

## **Maryland SportsPlex Summer Basketball League Rules**

1. **SAFETY FIRST** - The referees may blow the whistle and stop the game to investigate the condition of a player who might be hurt, at any time, and resume play as soon as reasonable. The safety and well being of our players is always our main concern.
2. Teams must have five players to start the game. Borrow some from the other team if necessary.
3. Playing Time:
  - a. It is required that each team member play at least one full quarter per half, per game.
  - b. No player should play 3 quarters until all other players on his team have played 2 quarters. No player should play 4 quarters until all other players on his team have played 3 quarters. For example, if a team has 6 players, two of their players would have to play all 4 quarters. With 7 or more players, no players would ever be playing more than 3 quarters.
4. All age groups will play 8 minute quarters. Games must be completed in under an hour so half-times and quarter breaks should be kept to a reasonable amount of time to accommodate this (two minutes between quarters; three to five minutes for halftime). Clocks will only be stopped for timeouts, injuries, and shooting fouls EXCEPT in the last minute of the second and fourth quarters where regular rules apply (e.g., the clock stops for all "dead ball" situations).
5. Each team is allowed two timeouts per half, with an additional timeout allowed for each overtime period. Timeouts do not carry over to halves or overtime periods. Timeouts should last for 45 seconds.
6. All age groups will shoot free throws on the seventh team foul of a half. For the 8 year old league, foul shots will be taken from 10 feet.
7. In the case of a tie, there will be a 3-minute overtime period. Coaches may choose any five players for the overtime. If the score remains tied, then the game ends tied.
8. No "four corners" or isolation offense will be allowed in any age group. In the 8U and 10U leagues, teams cannot isolate their best player to create a "one-on-one" situation.
9. In the 8U and 10U age groups, emphasis is placed on the development of skills. In view of this, special rules apply. Neither full court pressure nor guarding in the backcourt is allowed. Man-to-man defense is recommended, but zone defenses are allowed.
10. The defense cannot pickup their man before he crosses half court.
11. In the 12U age group, full court pressure is permitted; however, once a team gains a lead of 10 points or more, it will not be allowed to apply defensive pressure until the offense crosses mid-court.
12. The three point shot will be in effect.
13. In the event a player or a coach is ejected from a game for unsportsmanlike conduct, the player or coach will automatically receive a one game suspension, which can only be appealed to the League Director and MD Sportsplex Officials.
14. The team bench is limited to rostered players and up to a maximum of one head coach and two assistants.
15. Minor modifications can be made to these rules through a consensus agreement of a league's coaches and the League Director prior to each game, or during the season.