



BASKETBALL



2022-2023 MQH BASKETBALL LEAGUE RULES

General:

- Standards:** All games will follow the rules provided by the Kentucky High School Athletic Association (KHSAA) and with additional modifications as listed. Only documented modifications will be incorporated into the game. Any modification not published in this document will default to the KHSAA rules;
- Authority:** League coordinators have the authority to intervene during disputes concerning interpretation of the rules to ensure all games are played in accordance with MQH rules and intentions. Referees have the authority and discretion to manage the games in accordance with the rules set forth in this document;
- Responsibility:** Head coaches will be responsible for the actions of everyone on their team, including assistant coaches, players, parents of players and spectators associated with their team. A head coach will be named on the roster at the beginning of each season and this is the only person that can bring a protest to the league administrators, or make a change request.
- Conduct:** All coaches, players, and spectators are expected to adhere to their respective Codes of Conduct that meet the minimum standard published by the Arch Diocese of Covington Athletic Handbooks while present in the Mary, Queen of Heaven facility. Warnings, technical fouls, player ejections or team ejections may be a result of disciplinary measures at the referee's discretion. Severe violations will be referred to the league coordinator for further disciplinary measures.
- Facility:** While inside the school, players, coaches, and spectators are only authorized to be in the gym, the rest rooms and their associated hallways. Being in unauthorized areas of the school may result in suspension from the League.
- Score:** Coaches must sign the official score book at the conclusion of each game. For all games played at the SHAC, Home team will supply a timekeeper to run the scoreboard, Visiting Team will supply a scorekeeper to keep the scorebook. If a timekeeper/scorekeeper is not provided, the game will unfortunately have to be canceled and will not be rescheduled. Please have table workers ready before your scheduled game time if your team plays games at the SHAC.

- Rosters:** Only players and coaches listed on the roster may sit court side with the team. A team is limited to three coaches sitting on the bench. A roster should contain at least six players and not more than twelve. Teams with seven or fewer may roster additional players of the same age or younger and utilize them in a rolling rotation. This roster concept is to assist the schools who have between eleven and 13 registered players to enroll two teams into the league and have the ability to have ample substitutes without overloading your teams, causing playing time issues. The rolling roster must contain at least four players from the “other” team up to twelve players total on the roster. Each player listed on the rotating substitution list is only eligible to play in three regular season games and one tournament game in a sequential rotation. Limiting the rolling roster players to the best two or three substitutes is not acceptable. Rolling roster players may not be given priority over the normal roster players. Rosters containing eight players may not use the rolling roster substitutions.
- Uniforms:** The Home team should wear their light color uniforms. The Guest/Visiting team should wear their dark color uniforms. In the event of an unfixable color match, the Guest/Visiting team will be issued pennies to wear.
- Bench Rules:** Only the Head Coach or acting Head Coach may be standing on the side lines within the “coach’s box”. Assistant coaches who stand will be considered a distraction to the game and will be asked to be seated at the referee’s discretion. Coaches who fail to heed the request will be issued a technical foul on the second request.
- Explanations:** Games will not be stopped for an explanation or ruling by anyone except referees or league coordinators. If a coach requests an explanation during the game, a time out will be charged to his/her team and the rules for time outs will apply.
- Substitutions:** Players are to check in at the scorer’s table prior to entering the game. Once checked in, the player may enter the game during a dead-ball and as invited by the referees. Players reporting in are to remain seated (kneeling) to the side of the scorer’s table prior to entering the game to prevent distractions to the scoring table.
- Cancellations:** Game cancellations due to weather will only be rescheduled at the discretion and convenience of the Athletic Department. Scheduled games will not be re-scheduled except at the convenience of the Athletic Department.
- Forfeits:** Teams must start all games with at least four players and one coach listed on the roster. Fewer than four players or one coach will result in a forfeit. The opposing team will still play 5 players so as not to penalize that team for having all their players or coaches in attendance, however, the coach playing five players may elect to start with four players. In the course of a game, if one or more players foul out, the game will continue with fewer players, i.e., five on four or five

on three. Teams with less than three players left will then forfeit the game. If a game is forfeited, a practice game may be played if the time is available. The result of the practice game is the same result as the forfeited game.

Safety: No jewelry (earrings, necklaces, bracelets, watches, metal hair clasps, etc.) or loose shoe laces will be permitted. Covering earrings with tape will not be permitted. Games will be stopped until jewelry has been removed and a time out will be charged to the offending team. Players with injuries that require a hard cast or other medical device that could cause injuries will not be permitted to play. Player safety rules may only be interpreted by the Athletic Director, Assistant AD, Basketball Coordinator or Head Referee.

Violations: Technical fouls are the responsibility of the officials and will not be overturned by the league. The first technical foul will result in two foul shots awarded to the opposing team. A second technical will result in two foul shots awarded to the opposing team AND disqualification of the player receiving the second technical foul. This will not apply to technical fouls assessed for double-team rule violations.

A second technical foul may result in the ejection of the violator from the building. The game will be stopped until the violator has been removed. Players or coaches ejected from a game will be disqualified for all subsequent games for the next 8 days. Coaches are not permitted to have any contact with players during this period. If a coach coaches more than one team, he is disqualified for all teams he coaches.

If repeated technical fouls are called in subsequent games, violators can be removed from the League. This shall be the responsibility of the coordinators to determine if such actions should be taken.

1st/2nd Grade – Boys & Girls Rules

Basket Height:	8'
Ball:	27.5"
Time:	6-minute quarters. The clock will run continuously except for time outs, injured players, free throws, and such times as called by the referee. Once a free-throw is awarded the time keeper will stop the clock until the player is handed the ball to shoot the second shot. During the last 1 minute of all games, the clock will stop for all violations, fouls, jump balls, etc. Additionally, the clock will not restart until the ball crosses mid-court if inbounded into the backcourt. In the last 1 minute of the game if a timeout is called during foul shots the clock will not restart until the ball is touched in play.
Half-Time:	2-3 minutes as the schedule permits;
Overtime:	2-minute "sudden death" overtime period that follows fourth quarter rules. The first team to score wins. After the "sudden death" two-minute overtime period, the game will be ruled a draw, unless it is a tournament game, additional "sudden death" overtime periods will be played until the game is won;
Time Outs:	30-seconds, 2 per half during regulation play with no carry-over, 1 additional time out for overtime periods;
Free Throws:	10' foul line or at the referee's best judgment. Rebounding players will line up below the first block and may enter the lane upon release of the free throw. The shooter and players outside the 3-pt line must wait for the ball to contact the cylinder. The clock will stop for the first free throw and begin when ref gives ball to player for second free throw. In the second half, if a team is up by 15 points or greater, it is up to the discretion of the referee to keep the clock running for both free throws.
Lane Violation:	5-seconds or at the referee's best judgment;
Defense:	Man-to-man only not to extend 3' beyond the 3-point line, double teaming the person with the ball and help defense is allowed within the lane. defenders must be within three feet or arms-length of their man. Help is only when the ball is in the lane. All defenses can only pick up at the white line on the MQH gym floor. This white line is above the three-point line. If an offensive player crosses the white line and then comes back behind it, the defense is free to defend the player wherever he is.
Press/Extended Defense:	Front court only, man-to-man only, allowed only during the last two minutes of the fourth quarter. Not allowed in the back court, or in the front court by teams ahead by 10 points or more. The extended defense is designed to eliminate a team from stalling out the clock in the second half;
Wrist Bands:	Each team has five colored wrist bands that are used for the kids to identify who they are guarding on defense and who should be guarding them while on offense. The colors should be assigned to each player based on their skill level. The order of the colors are black (most skilled), blue, red, yellow then

white (least skilled). In order to maintain fairness and development opportunities we must follow these guidelines. As an example, a player who is black or blue at the start of the game is not permitted to switch to yellow or white later in the game. This would be unfair to the opposing team who has a lower skilled player at those positions. Some may want to do this in order to create a more favorable matchup for their team especially if they are trailing in the game. However, it would go against the spirit of the league and would not help in developing all kids at the same time.

You may have you have your two best players on your team with equal talent on the court at the same time. In this situation, you would give one a black wristband and the other the blue. That is up to your discretion. We ask that no player go below the appropriate wristband color for their skill level.

Isolation ("Iso") or a spread offense is not allowed. This means one-on-one offense is not allowed. At the discretion of the referee if this happens after a warning the offensive team may be penalized with a turnover.

Absent Players:

We recognize that there may be circumstances in which teams are short on players and may need to use a player from another one of their teams at the same age level. However, you cannot substitute using the best player from another team. It does not matter if you are missing the best player on your team. You should choose a player in the middle range of talent from the other team.

3rd Grade-Girls Rules

Basket Height:	9 Feet
Ball:	27.5" - Girls
Time:	7-minute quarters. The clock will run continuously except for the time outs, injured players, or such time as called by the referee. Once a free-throw is awarded the time keeper will stop the clock until the player is handed the ball to shoot the second shot. During the last 2 minutes of the second half, the clock will stop for all violations, fouls, jump balls, etc. During the last 1 minute of all games, the clock will not restart until the ball crosses mid-court if inbounded into the back-court. In the last 1 minute of the game if a timeout is called during fouls shots the clock will not restart until the ball is touched in play.
Half-Time:	3-5 minutes as the schedule permits;
Overtime:	2-minute period that follows second half rules. After the first overtime period, there will be one two-minute "sudden death" overtime period. The first team to score wins. After the "sudden death" two-minute overtime period, the game will be ruled a draw, unless it is a tournament game, additional "sudden death" overtime periods will be played until the game is won;
Time Outs:	60-seconds, 2 per half during regulation play with no carry-over, 1 additional time out for overtime periods;
Free Throws:	12' foul line or at the referee's best judgment. Rebounding players will line up below the first block and may enter the lane upon release of the free throw. The shooter and players outside the 3-pt line must wait for the ball to contact the cylinder;
Lane Violation:	5-seconds;
Defense:	Man-to-man only not to extend 3' beyond the 3-point line, double teaming the person with the ball and help defense is allowed within the lane.
Press Defense:	Front court only, man-to-man only, allowed only during the last two minutes of the fourth quarter. Not allowed in the back court, or in the front court by teams ahead by 10 points or more. The extended defense is designed to eliminate a team from stalling out the clock in the second half;
Absent Players:	We recognize that there may be circumstances in which teams are short on players and may need to use a player from another one of their teams at the same age level. However, you cannot substitute using the best player from another team. It does not matter if you are missing the best player on your team. You should choose a player in the middle range of talent from the other team.

5th Grade Boys Rules

Basket Height:	10'
Ball:	28.5"
Time:	8-minute quarters. The clock will run continuously except for the time outs, injured players, or the last 2 minutes of each half and such time as called by the referee. During the last 2 minutes of each half, the clock will stop for all violations, fouls, jump balls, etc. In the last 1 minute of the game if a timeout is called during foul shots the clock will not restart until the ball is touched in play.
Half-Time:	3-5 minutes as the schedule permits;
Overtime:	4-minute period that follows second half rules. After the first overtime period, there will be one two-minute "sudden death" overtime period. The first team to score wins. After the "sudden death" two-minute overtime period, the game will be ruled a draw, unless it is a tournament game, additional "sudden death" overtime periods will be played until the game is won;
Time Outs:	60-seconds, 2 per half during regulation play with no carry-over, 1 additional time out for overtime periods;
Free Throws:	15' foul line. Rebounding players will line up above the first block and may enter the lane upon release of the free throw. The shooter and players outside the 3-pt line must wait for the ball to contact the cylinder; clock will run during free throws, except for the last two minutes of the 4 th quarter, unless there is greater than a 15-point lead by one team;
Lane Violation:	3-seconds;
Defense:	Any;
Press Defense:	Any, allowed only in fourth quarter. Not allowed by team ahead by 15 points or more;
Absent Players:	We recognize that there may be circumstances in which teams are short on players and may need to use a player from another one of their teams at the same age level. However, you cannot substitute using the best player from another team. It does not matter if you are missing the best player on your team. You should choose a player in the middle range of talent from the other team

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