

Eastern Maine Basketball League

Game Rules

5th and 6th Grade B Divisions

- Man to man defense only for the entire game. Once the defense secures a rebound and has possession of the ball the other team must retreat past half court in the 1st half. Can only press in the 2nd half and can not press when ahead by more than 10 points. Pressing can involve a double team or zone in the backcourt. Once the press has been beaten in the front court players need to return to man to man.
- Help and recover defense is allowed. Coaches should instruct their kids that if help comes from a teammate the beaten player must, after recovering find the player he/she was originally guarding unless the teammates have switched guarding offensive players.
- Violations of pressing by a team that is ahead by more than 10 points will result in a warning and a technical foul for each subsequent violation. Scorekeepers will need to keep track of warnings. Technical fouls will result in two free throws by the opposing team.
- Players shooting free throws may cross over the free throw line upon the release of their shot.
- Three full and two 30 second timeouts per game will be allowed with one full timeout in each overtime period.
- A 28.5 size ball will be used. Teams must bring their own warm up balls for league and tournament play.
- A regulation game will consist of four 8 minute quarters or two 16 minutes halves at the home team's discretion with 4 minute overtime periods if necessary. Play will be stop time and not running time.
- All players must play (at a minimum) the equivalent of one quarter however in the B division the league recommends up to 2 quarters .
- Games will be officiated by two IAABO officials or officials in training. The league will also allow referees that officiated middle school games in the previous two years even if they are not board certified. If a home team cannot secure qualified referees, the home coach must call the opposing

coach by Friday to give them the option of rescheduling the game or playing with available refs. Failure to notify the away coach may result in a forfeit by the home team.

- All players must have numbered shirts, with legal numbers with 1,2,3,4,5 and 0's being used. No 6,7,8, or 9's in the numbers.
- Halftime will be 5 minutes.
- Forfeits should be recorded 2-0 for the winning team. The League will record all forfeits.
- Games will be reported on website within 48 hours of result at www.embbl.org