game, the coach shall replace the "called up" player immediately and for the remainder of the game. The "called up" player is then ineligible to play in that game. A called up player shall not replace any player who is injured or fouls out during the game.

For 6 & Under Only: If a coach does not have five players to start a game, the coach may "call up" a 5-year old player from another MPRA team. The "called-up" player must meet all the restrictions stated above. If the fifth player arrives after the starting line-up is reported or after the start of the game, the coach shall replace the "called up" player immediately and for the remainder of the game. The "called up" player is then ineligible to play in that game. A "called up" player cannot replace any player who is injured or fouls out during the game.

21. Forfeits

Forfeit time is game time plus five minutes as counted down on the official clock.

22. Weather issues

In the event of inclement weather (ice or snow) and the schools are closed, MPRA youth basketball games will usually be canceled for that day. The MPRA Basketball board will make the final decision along with the school principals.

23. Unsportsmanlike Conduct Rules:

- a) Any coach or player that receives two (2) technical fouls for unsportsmanlike conduct during league play will be suspended for the following game. If the following game is canceled for any reason, the suspension will carry forward to the next game. This rule will be in effect for regular league play and tournament play. In addition, the actions of the player or coach will be further reviewed by the basketball board or directors to determine if additional action is appropriate.
- b) Any player that is consistently reported for, and confirmed of, unsportsmanlike behavior will be subject to further suspensions and will be further reviewed by the basketball board and/or MPRA directors to determine if additional action is appropriate. Such action may include termination from the league.
- c) Any coach that is being consistently reported for and confirmed of a violation of the minimum play rule or unsportsmanlike behavior will be subject to further suspension and will be further reviewed by the basketball board and/or MPRA directors to determine if additional action is appropriate. Such action may include termination from the league.
- d) It is the MPRA basketball board's position that any actions to antagonize, berate, or disrespect the officials before, during, or after an MPRA sponsored game constitutes unsportsmanlike actions. If an MPRA basketball board member witnesses a coach or player in violation of this rule, the board member may assess the player or coach with an unsportsmanlike technical foul for that game.

Points of Emphasis

The MPRA Basketball Board recognizes the fact that the coach's are volunteers and, as such, may be unfamiliar and/or unaware of all these "high school" rules. However, the board requests that all coaches become knowledgeable of these rules. This year the board has informed officials to more strictly adhere to the conduct rules for head coaches and bench personnel to help control and maintain the "flow of the game". **The board will also more strictly enforce rule 22.4 which allows the board member responsible for the gym to assess a technical foul to a coach, bench person, or player, if in his/her opinion, an unsportsmanlike act is committed by one or more of these people.**

The Alabama High School Athletic Association Rules governing conduct for coaches and players shall be considered to be in effect at all games. This includes the rules governing the coach's box. Coaches are responsible for the actions of all bench personnel; this includes substitutes, assistant coaches, and any other "helpers" which may be seated at the bench.

Officials have been directed to enforce the rules governing the coach's box and the conduct of bench personnel. Coaches and Assistant Coach's will not be allowed to "walk the sideline" while coaching. If coaches are unfamiliar with the rules governing the coach's box, ask the officials to explain the rules.

The basketball board has received and considered much input in adopting rules of play for the MPRA basketball program. It has always been the board's intention to make the rules to benefit the players first. Coach's, and their assistants and helpers, are asked to volunteer their time to help make the basketball program an enjoyable and learning experience for every player. When the actions of player, coach, assistant, or bench personnel goes beyond the "rules of the game", it can cause a negative impact on players, parents, game officials, and the MPRA. With this in mind, the board is reiterating the rules and definitions of unsportsmanlike conduct as stated in the rules of high school basketball as adopted by the Alabama High School Athletic Association.

A player shall not:

- a) Participate after being disqualified.
- b) Disrespectfully address or contact an official or gesture in such a manner as to indicate resentment.
- c) Use profane or inappropriate language or obscene gestures.
- d) Bait or taunt an opponent or obstruct his or her vision by waving hands near his or her eyes.
- e) Climb on or lift a teammate to secure greater height to handle the ball.
- f) Knowingly attempt a free throw the player was not entitled to.
- g) Excessively swing his or her arm(s) or elbow(s) even though there is no contact with an opponent.
- h) Fight. (Fighting includes, but is not limited to, any combative actions such as, attempting to strike an opponent with a fist, hands, arms, legs, or feet; any attempt to punch or kick an opponent, regardless of whether contact is made; any attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate by fighting.)

Bench personnel shall not:

- a) Disrespectfully address an official.
- b) Attempt to influence an official's decision.
- c) Using profane or inappropriate language.
- d) Disrespectfully address, bait, or taunt an opponent.
- e) Object to an official's decision by rising from the bench or using gestures.
- f) Incite undesirable crowd reactions.
- g) Stand up from the bench unless spontaneously reacting to an outstanding play by a team member and immediately returning to their seats.
- h) Use of tobacco, or smokeless tobacco while in the gym.
- i) Fight.
- j) Leave the confines of the bench during a fight.

Bench personnel include any person sitting within the confines of the bench. The conduct of coaches can have a direct impact on the game and the players

Coaches

Must remain seated on the bench within the area of the coaches box at all times while the clock is running or is stopped except to:

- a) Confer with bench personnel and players within the confines of the bench during a time-out or during intermissions.
- b) Rise and stand in front of their seat to signal players to request a time-out
- c) Confer with personnel at the scorers' table to request a time-out, or to correct a mistake related to the clock, score, foul, or alternating possession.
- d) Attend an injured player when called onto the court by an official.
- e) Spontaneously react to an outstanding play by a player and immediately returning to their seats.

The **head** coach (only) may be off the bench in front of his or her seat within the confines of the designated coaches' box to give instructions to his or her players and substitutes. Assistant coaches need to remain seated, unless reacting to an outstanding play as stated above.

All forementioned items for unsportsmanlike actions of bench personnel are applicable to the coach. The head coach needs to remember that he is responsible for the actions of all bench personnel.

We thank you for your continued effort in supporting the youth in our community.

MPRA Practice Guidelines

Most practices are scheduled for 1 hour time slots. The basketball board is attempting to provide each team with 2 practices per week prior to the start of games. Be considerate of others and end practices on time. Hold team meetings off the court to allow others to access the court.

COACHES, you are responsible for the conduct of your team AND their families while using these facilities. Please keep them under your control.

High school students may be used as gym managers. They are responsible for the facility being used. Please respect their authority. If problems occur please contact a board member- DO NOT confront the gym manager.

General Facility Rules and Guidelines:

Remember that we are guests in all the facilities we use. Please remind everyone to treat these facilities with respect. We need these schools for our program to be successful, and don't want to jeopardize our relationships with them. Please ask that everyone respect any artwork, papers, displays, etc. located on school walls, doors, bulletin boards, etc. Do not disturb. Please don't allow balls to be dribbled in lobbies, hallways, stages, etc. Also, please make sure that they are not dribbled on the sidelines during practices and games. Please make sure that all trash, drinks, snacks, clothes, and coats are picked up.

All of the elementary schools have after school programs. For the protection of the children, we are not to enter the facilities before 5:55pm. Enter and exit only through the designated areas.

Harvest Elementary:

Enter the gym from the back hallway doors. Do not interrupt after school care or school coach. Please enter at the scheduled time. Please go directly to the gym and use the restrooms directly outside the gym.

Monrovia Elementary:

Enter through the gym doors at the rear of the school. Do not go past the doors in the gym lobby that lead into the school- this area is off limits. Stay out of storage areas located in the gyms. It is OK to use the stage area for team meeting, pictures, etc. – just keep your team under control.

Endeavor Elementary:

To access this gym, you must go through the school, enter through the back right door. Please do not go ANY where in the school except the hallway required to get to the gym. You may use the restrooms right outside the gym. The courtyard is off limits. Sports drinks and water are the only food or drink allowed in this gym.

Legacy Elementary School:

To access this gym, you must go through the school, enter through the back right door. Please do not go ANY where in the school except the hallway required to get to the gym. You may use the restrooms right outside the gym. The courtyard is off limits. Water is the only food or drink allowed in this gym.

**REQUEST FOR PLAYER EXEMPTION
FROM THE MINIMUM PARTICIPATION REQUIEIMENTS**

PLAYER NAME: _____

COACH NAME: _____

TEAM NO.: _____

DATE OF GAME: _____

LOCATION OF GAME: _____

**DISCIPLINARY REASON FOR EXEMPTING THE PLAYER FROM
THE MINIMUM PARTICIPATION REQUIREMENTS**

 Coach's Signature Date _____

APPROVED DISAPPROVED

 MPRA Basketball Board Member Signature Date _____