

MCAA

MILILANI COMMUNITY ATHLETIC ASSOCIATION

Rules for 9-10 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 with no three-point field goals. *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 6 periods are completed.*

PLAYING TIME AND DETAILS

PERIODS	PERIOD LENGTH	BASKET HEIGHT	BALL SIZE
Six	6:00 minute periods	10-feet	28.5"

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.

OVERTIME: There will be no overtime periods for this division (games can/will end in ties).

DEFENSE: No zone defense is allowed. Teams must play man-to-man defense.

FULL COURT PRESSURE: If a team attains a 10-point lead, full court defensive pressure *will not* be allowed. When the lead drops to less than 10-points this restriction will be removed. If the leading team continues to full court press, the referee will stop play to remind the team and coach, and possession will restart from the nearest boundary line.

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. The scorekeeper will annotate this in the scorebook.

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 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. If allowed to play, a 2-shot technical foul shall be assessed, in the beginning of the game (for each infraction).

SHOOTING FOULS AND BONUS: All shooting fouls where the shot attempt is missed will result in 1-point and one foul shot. All shooting fouls where the shot is made will result in the 2-point basket being counted and an automatic 1-point (no "and one" free throw). In each half, teams will shoot a one & one bonus free throw on the opponents 7th team foul. There will be no double bonus on the opponents 10th team foul.

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 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!**