

St. John's Boys Basketball
Monday Night League
7th through 9th Grades

1. Games will be played on Mondays at 5:45, 6:50, 7:55 and 9:00.
2. Games will consist of four 8-minute quarters, with a 4-minute halftime. If the games are running behind time, the halftime may be shortened to 2 minutes.
3. There will be two 30 sec. timeouts per team per half with no carryovers. Timeouts must be called by a player on the floor or from the HEAD COACH on the bench. All times outs must be signaled to a referee on the court. No timeouts may be called by signaling to the scorekeeper or timekeeper.
4. If at the end of regulation play, the score is tied, there will be one 4-minute overtime period held. Each team will have one 30 second timeout during this period. No timeouts will be carried over from regulation play. The coach may choose any five eligible players for the overtime period. Substitutes may be made at a timeout only during the overtime period. If at the end of the overtime and the score is still tied; the game will end in a tie.
5. Running clock except for the last 10 seconds of the 1st, 2nd, 3rd period, the last two minutes of the 4th period, and the last minute of overtime.
6. The clock will be stopped for all foul shots.
7. On the fifth (5) team foul, per quarter, the "bonus" two shots will be in effect.
8. Players must raise their hand when called for a foul. Failure to voluntarily raise hand for a foul may result in a technical foul for unsportsmanlike conduct.
9. There will be a jump ball to start the game. The rest of the quarters will start under the alternating possession rules.
10. There will be no ten-point rule for defense in effect. HOWEVER, if it is perceived that a team is running up the score and embarrassing their opponent, the Commissioner will warn the coach once. If the practice continues, a technical foul will be called against the offending coach and the offending team will be directed to playing defense within the three-point line until their lead is cut to 10 points. We will not consider a team to be running up the score until their lead is at 15 points.
11. Substitutes will be allowed only at the four-minute mark, or the closest dead ball to the four-minute mark, during each period. Except a player with four fouls may be substituted for at the time of the fourth foul. That player may re-enter the game only at a regular substitute time at the four-minute mark and the player must re-enter the game at a point such that he will have the opportunity to play the minimum time. Furthermore, a player with four fouls may be substituted for only once in a game prior to playing the minimum time.
12. Ninth graders will play only in the second and fourth quarters. If a team is in a situation where a ninth grader must play in either the first or third quarters, the weakest ninth grader, as determined by both teams' coaches and the commissioner, will play down.
13. All players must wear uniforms provided by St. Johns Basketball Program. No JEWELRY may be worn during games.
14. Non playing players may not leave the bench during play for any reason, except illness. Any player wishing to use the bathroom or get a drink of water may do so during the break at the end of each quarter.
15. Basketball will be canceled if the SNOW EMERGENCY PLAN for Carroll County is in effect. Announcement will be made on WTRR (1470AM) and coaches will be called.
16. With the above exceptions, NFHS high school rules will govern play. Right or wrong, the commissioner will settle and decide upon all rules questioned.

17. This is an instructional league. We ask that coaches and parents keep this in mind at all times. The league operates for the fun and best interests of the players. The commissioner and referees will conduct the games with this simple goal in mind. REFEREES, COACHES AND TABLE STAFF SHALL RECEIVE THE UTMOST OF RESPECT AT ALL TIMES. ALL REFEREES, COACHES AND TABLE STAFF ARE VOLUNTEERS. We do the best we can with the tools provided to us. The players will treat all who make this league happen with the utmost respect. Failure to do so will result in technical fouls, suspension or ejection from the league. Please convey this to the players and parents.
18. Any player playing in another basketball league is not eligible to play in the St. Johns Monday Night League.
19. Any player leaving the league for a full season or more and returning to the league the following season must re-enter through the league draft.
20. A team may not have more than six (6) players of any one grade level.
21. All teams will have one head coach and may have one assistant coach. An assistant coach will be selected by the head coach only after the league draft. During games the only non-players allowed on the bench are the coach and the assistant coach or their substitutes. Only the head coach may talk to the referees at any time. The head coach is the only person authorized to call time out from the bench. Time outs must be called from the referees on the court.
22. All coaches shall remain seated on the team bench unless he/she is the Head Coach and wants to stand at the end of the bench furthest from the opposing team. Under no circumstances shall a head coach be standing directly in front of the scorer's table.
23. If there is an out-of-bounds resulting in a throw-in from the end lines, the player may step in bounds and throw the ball half-court using a baseball throw. This rule applies to St. John's gym only.
24. The above rules can be modified by the Commissioner on an individual basis if, in the Commissioner's opinion, a modification will be benefit to an individual player or players.