

Game Rules

Basic Rules:

The MIAA High School Rules are used except as noted below.

Mouth Guards

The MIAA High School Rules encourage mouth guards. Metrowest does NOT require them.

Coaches:

Only the coach and 2 assistants are allowed on the bench. Anyone else must be a player. Scorers, analysts, or whatever must sit in the stands. An official can allow more, but then may ask the people to leave the bench if behavior becomes a concern.

Shot Clock:

A shot clock is NOT used. Instead, the 10-second back court rule is in effect. A team inbounding in the back court shall have 10 seconds to get the ball into the front court.

Game Length:

Games consist of four 8-minute quarters. Stop time is used (i.e., clock is stopped on referees whistle). Halftime is 5 minutes. No mercy rule is used. We ask coaches with large leads to back off passing, shooting three's and behavior in a mockery fashion.

Overtime:

Overtimes shall be 3 minutes in length. Each team will receive 1 additional time-out per overtime. This adds to any time outs you have.

Time-outs:

Each team is allowed 5 Full time-outs per game.

Fouls:

The following rules concerning fouls shall be in effect:

1. 1 and 1 shots will be taken on the 7th, 8th and 9th foul of each half.
2. 2 free throws are awarded on the 10th and succeeding fouls of each half.
3. Second half fouls carry over into overtimes for the purpose of bonus and double bonus.
4. Fouls on missed 3 point attempts are awarded 3 free throws.
5. Player technical fouls are counted as a personal foul and a team foul.
6. Any player receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game. Any player involved in a fight will be removed immediately.
7. Any coach receiving a technical foul must sit for the remainder of the game.
8. Any coach receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game.
9. Coach may receive 2 indirect and 1 direct technical before removal.

Foul Shooting:

Foul shooting for the 4th grade boys and girls level will be allowed to take 1 step (approximately 3 feet) inside the key as determined by the referee. They must remain in this spot until the ball hits the rim. Foul shooting for the 5th grade girls, the shooter must start behind the foul line to start their attempted free throw, but their forward progress may allow them to land on or over the free throw line. The shooter must wait until the ball hits the rim to attempt play of the ball.

Equipment:

Game balls shall be leather or synthetic leather. The following sizes shall be used:

Boys grades 7th & 8th standard men's ball 29.5 inches in circumference.

Boy's grades 4th-6th and girls all grades use standard women's ball 28.5 inches in circumference.

Full Court Pressing:

There shall be no full court pressing by a team with a lead of 20 points or more. No pressing is allowed for 4th and 5th grade teams except for the last 2 minutes of the 2nd quarter, the last 4 minutes of the 4th quarter and any subsequent overtime.

ZONES IN 4th and 5th Grade:**USE OF ZONES AT 4th and 5th GRADE LEVEL:**

Rationale of the rule: The following rule is intended to discourage teams from using zones at the 4th and 5th grade level. The general intent of the rule is to avoid teams from 'packing it in' and forcing teams to beat a zone by superior outside shooting, quick passing, or 'filling the gaps'. The general feeling is that players at this level do not have the offensive skills to 'break' a zone successfully, thus the zone creates an unfair advantage to the team playing a zone defense. Further, since playing a zone creates a defensive advantage, allowing it would discourage teams from using man-to-man defense, and players would not learn this very important fundamental skill.

Implementing such a rule needs to address zone presses during the allowed 'pressing' period, traps, and help defense. The 'flip' side of no zones is to discourage teams on the offensive side from isolating one strong player on one side of the court and going 'one on one' for the entire game or at least for extended number of times. SPECIFICALLY, WHEN AN OFFENSE CLEARS OUT OR SEND ITS PLAYERS TO A REMOTE AREA OF THE FRONT COURT SO PLAYER CAN GO ONE ON ONE TO PREVENT THE DEFENSE FROM HELPING EACH OTHER, THIS WILL BE INTERPRETED BY THE OFFICIAL AS ILLEGAL AND WILL CARRY THE SAME PENALTY TO THE OFFENSE AS THE ILLEGAL DEFENSE WOULD WHEN A DEFENSE IS PLAYING A ZONE!

The Rule:

1. No zones are allowed in the 4th and 5th grade level.
2. In the frontcourt, between the 3 point arc and the timeline, 'help' defense is not allowed. This means there is no trapping or double teaming.
3. In the area between the 3 point arc and the 'paint', help defense is allowed. This means that a double team or a 'trap' would be allowed in this area.
4. Inside the paint there is no restriction. The feeling here is that inside the paint there is so much traffic that it is too difficult for a referee to manage the type of defense being played.
5. (4th and 5th grade) In the last 2 minutes of the 2nd quarter, and 4 minutes of the 4th quarter, teams may press full court, however this press must remain in a man to man defense (no zone). In short, they must be guarding their player, and not an area. A player can be away from their player and still be in man to man.
6. (6th, 7th and 8th grade, both boys and girls) You may play full court defense of your choice, at all times.
7. The officials at the game site have the final responsibility for interpreting the violation. If any coach has an issue with the rule it is to be addressed with their league coordinator – NOT the referee or the league commissioner.
8. The first violation of the rule will be a warning. Subsequent violations will incur an indirect technical foul on the coach.