



Basketball League Rules

2025-2026 High School Rules will be played, with the following exceptions:

6th grade and below:

Press Rule:

- **If both teams agree prior to the game, then press is allowed.**
- **Only allowed the last 5 minutes of the game.**
- **NO full court press after a basket or dead ball.**
- **Miss FG attempt is not considered a press. Players can pick up after missed FG attempt.**
- **Team up by 15 points or more must retreat to the 3-point line once the other team rebounds the ball.**

Defense Rule:

- **Man to man defense only.**
- **No zone defense.**

No warning needed for either of these two rules – 2 points plus the ball at half court.

1. No shot clocks.
2. 10-minute running clocks – 4 quarters.
3. **At 5 fouls each quarter teams will shoot 2 FT**
4. Clocks stop for the last 10 seconds quarters 1,2 and 3 during FT & last minute of 4th quarter.
 - a. Overtime 1:00 – FT continue from 4th quarter
 - b. 2nd overtime sudden victory.
5. Each player gets 5 fouls.
6. 2-minute half-time.
7. 3-minute minimum warm-up between games:
8. Three **30-second** timeouts per game.

Ball size:

- Boys Grades 2nd-6th will use 28.5” ball.
- Boys Grades 7th-8th will use 29.5” ball.
- Girls Grades 2nd-3rd will use 27.5” ball.
- Girls Grades 4th-8th will use 28.5” ball.

First technical foul on a coach, “seat belt” rule in effect. Second technical on a coach and he/she is ejected from the gym and out for remainder of the day. Two coach ejections will result in suspension from all future events until cleared by Mid-Columbia Hoops Administration. One technical on a player, the player sits on the bench for the remainder of the game. **Officials and Gym Administrators have the right to eject a fan, player, or coach. NO EXCEPTIONS!**

If a fan is removed from a Mid-Columbia event, he/she must leave the entire facility. Is not allowed at any future events until cleared by Mid-Columbia Administration.

Forfeit time – Game time, unless directed otherwise by league administration.

Standings tie-break:

Head-to-Head

Head to Tied Group (more than two teams)

Point difference in Tied Group (max per game is 10 points)

Least number of points against

COACHES...PLEASE INFORM YOUR PARENTS AND ASSISTANTS!

It is the responsibility of the head coach to not only know and understand these rules, but also to convey them to all associates of his/her team.

Admission – Adults \$6, Seniors (65+) and Students (K-12) \$4.

Rosters must be entered online under “Manage Rosters” in your Team Sideline account by 10/14/21.

A player may play for only ONE team for league play.

Players can sign up in divisions above grade level. Girls can play in boys’ divisions of the same age or up.

Mid-Columbia has the final discretion regarding placement of players/teams to provide optimal competitive balance.

Players cannot wear jewelry of any kind during games.

Players cannot switch teams during a season once games have started.

We reserve the right to refuse team/coach/player/spectator entry into Mid-Columbia events.

Each team will be allowed **TWO FREE ENTRIES** per day for the head coach and a scorekeeper **only at the facility in which they are playing**. This is to support all the hosting groups with their costs. Without them there would be no games in the Tri Cities. An assistant may be admitted free in lieu of a scorekeeper, but coaches will then need a volunteer score keeper, who must pay admission.

Please return score sheets to entrance following the game.