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YMCA MIDDLE SCHOOL PLAY ATHLETIC LEAGUE (MSPAL) Basketball Rules

Game Format/General League Rules

- Game time is 2- 15 minute running clock halves with regulation/stoppage clock the last 2 minutes of the second half if the game is within 15 points.
- Clock will continue to run under 2 minutes if point differential is greater than 15 points.
- The clock will stop on all whistles once the point differential is less than 15 points during the 2 minutes of the second half of the game.
- Scoreboard will stop scoring when one team is up by 30+ plus points but will be kept in the score book. Scoring will resume on the scoreboard if the gap close to within 10 points or less.
- No individual stats will be kept except for player points, team points, team timeouts, team fouls and individual fouls.
- Each team is allowed 3-30 second timeouts for the entire game with no carry over into overtime.
- Timeouts do carry over into the second half.
- Timeouts may be called by the coach on the offensive team while the ball is in play.
- Any team may call a time out during a dead ball situation.

Pressing

- Full court press or traps are allowed if score is within 15 points.
- Leading team cannot press when the lead is 15 or more points.
- Full court press or traps include full court man-to-man defense, full court zone traps.
- First violation of pressing when team is up by more than 15 points will be a warning by the official.
- Second violation of pressing when team is up by more than 15 points and any occurring thereafter will result in a technical foul. (2 Shots and Possession)
- The opposing coach, upon their request may allow a press or trapping defense to continue is the only exception to this rule.
- Pre-Game warm ups will be 1 to 5 minutes (if time permits).
- Halftime will be 30 seconds to 2 minutes (if time permits).
- Each team will consist of no more of 5 players and no less than 4 at the start of the game.

Violations

- Offensive 3 seconds in the key will be called
- Backcourt will be called
- Teams have 10 seconds to cross half court
- Teams have 5 seconds to inbound the ball
- 5 second count for closely guarded while dribbling and held ball for both boys and girls divisions.



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Equipment

- All players must athletic wear (team shirt/jersey, shorts, sweatpants and tennis shoes)
- Any player with a cast is not allowed to play.
- No jewelry shall be worn (earrings, necklaces, rings and bracelets)
- Boys Basketball regulation size 29.5
- Girls Basketball women's size 28.5
- Rim Height: 10 feet

Start of the Game

- Teams will start the game shooting at opposite baskets from their team bench.
- A jump ball will be used to start the first half and any overtime periods.
- All other jump ball situations will be determined by the alternate possession arrow/rule.
- To start the halves the ball will be put into play with a throw in under the alternating possession procedure.
- Jump balls occur when 2 opponents have one or both hands firmly on the basketball.
- Teams will change baskets at the end of the first half.

Team Fouls

- Fouls: Unnecessary contact of players constitutes a personal foul and equals to a team foul.
- If a foul occurs in the course of play (Non-shooting), the ball is awarded to the other team out of bounds.
- Player that commits any foul is given a personal foul and a team foul.
- Any player fouled while successfully attempting/making a 2 point shot will receive (1) free throws/foul shots.
- Any player fouled while successfully attempting/making a 3 point shot will receive (1) free throws/foul shots.
- Any player fouled while unsuccessfully attempting a 2 point shot will receive (2) free throws/foul shots.
- Any player fouled while unsuccessfully attempting a 3 point shot will receive (3) free throws/foul shots.
- Players have 5 total fouls to give.
- If a player commits 5 personal fouls he or she will foul out from the game.
- A player with his 5th personal foul on a team with only 5 total players will be assessed a technical foul for any foul(s) after that point.
- A technical foul counts as a personal foul.
- If the player's team has 6 or fewer team fouls in the half, the team fouled gets possession of the ball.
- If the team has 7 to 9 team fouls, the player fouled goes to the line for what is called "one-and-one" or "bonus"—that is, if the player makes the first free throw, he gets the opportunity to attempt a second, but if he misses, the ball is live.
- If the team has 10 or more fouls in the half, the player fouled gets two free throws, often called "double bonus".
- All overtime periods are considered an extension of the second half of which team fouls carry over.



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Technical Fouls/Ejections

- Technical fouls will be assessed/called for unsportsmanlike conduct (taunting, profanity, threats and intentional fouls), too many players on the court and delay of game.
- All technical fouls will count as a team foul and if on a player, will count as a personal foul as well.
- If a coach receives a technical foul he or she has to sit for the remainder of the game.
- The spectators are the coach's responsibilities. Any inappropriate behavior from fans will result in a technical foul issued to the coach. If spectators do not correct their behavior it may result in a forfeit of the match by their team.
- If a coach/player /assistant coach receives 2 technical fouls or gets ejected from a game due to disruptive behavior will be suspended from playing/attending the next game and will have to meet with League Administration prior to returning to competition/to the next game.
- It is the responsibility of the Head Coach, Assistant Coach, Athletic Director and Administration to insure the ejected adult or athlete does not enter the property of the gymnasium. One 2 minute warning will be given before a forfeit is issued. Penalties may be more severe depending on each situation.
- If a player/coach /assistant coach receives 2 game ejections he/she will no longer be allowed to coach, play or attend any games for the rest of the season.

Free Throws

- In free throw situations, all players must wait until the ball is released/leaves shooters hand before entering the lane.
- All players not occupying a lane space must stand behind the free throw line extended and cannot pass the line until the ball is released/leaves shooters hand before entering the lane.

Scoring

- Shots taken in front or on the 3 point line/arc will be worth (2 points).
- Shots taken behind the 3 point arc (both feet) are worth (3 points.)
- All free throws will be worth (1 point).

Overtime

- Regular season games: Overtime is 2 minutes. Running clock. Each team will be awarded one timeout. Second Overtime will be sudden death format. First to score wins.
- Playoffs: Overtime is 3 minutes. Last minute will be stop clock. Each team will be awarded one timeout.
- Playoff Games: Second Overtime will be sudden death format. First to score wins.
- All overtime periods are considered an extension of the second half of which team fouls carry over.
- 1 timeout per team in each overtime period.



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Team Roster

- Roster and waivers/ are due before or at the first game for each player added to the roster. No players will be allowed to play without their waiver/medical form.
- In order for a player to be eligible for the playoffs they must have played in 4 regular season games. Exceptions must go through the league administration (Director and Coordinators).
- If players are added to the roster it is the Head Coach responsibility to turn in a NEW team roster the MSPAL Staff/Administration before the each game.
- NO players can be added after Week 4 or 4th game of the season.
- Players must play at least 4 games to qualify for playoffs.
- Boys' players may not play on 2 separate teams.
- Players (boys division only) can move up from a B to A team but cannot move down from A to B team.
- Once the players (boys division only) move up from B to A team that player must stay up on the A Team (No double dipping).
- Girls are allowed to play on both their girls' team and boys' teams of their respective school.

Ineligible Players

- Players that don't meet the 2.5 GPA and Conduct league requirement (No D's, or F's/ No N's or U's). **Note:** It is the Head Coaches job to administer grade and conduct checks at least every 2 weeks and reinforce the 2.5 GPA and Conduct league check requirements.
- Players that were added after Week 4 of the season.
- No player can play on two different teams in the league (Only boys division).
- If a team wishes to file protest for an illegal player they must do so prior to the start of the game.
- If any players are found ineligible due to grades, conduct or added late to the roster will result as a forfeit for each game the ineligible player participated in.
- The purpose of these rules is to create an even playing field in each division. We will put the effort forth to communicate any and all changes the league needs to create an environment of a positive competitive playing field.

Bench Personnel

- Only players whose names appear on the roster may sit on the bench. There is a maximum limit of 15 players and 3 coaches (1 head coach, 2 assistant coaches).
- The head coach is the only certified person and that can approach the score table with questions. All other coaches must remain on the bench at all times. Only one (1) coach can be standing at any time.
- All players participating on a team need to wear a uniform that corresponds to his and her teammates. Any player who does not have a corresponding uniform MAY NOT be allowed to play.



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Forfeits

- Game reschedules will not be accommodated if team failed to submit accommodation requests by the season's designated deadline.
- Forfeit on the day of the scheduled game: \$150
- Forfeit within 36 hours of scheduled game: \$75 + driver time
- Forfeit 1-7 days prior to game: \$75
- Forfeit 8 or more days prior to game: \$75
- The score for games that are forfeits will be 30 to 0.

Season game schedule

- Teams will play 7 regular season games.
- Adjustment to lengths of halves will be made based on teams' arrival to the game.
- A grace period of 15 minutes will be allowed for a team running late.
- Game clock will run during grace period.

Playoffs

- Top 4 teams in Each Division (Boys and Girls) (A, B, C) division will make the playoffs
- Single elimination playoff format.

Playoff Seeding/Tie Breakers

- Record
- Winning %
- Head to head records
- If that does not determine seeding/ranking then it will go to point differential.

Referees

- The referees are in charge of the game and their decisions are FINAL; right or wrong.
- The referees may occasionally stop play for instructional purposes when necessary, and will subjectively make allowances based on ability, for violations.
- We encourage parents and coaches to focus on the student athlete/players and not the referees.



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Coach's Decorum/ General Code of Behavior and Conduct

- All players, coaches, spectators are expected to display a good sportsmanship and cheer for teams.
- Teams will shake hands at beginning and end of each game.
- Unsportsmanlike conduct, including obscene language or taunting will NOT be tolerated by players, coaches, athletic directors, administration, spectators and parents.
- Behavior of the coaches, player and accompanying fans can affect the team at the discretion of the League Administration (Director/Coordinator).
- Coaches, Athletic Director and School Administrator agree to support and influence good sportsmanship, high moral standards and are responsible for the conduct of their assistant coaches, managers, players, spectators/fans and parents at all times.
- MSPAL/YMCA Staff reserves the right and will send home anyone (this includes coaches, players, spectators and parents) who is in violation of the rules and regulations set by the program for the health, safety and welfare of all participants.
- Coaches are expected to deal with officials respectfully and stay in the coaches designated area.
- Any "Bobby Knight"/Negative antics will not be tolerate and may result in a technical foul at minimum and will have to remain seated for the rest of the game.
- If a coach/player/athletic director/administration is asked by an official or MSPAL/YMCA staff person to sit down and refuses the coach will be asked to leave the facility.
- If a second technical foul is issued to any of the coaches they will be asked to leave the property. The coach will also be suspended for the next game.
- Suspension may be extended if the coach does not leave promptly. If disruptive behavior takes place while exiting the property, action will be taken by the official &/or League Administration respective to what the situation is called for.
- All decisions will be upon the judgment of the official and/or League Administration
- Criticizing opposing players in any manner is not allowed. Coaches must deal with their unruly fans immediately to stop from escalating into an ugly situation. The coach must go to the stands and address the situation. (See Below Fan Decorum.)
- Assistant coaches may not argue, criticize or badger the official. They are not allowed to stand during the game unless they are attending an injured player. If the assistant fails to sit during the game an official will follow the following protocol:
 - 1) Warning
 - 2) Technical
 - 3) Ejection from the game

Note: Most officials have received some form of verbal abuse from coaches, players, or participants. Of all the people involved with the game, the referee hopes that the game is called as evenly as possible. An official would never intentionally make a bad call knowing that someone is bound to give them some abuse.

- Any threatening remarks to anyone may result in a minimum penalty of technical foul.



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Players' Decorum

- Players are expected to display sportsmanship at all times.
- Players may not criticize the officials. Team captains are the only player to speak with officials respectively.
- NO TRASH TALKING with other opponents is allowed. Minimum penalty will result in a technical foul.
- The use of profanity is strongly prohibited and will result in an automatic technical foul and the player will be asked to sit.
- Further action will be taken upon the discretion of the League Administration if deemed necessary.

Fans' Decorum

- Fans are expected to display sportsmanship at all times. Cheer and support your team in a positive manner.
- Booing or negative behavior toward the other team is greatly discouraged.
- Fans are not allowed to criticize, badger, threaten, or accuse officials of any wrongdoing.
- It is the responsibility of your respective coach to deal with the officials.
- If a fan is really upset about the officiating then they can bring it up with their respective coach and the coach has the option to discuss it with the League Administration.

League Administration

- Please cooperate with the MSPAL staff and Administration (Director and Coordinators) in creating and maintaining an environment in which each MSPAL participant may have fun, learn from the game and be a good sport.
- The League Administration will decide if further action is deemed necessary.
- Fans are to refrain from using profane language or harassing players, other parents, coaches, MSPAL/YMCA Staff or officials.
- Never ridicule or scold a child for making a mistake during a game. All fans must know that their negative behavior can affect their respective teams.
- If any fans act out of line they will be asked to correct their behavior by their respective team captain, coach or team manager. If the same fan is acting out again then they will be asked to leave.
- Fans' negative behavior may result in a technical foul for the respective team.
- Ejected player, coach, or fan will not be allowed to participate in the next game.
- If a single player, coach, or fan is ejected more than twice in a season the league has the option of expelling that player from the league.
- Proper suspension will be assessed. Suspensions are determined by the League Administration.
- Zero Tolerance Fighting Policy (The player, coach, or fan will be expelled from the league).
- The league also holds the right to expel any player involved in a fight. This may occur in the first and single incident if the league deems the altercation severe enough then we reserve the right to expel the player(s).
- Teams may appeal this action if they feel the player, coach, or fan was using self-defense. Appeal must be written and submitted within a week of the altercation.



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- Leaving the bench or stands during an altercation will result in a minimum of 1 game suspension
- Any type of reoccurrence of disruptive behavior that was not afore mentioned will cause league investigation and possible expulsion of league.
- This includes fans, coaches, and players.
- In the case of these rules and regulations not covering every circumstance that may arise, it will be upon the discretion of the League Administration on how to handle the situation.

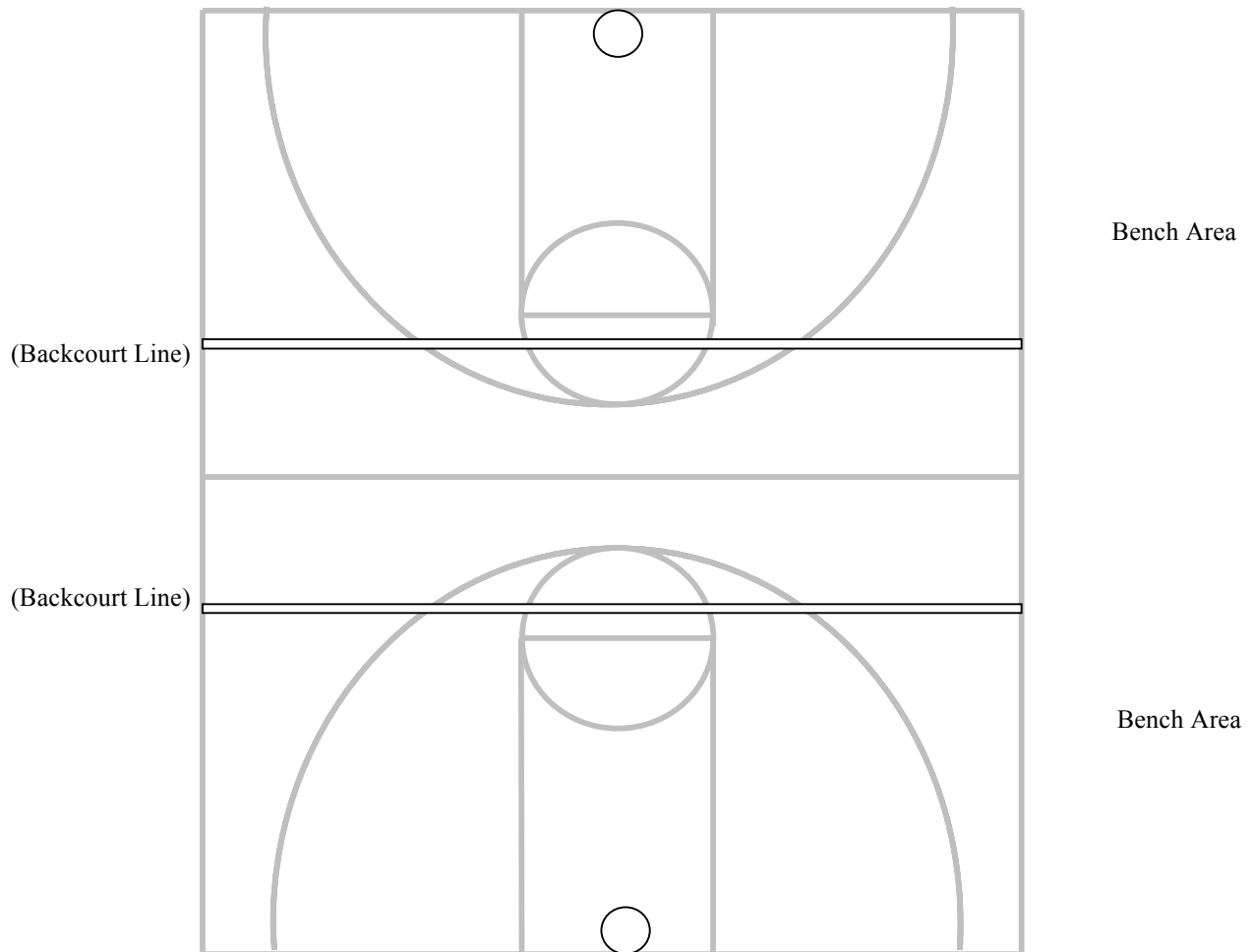


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Court Diagram

Gray Lines are the boundaries.

White line extended will be used for backcourt violations.



Bleachers for Fans

