



A department of **MPS**

Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

Middle School Girls Basketball

Milwaukee Recreation Youth Sports reserves the right to change rules at any time.

Rules are adapted from the NFHS Basketball Rule Book.

Last Updated: 06/26/25

Section 1 - General League Rules

SPORTSMANSHIP – Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players, and fans should always display leadership and sportsmanship qualities. Any players or coaches ejected from the game by officials/staff for unsportsmanlike conduct will be suspended until their case is reviewed by Milwaukee Recreation. The final disposition of the case will then be made. Sports Coordinators are required to check with the Youth Sports Office before allowing the player or coach in question to continue participation in Youth Sports Activities.

SPECTATORS – Spectators are to be seated opposite the player's bench. All spectators are asked to show good sportsmanship and character and offer only positive reinforcement.

COACHES – Only coaches and players listed on the TEAM ROSTER FORM are allowed in the team bench area. A maximum of three (3) coaches are allowed on the team bench. A coach must be present before a game may start.

FACILITY REMINDERS – Dogs, alcohol, smoking (including E-cigarettes), weapons, and grilling are prohibited during Milwaukee Recreation Youth Sports activities.

JEWELRY – Head decorations, headwear, and jewelry cannot be worn during competitions. This means that rings, wristwatches, hair curlers, combs, beads, earrings, or barrettes cannot be worn while participating in Youth Sports Leagues.

GAME RE-SCHEDULING/CANCELLATIONS – All school sport coordinator, coaches, or applicable staff will be notified of any reschedule games or game cancellations via email. Revised schedules will be posted on the Milwaukee Recreation Website: www.mkerec.net/YouthSports.

WEATHER HOTLINE – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8:00 AM on Saturdays and 1:00 PM on weekdays when inclement weather is expected. The hotline is available in English and Spanish. Coaches are responsible for informing players and their families of the weather hotline number.



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ROSTERS (UPDATED) – A copy of the team’s roster must be submitted to the Youth Sports Office using the online submission link prior to the deadline given by the Youth Sports Office at the seasonal Sports Coordinator meeting (Usually one (1) week prior to the team’s first scheduled game). ***Teams may only submit one (1) updated roster prior to the secondary roster deadline given at the seasonal Sports Coordinator meeting. Any additional updated rosters will not be accepted.*** There is no roster limit, however only fifteen (15) medals and/or awards will be given. Extra medals and/or awards are available for purchase from the MKE REC Youth Sports Office.

ONE TEAM, PER SPORT, PER SEASON – Athletes are permitted to play multiple sports per season by cannot play on more than one team in the same sports during the same season.

Exception: Athletes are only permitted to play on one (1) basketball team per academic year.

COED LEAGUE RULES – The term “COED” refers to the fact that both boys and girls are eligible to play on the same team. It is possible that teams will have varying numbers of boys or girls, but no special “coed rules” will apply. Teams made of one gender are allowed in the COED league.

FORFEITS (UPDATED) – The Youth Sports Office must be notified in advance of all forfeit contests. Notification must be delivered to youthsports@mkerec.net at least 36-hours prior to scheduled game start time. ***Teams that forfeit will be charged a \$50.00 fee per occurrence.*** See the Youth Sports Website and Opportunity Handbook for a list of forfeit situations.

PROTEST – Judgement calls made by the game officials are not eligible for protest and/or appeal. Protest on rule enforcement must be filed in writing with the Youth Sports Office with 48-hours following the incident. Protest on athlete eligibility may be filed any time during the regular season. Submit rules enforcement and athlete eligibility protest via email to youthsports@mkerec.net.

TIE-BREAKER PROCEDURES (TROPHY SPORTS ONLY) – The Youth Sports Office will have full discretion determining the position and placement of all teams. Tie-break procedures are available online at www.mkerec.net/YouthSports.

LEAGUE CHAMPIONS (TROPHY SPORTS ONLY) - League Champions can be determined one of three ways.

- A. **Tournament** - A season ending tournament in which a championship game is played. The winner of the tournament will receive the league trophies regardless of their regular season record.
- B. **Position Day** - the number 1 and number 2 teams in the league standings will compete in a single game at the end of the season to determine the league champion. League record will not prevail as the determining factor, the single match up will.
- C. **Season Record** - Best overall season record in league play will determine the league champion.



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YOUTH SPORTS OPPORTUNITY HANDBOOK – The current version of the Youth Sports Opportunity Handbook is available at www.mkerec.net/YouthSports. All sports coaches and sports coordinators are responsible for familiarizing yourself with the rules, regulations, procedures, and policies governing the Milwaukee Recreation Youth Sports Programs.

Section 2 – Before the Game

Article 1 – Rules are adapted from the NFHS Basketball Rule Book and may be changed by the Youth Sports Office at any time to improve the safety and understanding of the game.

Article 2 – Eligibility:

- A. Age/Grade Limits – Students may not exceed the age/grade limits as listed below. Age is determined as of September 1 of the current school year. Middle School Girls Basketball is only offered to students enrolled in 6th, 7th, and 8th grade at the beginning of the Fall season. Elementary (1st-5th Grade) students are **NOT** eligible for participation in Middle School Girls Basketball.
- 12 years old and under/6th grade maximum
13 years old and under/7th grade maximum
15 years old and under/8th grade maximum
- B. School Suspensions – Any student suspended from school must be reinstated prior to the close of school on the Friday before their next scheduled game to be eligible.
- C. Grade Point Average (GPA) – Schools using the standards-based report card please use published requirements for eligibility.
1. A student must have a minimum 2.0 GPA in their previous mark period report card in order to participate unless the school standard is higher, in which case the school GPA requirement would prevail.
 2. Middle School athletic eligibility is determined by report card mark period GPA only; there are no provisions for recertification in the program.
 3. Once a student is ineligible they must wait until the next report card is published to regain eligibility.
- D. Fall Girls Basketball ***NEW*** – Any student that participated in the Milwaukee Recreation Fall Girls Basketball league may **NOT** participate in any winter basketball league hosted by the Youth Sports Office.



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Article 3 – Players: In order to avoid a forfeit, a team may start with four (4) players. Additional players who arrive late may enter the game at the first opportunity to substitute. One (1) technical foul will be assessed if any names need to be added to the score sheet after the game begins, regardless of the number of names or the number of times names are added. Team must play with five (5) players, if available.

- A. Player Sign-In – All players are required to personally sign in with their **FULL NAME** prior to the start of the game on the team roster. Coaches should **NOT** sign players in.
- B. Playing Time **(UPDATED)** – It is mandatory that all players who suit up for the game play equivalent of one quarter (8 Minutes) of the game or the game will be forfeited. ***Please notify the scorekeeper of any players that will be sitting out due to personal or disciplinary reasons, so that a note can be made on the scoresheet.***
- C. Substitutions – A player must first report to the scorekeeper and then to the wait for the official to signal them into the game.
- D. Uniforms **(UPDATED)** – Teams are required to wear matching jerseys, gym shorts, and gym shoes. Jersey numbers are required, but shorts do not need to match the jersey tops. Shoes must be clean and non-marking. ***If players decide to wear undershirts, they must follow these standards – All undershirts must be a single solid color similar to the torso of the jersey, have the same sleeve length (if they have sleeves), have no frayed or ragged edges, and one small visible logo (Nike, Adidas, etc.). Visiting teams have the option to wear a single solid color or black if they are unable to find undershirts that are similar to their uniform colors. If there is a player whose undershirt does not meet these standards, in order to participate in the game, they must remove the current undershirt or change into an undershirt that is accepted.***
- E. Pinnies – Visiting teams are required to wear pinnies in the event both teams are wearing the same or similar colors, and their jerseys are not reversible.
- F. Warm-up Balls – MKE REC will not provide warm-up basketballs for teams.
- G. Post-Game – Post game hand shaking will occur at the discretion of each coach. Opposing coaches and players that choose not to shake hands, should wave at one another from their respective bench areas, as a non-physical way to demonstrate sportsmanship at the end of the game.

Article 4 – Officials:

- A. All game officials are contracted through Ref Call Something, LLC (Mike Moore).
- B. All WIAA Basketball playing rules will apply to all leagues except where noted.



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- C. All Officials will be WIAA Certified.
- D. All Officials will be trained and hired by MKE REC.
- E. The official's decisions on point of fact connected with the game shall be final.
- F. All rule infractions shall be briefly explained to the offending player as needed.
- G. The game official can stop, suspend, or abandon the match because of outside interference of any kind.

Article 5 – Coaches: *(UPDATED)*

- A. A coach or other responsible adult must be present before a game may start.
- B. Coaches, and players not actively participating in the game, shall remain in the designated team bench area at all times. Players should remain seated at all times.*
- C. Only one coach (Preferably the Head Coach) may stand in the designated coaches box area (See gym floor – Lines are different in each gym) to coach but if a technical foul is charged directly to the coach, he/she must remain seated the remainder for the game.*
- D. If a coach, team member, team attendant, or team follower is assessed two (2) technical fouls for any unsportsmanlike conduct, they will be automatically ejected from the game and gym.*
- E. If a coach is ejected from the game, they must choose a responsible adult to coach the team for the remainder of the game.*

Section 3 – The Game

Article 1 – Game Ball Size: If the listed basketball below is not available, a similar style and sized basketball will be used.

- 1. 6th-8th Grade uses a ***The Rock Basketball (Size 28.5)***

Article 2 – Goal (Hoop) Size:

- 2. 6th-8th grade leagues: **10 Feet in Height**

Article 3 – Timing:

- A. Teams must be ready to play within five (5) minutes after scheduled time for the first game. If a team is not ready to play within this time limit, a forfeit will be declared. Once a forfeit has been declared, teams will still be given the opportunity to scrimmage if desired. The scrimmage will consist of two 10-minute halves and will be officiated by the officials scheduled for the game that was initially scheduled. Score will not be taken.
- B. All league games will be four (4) eight (8) minute quarters. Half-time will be five (5) minutes.



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- C. The clock will stop for time-outs and reporting technical fouls to score table and to both teams. The clock will stop during the last one (1) of each quarter for all violations.
- D. There will be three (3) full time-outs per regulation game. There will be one (1) full time-out for each overtime period. Time-outs are not cumulative and do not carry over to the overtime period(s).
- E. **Overtime:** In case of a tie at the end of regulation, there will be a three-minute overtime period. If the score is still tied, there will be a two-minute overtime. If the score is still tied, a sudden death overtime will be player with the first team to score wins the game. The full court press will be allowed in all overtime periods.
- F. The ten (10) Second backcourt violation and over and back rules will be enforced.
- G. Three (3) seconds in the lane will be enforced.
- H. No dunking is permitted.

Article 4 – Scoring: Scoring will not be displayed on the scoreboard after a team has a lead of **thirty (30) points**. Should the point differential drop below 20 points the scorekeeper will resume displaying the score on the scoreboard.

Article 5 – Getting Started:

- A. Five (5) minutes prior to the start of each game there will be a mandatory **pre-game coaches meeting** with the basketball official(s) at center court. Coaches have the option of electing a captain for meeting. At this meeting, the official(s) will introduce themselves and give reminders of select rules.

Article 6 – Press Rule:

- A. Teams may play a press defense until there is a 20-point differential. At that time, the team ahead must cease to press until the differential lowers to 15 points.
- B. Team may play any type of defense once the ball is brought across the division line (half-court line) by their opponent. The press rule takes effect once a team has clearly established possession.
- C. If a team violates the press rule, it will be warned once each half. Repeated violation shall result in a technical foul being assessed to the team.

Article 4 – Personal/Technical Foul:

- A. On the 7th team foul, a bonus free-throw will be awarded to the other team for additional fouls.



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- B. Beginning with the 10th team foul the other team will be awarded two free throws for each common foul.
- C. Technical fouls issued because of an illegal jersey or number are not counted as one of the five (5) fouls toward a player's disqualification nor one of the seven (7) fouls to reach the bonus situation. All other technical fouls assessed to an individual will count towards the player's five (5) fouls for disqualification and/ or toward a team's seven (7) fouls for bonus purposes, according the official rules.
- D. Coaches who do not have player name in the scorebook filled out properly will be penalized a technical foul and in accordance with the official rules.
- E. Coaches may stand to coach but if a technical foul is charged directly to the coach, he/she must remain seated the remained for the game.
- F. If coach, team member, team attendant, or team follower who is assessed two (2) technical fouls for any unsportsmanlike conduct is automatically ejected from the game and gym. This only applies to unsportsmanlike fouls.
- G. If a coach is ejected from the game, they must choose a responsible adult to coach the team for the remainder of the game.
- H. Any technical fouls assessed against a disqualified player shall also be charged to the offender(s) but NOT to the coach or manager unless they also are guilty of the infraction committed.
- I. Ordinary technical fouls for Unsportsmanlike Conduct, Delay of Game, Dunking, etc. will result in an award of 2 points plus possession for the opposing team.