2023 WINTER BASKETBALL LOCAL RULES AND PROCEDURES

The 2022-2023 National Federation of Basketball Rules (high school rules) will be the official rules. Local rules and adaptations will supersede where applicable.

POINTS OF EMPHASIS THAT EFFECT MSCR PLAY

In a continuing effort to eliminate excessive contact, the following acts constitute a personal foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position.

1) Placing two hands on the player
2) Placing an extended arm bar on the player
3) Placing and keeping a hand on the player
4) Contacting the player more than once with the same hand or alternating hands.

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I. FACILITIES AND POLICIES

A. Supervisors assigned by MSCR are responsible for the operation of program facilities.

B. Policies

1. No Smoking or alcoholic beverages are allowed on school district property.
2. The gym will be available to players 10 minutes prior to the first game; participants will have access to locker rooms to change prior to that.
3. Participants and spectators will have 15 minutes to shower and leave the building after completion of the last game.

II. EQUIPMENT

A. Team shirts / undershirts

1. Each team must have both light and dark colored shirts. Each set must be uniform in color.
2. Shirts must have permanently adhered numbers on the back. Taped on numbers are illegal (they fall off when you sweat). Legal numbers include 0,1,2,3,4,5,10,11,12,13,14,15, 20,21,22,23,24,25,30,31,32,33,34,35,40,41,41,42,43,44,45,50,51,52,53,54 and 55. No other numbers may be used. *The Federation undershirt rule does not apply.*
3. When two competing teams have the same colored shirts, the loser of the coin toss will change shirts or forfeit the game.

B. Jewelry

1. All jewelry must be removed or covered with tape if it cannot be removed. *Rubber bands and "Live Strong" type bracelets are considered jewelry. FitBits, Jawbones and any other activity monitors must also be removed prior to play.*
2. Barretts are illegal. Elastic or soft material bands may be worn.

C. Ball

1. MSCR will furnish a game ball. Teams can agree to use a legal alternative ball.
2. The smaller ball is mandatory for women's games. It shall measure 28 ½ to 29 inches in circumference while the men's ball shall measure 29 to 30 inches.
3. Teams must supply their own practice balls.

III. GAME OFFICIALS AND SCORER TIMERS

A. Game officials are representatives of MSCR and are in charge of each game.

1. They will discuss rule interpretations with managers of the teams only.

2. Officials are empowered to eject players, managers and fans from games for flagrant violations and unsporting behavior.

B. Scorer-Timers
   1. They will keep the official score and time.
   2. They must be treated in the same sporting-like manner as game officials.

IV. MANAGERS, COACHES AND PLAYERS

A. MSCR Basketball is a “rostered” league. All players that participate must be registered to play in the program and must be enrolled/registered on the team they are participating in. Note: Players may play on multiple teams however a player may only play on one team per night. Players must “register” and pay the player fee for each team they play on.
   *** If it is discovered that a team used “unregistered players” in a game, their game will be forfeited and the team may be dropped from the program.*

B. Managers shall supply the scorer with a team list including first and last names and numbers prior to the scheduled starting time. Failure to do so results in a team technical foul.

C. In women’s leagues, only one male per team will be allowed on the team bench. In men’s leagues, only one woman will be allowed on the team bench. The person’s name will be listed on the score sheet and they must comply with the WIAA bench conduct rule.

D. Teams must have four players dressed and ready to play when officials are ready to begin the game.
   1. There will be no grace period or exceptions.
   2. Teams with five eligible and able-bodied players present must play with five players.
   3. If a team begins with four and a fifth player arrives, that player must enter the game at the first legal opportunity to do so.
   4. Additions to the roster or changes of legal numbers, at any time during the game, will not be penalized a technical foul.
   5. Teams may continue with less than four after a game begins if it results from injury or player(s) exceeding the personal foul limit.
   6. If a player is ejected and it results in the team having fewer than four players, that team forfeits immediately.

E. Conduct
   1. Any player or manager ejected from a game is suspended from participating in the next two games played by their team.
   2. Any player or manager ejected twice during the same season will be suspended for the rest of the current and entire season the year following.
   3. Any player or manager ejected for physically abusing another player, manager or MSCR personnel will be suspended for the rest of the current and entire season the year following. This is also subject to further action by the MSCR Administrative Sports Team.

V. TIME FACTORS

A. Games will begin at the scheduled or designated starting time as determined by game officials. No grace period or exceptions.

B. Teams are guaranteed a five-minute warm up period before each game.
   1. If a game is finished more than five minutes before the next scheduled starting time, the next game may begin early only if both managers agree.
   2. If a game runs long, teams are still guaranteed a five-minute warm up period. Officials should inform managers of the exact starting time to avoid confusion.

C. The game will be played in two 20-minute halves.
   1. Half time will be five minutes.
   2. Overtime periods will be two minutes.

D. Clock Operation
   1. During the first nineteen minutes of each half and the first minute of overtime, the clock will run in all situations except time-outs and injury. Following a timeout called in the first nineteen minutes of play, the clock will start again according to high school rules.
   2. During the last minute of each half and overtime, the clock will stop on all personal fouls, violations, held balls, time-outs and injuries. The clock will start again in each of those situations according to high school rules.

E. Time-Outs
   1. Teams are allowed four time-outs per game.
   2. Teams are allowed one additional time-out per overtime period.
   3. Time-outs not used during the regulation game may be used in overtime periods.
   4. All time-outs shall be 45 seconds in length.

VI. LOCAL RULES

A. Two teams may not agree to alter any rules for a given time.

B. NO DUNKING - - Dunking at any time in any facility will be penalized with a technical foul and no points can be scored on a dunk.
   1. Teams waiting to play the next game will be penalized if they dunk on side baskets.
   2. Dunking after a game will be penalized at the start of that team's next game.

C. If there is excessive (transferrable to another player) blood on a player's clothing, the player must leave the game until the clothing is changed.

D. Jump Balls
   1. All jump balls have been eliminated. A coin toss will determine thow-in possession to begin the game.
   2. Throw-in possession will alternate with each held ball called and starting the second half and overtime periods.
   3. Winner of the coin toss must throw-in to start the game. No choice is given.
   4. If a period begins with a team being assessed a technical foul, the team that received the two point award also receives the throw-in to start that period regardless of which team was designated to throw-in. Possession will then alternate again as described in VI-D-2.

E. Bonus Rule
   1. Beginning with the 7th team foul in each half (and for the 8th and 9th foul), a bonus free throw will be awarded **<u>only</u>** if the first free throw is successful. This applies to common foul situations other than player control or team control.
   2. Beginning with the 10th foul and thereafter, **<u>two</u>** free throws will be shot for each common foul, other than player control or team control.

F. Technicial Fouls
   1. All technical fouls will carry a penalty of a two point award (no free throws shot) and the ball out-of-bounds for a throw-in at the division line opposite the score table.
      Exception: Following a double technical foul the ball is put back in play from the point of interruption.
   2. Two technical fouls on a person will result in automatic ejection. The second technical foul is always judged to be flagrant.
   3. Three unsporting technical fouls on any team will result in immediate forfeiture.

G. Forfeits
   1. Two forfeits by a team during a season will result in the team being dropped from the program.

H. Anything not specifically covered by Federation or local rules will be left to the discrimination of MSCR Adult Sports Leagues Administrators.