

MCAA
MILILANI COMMUNITY ATHLETIC ASSOCIATION
Rules for 11-12 Division
(Revised September 2024)

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 disqualification. 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. For teams with less than 10 players, please see Substitution Cheat Sheet for more information and details. 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.

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.

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 possible 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. No earrings, bracelets, or jewelry may be worn during game play. Coaches must inform players they will not be allowed to play if the uniform is altered. *At the discretion of the referee, any player not in proper uniform may not be allowed to participate. If allowed to play, a 2-shot technical foul shall be assessed, in the beginning of the game (for each infraction).*

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. The 5th period is included in the second half of the game.

FOULS: Each player will be allotted five (5) personal fouls before disqualification. *Players and coaches are highly discouraged from any actions or behaviors that result in a technical foul.* If any player or coach commits two technical fouls in a game, that player or coach will be disqualified from the game and subject to further investigation and consequences from MCAA. Referees are not obligated to warn players/coaches prior to assessing a technical foul. Technical fouls will result in 2 foul shots and possession of the ball. A technical foul assessed to a player will also count as a personal foul.

FIGHTING AND FLAGRANT FOULS:

Any fighting by a player or coach, at discretion of the referee(s), will result in an automatic ejection of those involved, possible suspension of games, and/or a permanent ban from the league.

At the discretion of the referee(s), there are two types of Flagrant Fouls.

- Flagrant 1: Defined as 'unnecessary contact' and will result in two foul shots and possession of the ball by the team that was fouled.
 - o A player receiving two FF1 fouls in the same game will be ejected from the game and subject to board review for further discipline.
- Flagrant 2: Defined as 'unnecessary and excessive contact' and will result two foul shots & possession of the ball by the team that was fouled.
 - o A player committing the FF2 foul will be immediately ejected and subject to further discipline by the league.

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, BACKBOARD TOUCHING & GOAL TENDING: 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. Please inform your players that the backboard should not be touched (on offense or defense, purposely or inadvertently). This is a Mililani District Park rule, and any violation will result in a technical foul. Goaltending is not allowed and will be enforced.

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 or any league official, is being overly abusive toward the players, referees, or scorekeepers, 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!