

MCAA

MILILANI COMMUNITY ATHLETIC ASSOCIATION

Rules for 7-8 Division

(revised Sept 2024)

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

SCORING: The scoreboard will not reflect any scoring. Only game time will be kept.

PLAYING TIME AND DETAILS:

PERIODS	PERIOD LENGTH	BASKET HEIGHT	BALL SIZE
Six	6:00 minute periods	8-feet	27.5"

All games will use a running clock with the clock being stopped only during time-outs. 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. The game will consist of 2 halves of 3 periods each. There will be a 3-minute break after the 3rd period. There will be no break between all other periods except to substitute three new players.

DEFENSE: No zone defense is allowed. Teams must play man-to-man defense. No full court pressure will be allowed after made baskets or missed shots. Players will be encouraged to retreat to play defense.

PLAYER PARTICIPATION: Each team will play 3 players per period. Every player must play one (1) full period in each half of the game. Each player starting a period will finish that same period. No substitutions allowed except for injuries and disqualifications. For teams with less than 9 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 nine" substitution rules 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.

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 the game or a technical foul will be assessed. Only two coaches allowed on the bench with players.

TIMEOUTS: Each team will be allowed two (2) time-outs per regulation time play. 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.

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.

SHOOTING FOULS AND BONUS: There will be no free-throw shooting fouls given in the 7-8 division. If a player is fouled upon shooting a basket and misses the basket, the play will stop and the shooting team will regain possession of the ball at the nearest boundary area where the foul occurred. If a player is fouled upon shooting a basket and makes the basket, play will continue by the opposing team gaining possession from out of bounds. The bonus rule will not be implemented in the 7-8 division.

FOULS: Personal fouls will not be recorded for players in the 7-8 division. However, if a player continues to commit constant fouls, the referee will ask the coach to take the player out of the game. Safety of all players will be priority. *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 foul in a game, that player or coach will be disqualified from the game and subject to further investigation and consequences from MCAA.

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 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 in possession of the ball by the team that was fouled.
 - o A player committing a 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.*

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!