

MCAA

MILILANI COMMUNITY ATHLETIC ASSOCIATION

Rules for 11-12 and 13-16 Division

(revised Dec. 2019)

The MCAA has adopted the Nat'l Fed. Basketball rules with the following local rules and exceptions added.

SCORING: Standard scoring. *If the score differential reaches 30 points at any time the score portion of the scoreboard will be shut off for the remainder of the game. The game will continue to be played until all 5 periods are completed.*

PLAYING TIME AND DETAILS:

PERIODS	PERIOD LENGTH	BASKET HEIGHT	BALL SIZE
Five	8:00 minute periods	10-feet	Regulation men's (29.5")

All games will use a running clock with the clock being stopped only during time-outs and the last two minutes of the 5th Period on all dead ball situations. No stop time in 5th period if score differential is 20 points or more. If a time-out is called during a shooting foul when the game is in running clock mode, the clock will be stopped. The clock will be started again when the referee hands the ball to the shooter when the teams return to the court. There will be 3 minutes of rest time (halftime) between the 2nd and 3rd period. There will be no break between all other periods except to substitute players.

OVERTIME: The overtime period will be three (3) minutes in duration. The first two (2) minutes will be running time with the clock being stopped only during time outs. The final minute of overtime, the clock will stop on all dead ball situation as well as timeouts. Only one timeout per team will be allowed during overtime. If the game is still tied after one over time period, the game will end in a tie.

DEFENSE & FULL COURT PRESSING: *For the first 4-periods, no half court zone defense will be allowed. All teams must play man to man defense.* For the fifth (5th) period any defensive strategy may be used. Full court zone pressing is allowed at any time, however, once the ball crosses half court, teams must use reasonable efforts to play man to man defense (in the first four quarters). Teams that have a lead of 20 or more points, may not full court press until the lead is less than 20 points. Failure to comply with this – at the discretion of the referee – will result in a team technical foul (after one warning).

PLAYER PARTICIPATION: Every player must play one (1) full period in each half of the game (first four periods). Each player starting a period will finish that same period. There will be no substitutions in the first four periods, except for injury or more than ten team members present. In the fifth period, free substitution is allowed. Non-compliance with this rule may result in forfeiture of the game at the discretion of the league officials. Teams with (11) eleven players cannot sit the same two players for a period in each half. Four players must be rotated in this situation. No player can play all 4 first periods.

PLAYER SUBSTITUTIONS: Any player preparing to substitute must be in position in front of the scorer's table prior to any stop of play and must wait to be called in by the referees. Once called by the referee the player must run in and the substituted player must run out of the playing court. This is not an opportunity for the coach to stop play and instruct. It is not a time out.

LESS THAN TEN PLAYERS: Teams with LESS THAN ten players must play TWO different players per available quarter per half using total of four players to replace the missing player's time periods. Players

must check in with the scorekeepers before entering the game. Substitution will be on the fly. If more than two or more players are missing coaches will adjust accordingly ensuring all players participate in a vacated quarter. If a player is kept from participating in a game or any part of a game for disciplinary action, injury, or illness the "less than ten" rule will apply. That player's coach must notify the referee, scorekeeper, the opposing coach and the player's parents before the game begins with the reason for that player not playing. The scorekeeper will annotate this in the scorebook. Failure to report this will result in a technical foul, regardless of the reason.

COACHING: Coaches will uphold the Coaches Code of Conduct as set forth by the MCAA and are responsible for controlling the action of their players and supporters. The first violation of the Code of Conduct by a coach will result in a warning. Any further violation of the Code of Conduct will result in a forfeiture of that game and/or termination from future participation in the MCAA. Coaches must remain seated on the team bench during gameplay or a technical foul will be assessed. Only two coaches are allowed on the bench with players. If a coach is expelled from the league MCAA will find a replacement.

TIMEOUTS: Each team will be allowed three (3) time-outs per regulation time play. Unused time outs cannot be carried over to overtime. Requests for timeouts should be directed to referees only and may be requested by coach or player. Time outs will be 45 seconds only with a warning buzz at 30 seconds. Teams must be ready to play when the buzzer is sounded. If there needs to be a second buzzer sounded, then a warning will be given to the team violating the allotted time for the time out. Further violations of this allotted time will result in a violation thus turning the ball over to the opposing team.

UNIFORMS: A uniform shirt and shorts are provided and must be used. All shirts will be worn tucked into the player's shorts. Uniforms must not be altered in any way. Coaches must inform players they will not be allowed to play if the uniform is altered. Any player not in proper uniform will not be allowed to participate.

FREE THROW BONUS: In each half, teams will shoot a one & one bonus free throw on the opponents 7th team foul and two (2) bonus free throws on the opponents 10th team foul.

FOULS: Each player will be allotted five (5) personal fouls. If any player commits 1 technical foul in a game, that player will be removed from the game and not be allowed to play in the next game. If any coach commits 1 technical foul in a game, that coach will be asked to leave the gym and will be suspended from the next game as well. A player's technical foul also counts against the coach and will be the same as if the coach commits the tech. These technicals are bad conduct related.

PROTESTS: All protests must be made in writing to the League Board of Directors with all supporting documents and statements within two (2) days of the incident.

INJURIES: In the event of an injury to a player during practice or a game, the coach needs to complete a report and submit it to the MCAA board member within three (3) days of the incident. The report should include: 1) the date of the incident; 2) the players name; 3) the type of injury; 4) description of what led to the injury; 5) the procedures that were followed; and 6) the coach's signature.

TAUNTING: There will be no taunting of players. Any taunting will result in a technical foul and/or ejection from the game. There will be no profanity. The use of profanity will result in a warning and/or ejection from the game.

DUNKING: No dunking or hanging on the rim is allowed at any time. Any player who violates this rule will be assessed a two shot technical foul and disqualified for the remainder of the game AND will be suspended from the next game. Any subsequent violation will result in banishment for the remainder of the season. This rule applies during the game as well as during warm-ups.

PARENTS / SPECTATOR CONDUCT: All coaches are responsible for the actions of the player's parent(s) and their team's fans. If a parent or spectator, in the judgment of the referee, the scorekeepers, or any league official, is being overly abusive toward the players or referees, the coach will be notified and will be asked to talk to the individual and try to calm them down. If the individual(s) continues to be abusive, then they will be asked to leave the gym. If the individuals refuse, the game will be stopped, and the offending team will forfeit the game.

Any recurrence of abuse by the same individual(s) will result in that individual(s) being barred from the gym. REMEMBER - this league is for the kids!

Let's make it fun for the KIDS...