

2024 MYAS REC STATE BASKETBALL CHAMPIONSHIPS

PLAYING RULES & POINTS OF EMPHASIS



Revised 3/12

National Federation of State High School Associations rules will apply to the MYAS Rec State Championships, with the following modifications.

Team Eligibility: The Rec State Basketball Championship is held for teams that participate in a park and recreation, community education or in-house program. Team rosters must be composed of players from the same league during the 2023-24 basketball season. Players must reside or attend school within the jurisdiction of the league's drawing area. Coaches are **not** allowed to pick up players from other teams that participate in a league outside of their community park and recreation program. **Boys may play on boys' teams and only girls may play on girls' or boy's teams. Girls may not play on a boys' team and a girls' team in the tournament. Players will be disqualified from the tournament if discovered playing on a boys' team and a girls' team.**

The scorekeeper for each team is required to assist with administration of the game. One person is responsible for operating the score clock while the other person keeps the official MYAS score sheet during the game at the scorer's table.

Home Team- Listed on the top of the bracket, will wear light jerseys, and their scorekeeper is responsible for operating the score clock.

Visiting Team- Listed on the bottom of the bracket, will wear dark jerseys, and scorekeeper is responsible for keeping the official MYAS scoresheet during the game.

1. Timing Factors

- All grades will play 20-minute, running time halves with stop-time the last two-minutes of second half.
- Halftime will be three minutes. **NOTE:** The Tournament Director has the authority to adjust the length of the halftime if necessary.
- Time outs are limited to three 60-second time outs per game.
- Overtime periods will be a continuous series of complete two-minute, stop-time overtime periods until the tie is broken. Each team will be awarded one time out for each overtime period with no carryover of unused timeouts. There will be a 60-second intermission between overtime periods.
- Grace Period:** Each team will be given a 10-minute grace period for their **first** game of the tournament. After a team's first game, game time is starting time.
- A game should not begin earlier than the posted game time AND both teams must agree on an earlier start time if opportunity exists.** Be respectful of the limited fans planning to arrive to games as well as the posted game time. Teams & Spectators are allowed into the facility no earlier than 10 minutes prior to game time.

2. Equipment

- Free throws, ball size and basket height

Free throw shooters may **not** cross the free throw line until the ball hits the rim.

Grades	Free Throws	Ball Size - Boys	Ball Size - Girls	Basket Height
2/3	12 Feet	27.5	27.5	9 Feet
4-6	15 Feet	28.5	28.5	10 Feet
7-11/12	15 Feet	29.5	28.5	10 Feet

- Uniforms:** Jersey tops must be of identical color, and it is recommended they be numbered on the front **and** back. The following numbers are recommended: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54 and 55. A team may **not** have both numbers 0 and 00. Teams are encouraged to bring two sets of jerseys, if available.

(Playing Rules continued)

- c. Teams are responsible for providing their own first aid and sanitizing supplies.
- d. All jewelry must be removed **prior to** stepping onto the court. Players are **not** allowed to tape over any kind of jewelry (earrings, bracelets, necklaces, etc.).

3. Playing Rules

- a. **Free Throws:** Bonus shots will be awarded on the seventh team foul; double bonus on the tenth team foul each half.
- b. **Technical Fouls:** Two points and the ball will be awarded to the opposing team (do **not** shoot free throws on technical fouls).
- c. **Defense/Pressing/Team Personal:**

Grades	Half-Court Defense	Full-Court Defense	Team Personnel
2/3	Person-to-Person Only	Not Allowed	5 on 5
4	Person-to-Person Only	Not Allowed	5 on 5
5	Person-to-Person Only	Person-to-Person Only	5 on 5
6-11/12	No Restrictions	No Restrictions	5 on 5

Penalty: After the first warning, the penalty for each violation of this rule will be a technical foul.

Exception: **NO** teams may use a full-court press if they are ahead of their opponent by 20+ points.

Running Time:

2nd/3rd Grade: If a team is ahead by 15+ points with two minutes or less remaining in the second half, the remainder of the game will be played under running time. After a time out, the clock will start when the ball is touched by any player inbounds.

4th- 11th/12th Grade: If a team is ahead by 20+ points with seven minutes or less remaining in the second half, the remainder of the game will be played under running time. After a time out, the clock will start when the ball is touched by any player inbounds.

- d. **FORFEIT POLICY: FORFEIT POLICY:** Please make every effort to get to your games. Forfeiting a game in any MYAS basketball event will place your team on probation and there will be a \$200 fine assessed. This fine **MUST** be submitted to the on-site coordinator or the MYAS office prior to your next scheduled game. Forfeiting a second game will automatically **SUSPEND** your team (including all coaches and rostered players) for the remainder of the season and from any subsequent MYAS events for a period of one calendar year. There will be an additional \$200 fine for **EACH** forfeit. **GET TO YOUR GAMES!**
- e. **MYAS/Youth 1st Conduct Policy:** *Any player, coach, or spectator who violates the posted **Youth 1st Environment** before, during or after a contest, **WILL forfeit their team's opportunity to continue participation in the tournament/event AND the actions may result in a temporary or permanent banishment from any MYAS sponsored events. The on-site Protest Committee reserves the right to uphold this policy.*** All disciplinary action will be sent to the Youth 1st Alliance - Conduct Review Committee, an independent group for review and recommendations at the completion of the tournament. Notification of any disciplinary action may also be shared with other Minnesota event operators.
- f. **Ejection Policy:** Any player, coach or spectator who has been ejected from a contest is declared to be ineligible for the remainder of that contest **AND** the next scheduled contest. Any player, coach or spectator ejected for **flagrant unsportsmanlike conduct** will be ejected for the remainder of the entire competition and may be subject to additional disciplinary action(s). Some examples of "flagrant unsportsmanlike conduct" include, but are not limited to fighting, repeated verbal abuse, intentional actions that inflict or intend to inflict bodily harm, cheating (such as use of a declared ineligible player or coach), repeated use of profane language, etc.

The Protest Committee may review a disqualification only if the situation merits further consideration. Any ruling by the Protest Committee is final. Furthermore, any person ejected from a contest must leave the vicinity (**out of sight and sound**) of the playing area immediately and is prohibited from any further contact (**direct or indirect**) with the team until such time that the suspension has been lifted. Failure to comply with the rules of ejection may result in **game forfeiture**.

NFHS MISUNDERSTOOD RULES

RULE 3. PLAYERS, SUBSTITUTES and EQUIPMENT

SECTION 5 TEAM MEMBER'S EQUIPMENT, APPAREL (NFHS Basketball Rules Book page 25-26)

ART. 1...The referee shall not permit any team member to wear equipment or apparel which, in his/her judgment, is dangerous or confusing to other players or is not appropriate.

Note: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extending circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

ART. 2...Guards, casts and braces must meet the following guidelines:

- a. A guard cast or brace of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic or metal shall not be worn on the elbow, hand, finger/thumb, wrist or forearm; even though covered with soft padding.
- b. Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder must be padded with a closed-cell, slow recovery foam padding no less than ½" thick.
- c. Knee and ankle braces which are unaltered from manufacturer's original design/production are permitted and do not require any additional padding/covering nor do braces need to meet the color restrictions.

NOTE: A brace is defined as anything worn for medical purposes to increase stability. In general, it is made of neoprene or elastic knit with an insert embedded to support the joint. It may or may not have a hinge and/or straps or an opening over the kneecap.

- d. A protective face mask may be worn and made of hard material but must be worn molded to the face with no protrusions.
- e. Must be worn for medical reasons.

ART. 3 Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible (NFHS Basketball Rules Book page 27).

SECTION 5 BASKET, CHOICE (NFHS Basketball Rules Book page 28-29)

ART. 4If by mistake the officials permit a team to go the wrong direction, when discovered all points scored, fouls committed, and time consumed shall count as if each team had gone the proper direction. Play shall resume with each team going the proper direction based on bench location.