



2023 Modified MYBA Game Play Rules

Team Jerseys—The following is taken from the National Federation of State High School Associations Basketball Rules Book: "Team jerseys shall include the team member's number, which shall be at least 6 inches high on the back and at least 4 inches high on the front and not less than $\frac{3}{4}$ inch in width excluding the border.....Each team member shall be numbered on the front and back of the team jersey with plain Arabic numerals. The following numbers are legal: 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, 55. A player's jersey **MUST NOT** contain a 6,7,8 or 9 in numbering. A team member list **shall not** have both numbers 0 and 00...." The penalty for a team being in violation of this rule is one technical foul direct to the head coach. Which means if a team has a player wearing a #8 for instance, the game would begin with technical foul free-throws and the coach would also lose the coaching box for the game. This is also the same if a team has numbers on the back but not the front. This would not include, however, if a player forgets his jersey. That player can wear a plain t-shirt and be called #0 or #00.

The time clock shall stop during all *shooting fouls* and timeouts. However, the referee may stop the clock when any inordinate delay occurs when returning the ball to play. During the final minute of each quarter/half and any overtime period the clock shall stop for all out of bounds, violations and both shooting and non-shooting fouls.

The clock shall run during all non-shooting fouls and violations.

The clock shall stop during all time-outs, substitutions, and at the end of each quarter. Substitutions must be made in a prompt fashion. Coaches are not allowed on the floor during substitutions, except for the U10 (3rd /4TH Grade) age group.

For the U10 (3rd/4th Grade) age group, the game shall consist of four (4) eight (8) minute quarters.

For the U12 and up age groups, games shall consist of two 16 minute halves with five minutes between halves and 1 minute overtime periods.

The referee may shorten halftime by not more than two minutes, in order to keep games on schedule.

Each team shall have One 60 second time-out and two 30 second time-outs per game. Each team will receive 1-60-second time-out will be given for each overtime period. NO carryover

When a game is tied at the end of regulation play, a maximum of one, three-minute overtime period shall be played without change of baskets. A Jump Ball shall determine possession at the beginning of any overtime period. If the game is still tied at the end of overtime, the next period will be sudden death, as the first team to score shall win the game.

Overtime periods shall be considered as an extension of the fourth period in regard to fouls.

If a three-point circle is properly marked on the court at both ends, three point shots shall be awarded. If a three-point circle is not present on the court, three point shots shall not be awarded.

During a game when a team is ahead by 15 points or more, the team in the lead may not press. Game officials shall warn the coach upon the initial violation. Any further violations may result in a two shot technical foul being assessed against the team involved.***3RD/4TH Teams shall receive at least 2 warnings before a violation is called, at the officials discretion.***

This technical is a TEAM technical foul and is not assessed as a direct nor indirect to the head coach. Therefore, the coaching box privilege is not forfeited. Coaches are requested to do their best to not "run up the score" when ahead by a large margin.

Running clock rule – If a team has a 20 point lead at anytime in the 2nd half; game clock will continue to run unless a time out is called. The running clock will only be in place when the score difference remains 20 points or greater.

The National Federation of State High School Association Rules of Basketball shall control play unless otherwise modified herein.

All play shall be with baskets set at ten feet above the floor.

Teams must have a minimum of five players present to start a game. There will be a 10 minute grace period. If team/teams do not have 5 players at game time, scorer puts 10 minutes on clock and starts it. If within the 10 minutes, each team has 5 of players that are on their roster then the game will begin. Two 10 minute halves, with regular rules will begin at that time. After the 2 halves are completed the game shall be deemed complete. After the 10 minute grace period expires - game declared forfeit.

For liability issues, officials are NOT permitted to officiate forfeited games or scrimmages.

Once a game has started, either team may play with fewer than 5 players.

A "Jump Ball" shall determine the initial direction and possession of the ball. Possession shall alternate for a Held Ball, at the beginning of each quarter/half, and during any overtime period. Direction shall alternate at the beginning of the quarter/half. Possession at the beginning of any overtime period shall be determined by a "Jump Ball".

The head coach and only those players on the floor deemed a 'Team Captain" and in the game shall be permitted to call a time-out. Teams may call a time-out only when in actual possession of the ball or during a stoppage of play prior to the opposing team's possession of the ball.

The referee may call an "Official Time-out" at any time, which shall not be charged to either team. Coaches may substitute during an "Official Time-out" but may not call their team over to the bench nor enter the playing area.

Players entering a game shall check in at the Scorer's table and shall not enter the game until the referee so indicates.

Ten seconds are allowed to bring the ball across the mid-court line. The player bringing the ball up court must have both feet across the mid-court line or must pass the ball to a player with both feet across the mid-court line in ten seconds or less.

A backcourt violation shall be called when the offensive player controlling the ball has crossed the mid-court line with both feet and the ball and then retreats back across the mid-court line by placing the ball or any part of the body on the floor on the mid-court line or in the backcourt area. There is no backcourt violation on a throw in.

A change of possession shall be called when the offensive player controlling the ball is prevented from passing or dribbling the ball for a period of more than 5 seconds by the defensive player located within 3 feet of the offensive player with the ball. This rule shall be liberally applied keeping in mind the ages of the players involved.

As a result of the referee's possession call, possession of the ball shall alternate between teams as determined by a "Possession Arrow" maintained at the Scorer's table. The "Possession Arrow" shall indicate the direction of the next possession. The team gaining possession shall inbound the ball from the closest sideline or baseline to where the possession call occurred.

Any player accumulating five personal fouls during a game, including all overtime periods shall be required to withdraw from the game.

A team accumulating seven or more team fouls in any half shall be in the "1 and 1" or bonus free throw situation. A team accumulating ten or more team fouls in any half shall be in a two shot bonus free throw situation.

Technical fouls count as personal and team fouls. Referees are instructed to strictly assess technical fouls for poor sportsmanship or abusive or improper language by any player, coach, parent or spectator and may remove the offending party or terminate the game at any time.

During an in bounds situation the referee shall designate an area approximately three feet away from the player passing in bounds in any direction. No player on either team may approach within three feet of the passer when the ball is thrown in from the sidelines.

The player throwing the ball in bounds shall have a period of five seconds to release the ball on a pass onto the court.

The front, sides, top and bottom of the backboard are in bounds. The back of the backboard and the backboard supporting structure are out of bounds.

A player who is charged with a technical foul for fighting shall be ejected from the game and suspended from playing in the following five (5) games. Any player ejected for any reason other than fighting shall be suspended for the following two (2) games. Any player ejected from a second game during the season for any reason shall be suspended for the remainder of the season including tournaments. Players suspended may appeal to the MYBA board to reduce or eliminate their suspension by writing a letter to the MYBA President stating why they believe the suspension should be reconsidered. Review of any appeals will be conducted per the MYBA approved By Laws. Any team that has two (2) or more players ejected for fighting more than once within the same season shall be removed from the league and all games played shall be considered forfeits. **Please see Player Code of Conduct.**

Any parent ejected for any reason will be subject to suspension from attending ANY MYBA REC Basketball Game for up to 5 Games; any parent can File an appeal with the League. **See Parent Code of Conduct**

No jewelry of any kind will be permitted during game play. Any player injured and wearing a soft cast, hard cast or splint will NOT be permitted to play. A new rule brought down by NFHS absolutely NO Tie Back (Ninja style) Head Bands are allowed to be worn.

II.A – Overtime Periods

- II.A.1 When a game is tied at the end of regulation play, a maximum of one, three-minute overtime period shall be played without change of baskets. A Jump Ball shall determine possession at the beginning of any overtime period. If the game is still tied at the end of overtime, the next period will be sudden death, as the first team to score shall win the game.

- II.A.2 There shall be 1 minute between quarters and any overtime periods.
- II.A.3 Each team shall receive 1-60 second time out for each overtime period. No carryover
- II.A.4 Overtime periods shall be considered as an extension of the fourth period in regard to fouls.
- II.A.5 During the final minute of any overtime period the clock shall stop for all out of bounds, violations and both shooting and non-shooting fouls.
- II.A.6 Overtime periods consist of the following- **Overtime #1: 3 minutes; Overtime #2: Sudden Death (1st team to score WINS)**

II.B – u10: 3RD/4TH Grade Division

- II.B.1 #28.5 size basketballs shall be used.
- II.B.2 If a team substitutes 3 or more players at one time, a coach can request a matchup (the players line up opposite each other in their respective positions for the purpose of "matching up" the defensive and offensive player). Otherwise, matchups are done at beginning of each half and any overtime period, and at 5 minute intervals during each half.
- II.B.3 No pressing in the backcourt area is allowed during the entire game for u10: 3RD/4TH level.
- II.B.4 Man to man defense is required for the entire game at u10: 3RD/4TH level play.
- II.B.5 In situations where an offensive player takes a position outside the three point arc or near the perimeter of the court (i.e.: spread offense) the defensive player shall not be required to closely guard (be within (6) feet) the offensive player. The defensive player shall not be positioned in the lane and must be on the same side of the court as the offensive player they are covering. Once the offensive player moves inside the three point arc, the defensive player is required to be within three (3) feet of the offensive player. IF the offensive player is within three feet of the lane, the defensive player may be in the lane provided they are guarding their assigned player and maintain the three feet requirement. Defensive players are allowed to anticipate helping their teammates in the lane.
- II.B.6 Foul shots shall be taken from a line THREE feet closer to the basket than the regulation foul line. Since the shooter is allowed to shoot three feet closer to the basket, the 4 defensive and 2 offensive players shall be lined up starting in the neutral-zone area (under the block). (Otherwise, if lined up normally, the last defensive players would be standing behind the shooter.) Upon receiving the ball from the Referee, the foul shooter shall have a maximum of ten seconds in which to attempt a shot. Players may not change positions on the lane after the foul shooter has received the ball from the Referee. The ball must hit the rim to be a valid attempt. A ball hitting only the backboard or net on the final shot shall not constitute a valid attempt. A failure to hit the rim on a final attempt shall result in a disallowance of the shot and the awarding of possession to the opposing team.
Players occupying the boxes in the lane may leave their spot once the ball is released. The shooter and all other players must wait for the ball to hit the rim.
- II.B.7 A single inbound pass into the backcourt area shall be allowed subsequent to a time-out called by the team having possession. In the event that the team having possession calls a second time-out prior to moving the ball into the frontcourt, the inbound pass following the second time-out shall be made into the frontcourt. The referee shall assess a two shot technical foul against the team involved for a violation of this rule. No warning shall be provided.
- II.B.8 Due to the stringent requirements and consequent penalties for failure to maintain a man to man defense, coaches shall not run "isolation" plays designed to give a more skilled player an obvious advantage. Additionally, no "bumble bee" offenses may be run. This occurs when four offensive players are placed on one side of the court and another player is on the opposite side without the intention of a reasonable play being called. Coaches must be

aware that the man to man requirement at the u10: 3RD/4TH level is designed to teach players the fundamentals of defense; not to create unfair advantages for more skilled ball handlers. Teams shall receive a total of not more than two (2) warnings for violations the entire game. Additional warnings will result in an automatic two shot technical foul.

II.C – u12: 5TH/6TH Division

- II.C.1 Intermediate size #28.5 balls shall be used.
- II.C.2 RULES WILL BE THE SAME AS 7TH/8TH AND UP.

II.D – u14: 7TH/8TH, HS Girls: 11TH/12TH and u14: 7TH/8TH, u16: 9TH/10TH Boys Division

- II.D.1 Full size regulation balls shall be used for 7TH/8TH, 9TH/10TH and 11TH/12TH Boys level play. (#29.5)
- II.D.2 Intermediate #28.5 size basketballs shall be used for 7TH/8TH and 11TH/12TH Girls level play.
- II.D.3 Pressing is allowed in the backcourt at any time during the game and any subsequent overtimes thereafter. During a game when a team is ahead by 15 points or more, the team in the lead may not press. During any period that pressing is prohibited, the team that has lost possession must immediately cease all backcourt defense and fall back behind the mid-court line. Game officials shall warn the coach upon the initial violation. Any further violations may result in a two shot technical foul being assessed against the team involved. However, referees may use discretion in not calling technical fouls if backcourt defense is deemed inadvertent, instantaneous, and no advantage has been gained such as just after a defensive rebound situation.
- II.D.4 Any type of frontcourt defense may be played at any time during the game.
- II.D.5 Foul shots shall be taken from the regulation distance. Upon receiving the ball from the Referee, the foul shooter shall have a maximum of ten seconds in which to attempt a shot. Players may not change positions on the lane after the foul shooter has received the ball from the Referee. The ball must hit the rim to be a valid attempt. A ball hitting only the backboard or net on the final shot shall not constitute a valid attempt. A failure to hit the rim on a final attempt shall result in a disallowance of the shot and the awarding of possession to the opposing team.

III. Coaches

- III.1 During game play, **only 2 coaches** and the team members shall occupy the "bench" area.
- III.2 A coaches box shall be designated per The National Federation of State High School Association Rules of Basketball. III.5 One coach may occupy the coach's box during game play. The remaining coach and all team members not currently playing shall remain seated during the game (unless a player is preparing for substitution).
- III.3 Only the coach in the coach's box may address a referee during game play. Referees shall be addressed quietly and privately only during stoppage in play and only with regard to the clarification of a call. Clarification of a specific call is at the discretion of the referee. Abusive or intimidating language will not be allowed or tolerated.

- III.4 Coaches shall not shout disagreements to referees, make their own calls from the sidelines, or in any other way attempt to “work” the referees.

These activities are inappropriate in a recreational league.

- III.5 Coaches may not advance beyond their respective areas across the mid-court line or onto the court area during game play.
- III.6 Coaches in violation shall be assessed a technical foul. Once assessed a technical foul, the coach must remain seated the rest of the game. Coaches receiving two technical fouls shall be ejected from the game and required to immediately leave the game facility (not just the gym area, but the facility entirely). This coach WILL NOT be allowed to coach the next **two (2) games** (regardless if it's a regular season or tournament game). **Any coach that is ejected from a second game will be suspended for the remainder of the season, and the following season.** See Coach Code of Conduct.

ALL Volunteer Coaches MUST be 18 yrs of age or older due to liability reasons

IV. Referees And Enforcement Of Rules

- IV.1 Referees shall manage the conduct of the game and enforce all rules as prescribed in Section I.C and I.C.1 – IV.4 herein as well as, the The National Federation of State High School Association Rules of Basketball. All other rules and goals contained herein shall be the responsibility of the League Board of Directors.
- IV.2 Where no advantage has been gained, the referees are encouraged to liberally and consistently apply the rules keeping in mind the age group involved and with an emphasis on instruction and continued play.
- IV.3 The referee shall record and report the following to the Assigner who shall forward such information to MYBA Administrators for appropriate disposition.
- Players assessed technical fouls
 - Coaches assessed technical fouls
 - Players ejected from games
 - Coaches ejected from games
 - Parents removed from ANY contest
 - Any serious incidents such as fighting, egregious unsportsmanlike conduct, or threats to officials
- IV.4 Any protests, eligibility questions, inquiries or rules questions must come from MYBA Administrators to the Area Coordinators or Assigner as appropriate and shall not interfere with game execution and completion.

