

## McALLISTER YOUTH BASKETBALL 2020 LEAGUE RULES

1. Each game will consist of four 8-minute quarters (6 minute quarters for the 6-8 league) with a running clock\*. The clock will stop for free throws, substitutions, and time-outs. Each team will receive 2 time outs per half.
2. Playing time **MUST** be equal.
3. The clock will stop at the 4-minute mark (3 minute for the 6-8 league) for substitutions. All players not currently in the game must substitute at this point. Substitutions will also be made at the quarter break. Any player not substituted for at the 4-minute mark (3), must be substituted for at the quarter break. Substitutions will not be allowed at any other point, unless it is an injury substitution.
4. Teams will play “half-court” man-to-man defense only. Double teaming is not allowed, however, teams will be allowed to use help defense to cover an unguarded offensive player. Once the ball crosses half-court, teams must wait to begin guarding until after the player has crossed the yellow volleyball line. Once the ball crosses that line, teams may guard behind the line if the ball is brought back out. If the whistle blows and the ball needs to be inbounded, it will count as a new possession and teams will need to wait until the ball crosses the line to begin guarding. Teams will play “half court” man-to-man defense only. Double teaming is not allowed, however, teams will be allowed to use help defense to cover an unguarded offensive player.
5. The referee will have sole discretion in the officiating of the game. We do not hire professionals, so please, don't argue.
6. No three-point goals will be counted in either league.
7. In the 6-8 league, the ball may only be stolen during a pass.
8. Free throws will be granted only in the case of a shooting foul or technical. All other violations will result in the ball be taken out of bounds.
9. The referee may explain the violation only after it has been called.
10. The Coaches code of ethics is to be followed at all times.
11. Players, Parents, and Officials are to show good sportsmanship at all times. Poor conduct will result in the removal from the program. Remember, this league is for the children.

\* A running clock is a clock that only stops for time-outs, substitutions, and free throws. The clock will not stop for violations such as non-shooting fouls, traveling, and double-dribbling violations.