

MKL 5th Grade Boys' and Girls' Basketball Rules

General Rules

- Ball Size - 28.5"
- Goal Height - 10"
- Fouls shots (shot from 15' - the "normal" free throw line)
 - 7th Foul - 1 and 1
 - 10th Foul - Double Bonus
- Scoring
 - Made baskets inside the 3-point line are worth 2 points. Made baskets outside the 3-point line are worth 3 points.
- Equal playing time should be one of the primary goals of coaches in the Mid Kansas Recreation League. Coaches are strongly encouraged to work out a pattern of equal playing time for all players in each game. Exceptions are made in the case of disciplinary action, injury, or sickness.
- Sportsmanship by coaches and fans is essential in teaching the desirable values of team sports to players. Coaches should emphasize good sportsmanship and ask the same from fans. Unsportsmanlike conduct by players, fans, and coaches will be addressed.
- Borrowing a player from the other from the same community is allowed if you have 5 or fewer available players for a game. The borrowed player should be limited to shorter stretches of playing time (an exception to the "equal playing time" rule).
- Players will wear clean-bottom, rubber-soled shoes.
- All MKL teams must be part of the recreation department. Recreation Directors will approve team members. Players must play for a team from their community unless approved by a recreation director due to a community not having a team.
- Games will not be postponed or rescheduled except in emergencies or unavoidable conflicts. Notification of conflicts must be made at least one week in advance to the Recreation Director.

Game Rules

- A team must have at least four players to begin the game.
- Game clock will stop only for...
 - All whistles in the last two minutes of the second half if the score is 14 points or less.
 - Throughout the entire overtime period(s).
 - All technical fouls.
 - All time outs (injury, official, team).
 - The game clock will run for all other situations and when a team is winning by 15 or more points.
- Coaches shall remain in the coach's box. Head coaches may stand to coach and address their teams. Otherwise, coaches should remain seated during play.
- Coaches should only address officials, referees, or scorekeepers during stoppages in play.

- Time Keeping
 - Two 16-minute halves with a running clock, excluding the final 2-minutes of the second half (if the scoring margin is 14 points or less). Once a team is winning by 15 or more points, the clock will run even in the final 2-minutes of the game.
 - 5-minute halftime
 - Overtime
 - One 1-minute overtime period will serve as overtime, beginning with a jumpball.
 - If the teams are still tied after the overtime period, an untimed, sudden death period will occur. The first team to score will win.
- A jump ball will start the game and alternate possessions will be used to determine possession thereafter, including to start the second half.
- Timeouts
 - Timeouts are 1-minute long
 - 2 timeouts per half
 - Timeouts cannot be carried over to the second half
 - Only 1 timeout per team for overtime
- Free Throws
 - Shot from 15' (the "normal" free throw line)
 - Shooters must start behind the line, but no free throw violation will be enforced upon crossing the line to shoot.
 - 1-and-1 free throws will go into effect on the 7th team foul.
 - Double bonus (2 free throws) will go into effect on the 10th team foul.
- The defense may not have all five players within the lane. The offense can.
- Offensive players can be inside the lane for only 5 seconds before they must leave the lane.
- Defense
 - Full-court defense (pressing) is only allowed in the second half of the game when the difference in score is 14 points or less. At the moment when a team is winning by 15 points, neither team can press.
 - There is no point in the game where only one team can press and the other can not. Either both teams can press or they both can not.
 - If full-court pressing is not occurring, players should drop back appropriately once a team has secured a defensive rebound. If not, the referees will blow their whistles, call the play dead, and the possession will reset.