



Relevant rules

Eligibility of Players Article 6

6.1 *The only qualifications for eligibility are age and/or grade.*

6.2 *All players on a team roster are eligible for league, tournament, and play-off games unless suspended or as provided in 6.3.*

6.3 *A player must play at least half of his team's games, from the time of registration, in the regular season to be eligible for play-offs except for medical or compassionate reasons.*

6.4 *In the event a team uses an ineligible player in a league, play-off or tournament game, that team will forfeit the game(s) in which that player played.*

6.5 *A player who does not play in 4 or more consecutive league games will automatically be dropped from his team roster except for medical or compassionate reasons.*

Team Rosters Article 8

8.1 *A roster is a list of eligible players, coaches and team manager, their telephone numbers and their current addresses as determined by team selection process.*

8.2 *A player may only be on the roster of one team at a time. Only players on a team roster may play for that team in league, tournament and play-off games.*

8.3 *Roster changes and/or additions may be made up to and including January 15 of a current MHCBA season. Registrations will only be accepted until December 1.*

8.4 *A player who does not play in 4 or more consecutive league games will automatically be dropped from his team roster except for medical or compassionate reasons.*

8.5 *Any roster changes or exceptions to the above roster provisions which are in the best interest of the League may be permitted by the Directors under exceptional circumstances.*

Volunteer Opportunities Article 9

9.1 *An opportunity to become a coach in the MHCBA can occur by submitting his/her name as head coach subject to the approval of the MHCBA Directors.*

9.2 *If we have more coaches in a division than required the coaches will be selected based on the following criteria:*

- *NCCP Certification*
- *Coaching Philosophy*
- *Years of experience*
- *Previous conduct in the league*
- *Commitment to further basketball knowledge*
- *Evaluation Process*
- *Potential interviews*

Game Administration Article 10

10.1 *All persons entering MHCBA game facilities must remove outside footwear. Players and officials must wear non marking soled runners which are used for gym wear only.*

10.2 *Players must wear shorts and uniformly coloured jerseys. The jerseys must have large legible numbers on the front and/or back.*

10.3 Teams must bring their own warm-up ball to games. The League will provide game balls for all league and play-off games.

Supervisors will bring the following game equipment:

- Portascore Unit,
- Size #7 / Size #6 / Size #5 Game Ball,
- Possession Arrow,
- Pens, Score sheets,
- Time-Clock,
- First Aid Kit.

Individual teams are responsible for bringing a first aid kit.

The game ball size for MHCBA games shall be Size #6

Tournaments and Exhibition Games Article 12

12.1 MHCBA teams participating in tournaments must follow the MHCBA code of conduct.

12.2 MHCBA teams must notify the Executive Director that they are entering a tournament.

Supervision Article 13

13.4 A team will be held responsible for any spectators and supporters that accompany it.

13.5 Each game facility used by the MHCBA will be opened and secured by MHCBA supervisory personnel. These security-supervisors shall have full authority to control all entry and access to the facility by players, coaches and spectators.

13.6 The jurisdiction of the security-supervisor shall include all parts of the building except for the basketball court area as provided in 14.1 and 14.2.

13.7 There is no smoking, consuming bottled or canned beverages, gum chewing, sunflower seed eating or food consumption permitted in any MHCBA facility.

Conduct Article 14

14.1 The MHCBA referees shall have complete authority for games.

14.2.1 A referee may suspend a player, coach or fan from a facility for the day. Any player, coach or fan that does not directly leave the facility when ordered to do so by the referee will cause the game to be awarded to the opposing team and may be subject to further disciplinary action. All suspensions must be reported to the Executive Director in writing within 24 hours of its occurrence.

14.2.2 A player who is acting in a disrespectful or unsporting manner during a game may be pulled off the floor by the coach or referee, in consultation with the other, for disciplinary action, and may be benched if such actions warrant it. If this occurs in a game, the referees must be informed such action has taken place. Such action must be documented on the back of the score sheet or in a letter and filed within 24 hours with the Referee-in-Chief of the MHCBA by both referees and coach.

14.3 The team's Head Coach or another responsible person as designated by the Head Coach must accompany the team during the entire time the team is in a MHCBA facility.

Discipline Article 15

15.1 A set of standard actions pertaining to discipline for coaches, players, referees and spectators will be utilized for minor infractions, as presented in appendix A.

15.2 A Disciplinary Committee shall investigate and determine any disciplinary action not covered in the standard discipline found in Appendix A or as designated within Appendix A.

15.3 Anyone wishing to report an incident must do so in writing to the Executive Director within 24 hours of the incident.

15.4 A player or coach that is disqualified from the game must leave the vicinity of the MHCBA facility immediately or face additional disciplinary action. A disqualification may be imposed by the referee for such incidents as, but not inclusive to, 2 personal technical fouls, profane language used on the court or the code of conduct not followed.

15.5 A player, coach or spectator may be suspended from MHCBA facilities for a specific length of time as outlined in the Disciplinary Action (Appendix A) or as determined by the disciplinary committee.

Line Ups and Game Time Article 16

16.1 In order to start a game a team must have at least five eligible players properly dressed and equipped. To be eligible, a player must be listed on the team's original roster.

16.2 If a team is not ready to play within 15 minutes after the scheduled starting time of a game, the referee shall award a forfeited game to the opposing team. Once forfeited, the game will not be played and the officials are no longer to be involved. The teams may choose to use the gym time for a practice.

16.3 Before the game is scheduled to begin the Coach will complete the score sheet with the names and numbers of all players on their roster.

16.4 Each team should provide a responsible person to serve as a minor official (timer or scorekeeper) at the score table. This person should not be a participating player or a coach in that game. This person should report to the referee before the scheduled game's starting time. The scorekeeper is responsible for tracking the score sheet and recording the substitutions. The timer shall monitor the game clock and call for substitutions at the appropriate intervals.

16.5 Warm-up time shall be from the time the court is available until one minute before the scheduled starting time of the game. Minimum warm up time will be five minutes.

16.6 The 30 second shot rule may be omitted for league games if proper 30 second timing equipment is not available. However, at the discretion of the referee, if a team is deemed to be playing a "delay" tactic to run off time the referee will warn the coach and can manually instigate a manual 30 second shot count to allow proper play to continue.

16.7.1 A Coach has the right to request a charged time-out. He shall do so by going in person to the Scorer and asking clearly for a "time-out", preferably making the proper conventional sign with his hands. The scorer shall indicate to the officials that a request for a time-out has been made by sounding his signal or calling for a time-out as soon as the ball is dead regardless of which team is in possession of the ball. A coach may also be granted a time-out prior to the release of a made field goal scored by his opponents.

16.7.2 There will be two time-outs allowed in the first half and three timeouts in the second half. The two/three timeouts may be used at any time within the respective half of game time. There is also one timeout in any overtime period. Unused time outs may not be carried over to the next half or extra period, if included in a game.

Forfeits & Defaults Article 17

17.1 A forfeit is a game which is awarded to an opposing team when:

- A team is unable to start a game after a 15 minute delay from starting time.
- Refuses to play after being instructed to do so.
- A team's actions prevent the game from being played.
- Cancellation of game by the team.

17.2 A forfeited game shall be recorded as a win for the team which was prepared to play. The team will receive credit for a win in league standings. (The score shall be recorded as 20-0 in favour of the winning team.)

17.3 A default is a game which is awarded to an opposing team when:

- A team doesn't have enough players to continue the game. This means a team has fewer than two players on the court.
- Refuses to continue play of a game

17.4 A defaulted game shall be recorded as a win for the team that is still eligible to play. The team will receive credit for a win in league standings. The final score sheet shall be two points to zero, (2-0) if the team was not ahead at the time of the default. If the score at the stoppage of play is in favour of the team not defaulting, the score will remain as is.

17.5 Actions related to a forfeit or default may result in application of Appendix A.

17.6 If both teams default or forfeit a game, the game shall be recorded as a double loss with no individual player points or team standing points being awarded.

17.7 The only time that a game will be rescheduled is if the cause for the cancellation lies with the MHCBA. Coaches will be given one week notice of the rescheduled game time, if such was to occur.

17.8 A team which defaults or forfeits three games during the course of a single season will be dropped from its respective league immediately after the third default or third forfeit.

17.9 Any protest concerning a game must be received in writing by the MHCBA Executive Director within 24 hours of the completion of the game for ruling.

GENERAL RULES Article 18

18.1 Playing time shall comprise of four nine (9) minute quarters of stop time. Substitutions will be made at approximately three- and six-minute mark of each quarter. The scorekeeper will stop the clock and signal the referee of the upcoming shift change. The referee will make the final decision as to when the play shall stop. The game may continue in order to complete the scoring opportunity, a fast break or an established possession.

18.1.1 All players attending a regular season and/or play-off game must have equal playing time. The substitution rotation recognizing equal playing time would continue into any overtime period. Player substitution for each shift will be recorded on the appropriate sheet, by the scorekeeper at the game.

18.1.2 Teams will practise a continuous rotation of players or a rolling substitution. In other words, players on a team should play a shift, and then sit a shift, for example the first, third, fifth and seventh shifts, while sitting the second, fourth sixth and eighth shifts (see examples on the rotation sheet provided in the coaches manual).

Exception to this may occur when:

- *The player roster for a game are short numbered, meaning that a double or triple shift may occur due to shortage of players for a start of a game or may be short due to players being fouled out or injured in a game.*
- *A player shall play in every other shift unless a team has more than 10 players.*
- *When a player misses 2 consecutive practices the coach may withdraw playing privileges for the first half for the first infraction and a full game for subsequent infractions.*

A few points of clarification:

- *Shifts must be balanced in each half. Therefore, a player should be playing, for example two shifts in each half rather than one and three in the halves respectively.*
- *With the odd exception of situations where a team has six or seven players, no player should have a triple shift (including a first shift in the second half).*
- *If the coach has erred in putting in a player in the wrong rotation, the shift counts as one of his/her substitutions, and jeopardizes the possibility of using that player later, due to balanced playing time.*
- *A player who arrives late to the game will be placed into the equal play rotation and will have equal playing time in relation to the total number of shifts remaining in the game. The player may not be able to 'make up' shifts that he/she has missed.*
- *Overtime should be a continuation of the rotation scheme.*

18.2 There will be a five-minute half-time intermission and a one-minute intermission between the two quarters in each half for all games.

18.3.1 In event of a tie game at the end of regulation time of a regular season game, it stays a tie.

18.3.2 In event of a tie game at the end of regulation time, in a playoff game, there shall be a one-minute interval followed by a three-minute overtime, which shall be considered an extension of the second half. If the game still remains tied, another three-minute overtime will be played until the tie is broken. Substitutions will be made at the end of each overtime.

18.4 Penalty shots shall begin to be awarded on the 5th team foul in each of the quarters. If overtime occurs, the team fouls carry over from the fourth quarter.

18.5 The 'Zone Rule' is to be interpreted at the discretion of the referee. Coaches may be able to inquire at an appropriate stoppage of play, but should not do so by 'yelling' at the referees or being unsporting in their inquiry.

18.6 Failure to comply with the man-to-man regulations as set out in Article 18.6, 19, 20 and 21 will result in the referee stopping the game and issuing a warning to the offending team. If the player continues to play zone defence, the referee shall stop the game again and issue a coach technical foul (two shots plus possession on the side). Any further violations may result in the disqualification of the player and/or coach.

18.6.1 Man to man defence must be played in the backcourt. A team may only 'double team' the ball carrier. If a defender is consistently unaware of where their check is located and/or is only concerned with the player who has the ball, it is considered to be a zoning violation. On the first violation the referee will notify the scorer's bench and the violating team's coach. On the second violation and all subsequent violations 2 free throws and possession will be awarded to the offensive team. No personal, team or technical foul will be charged to the defending team.

Defenders who are positioned in the key must be actively guarding an opponent within 3 seconds. Actively guarding means assuming the correct defensive stance and position on the floor in relation to the ball and the opponent they are guarding.

CLARIFICATION - *Defenders who are positioned in the key can only be in the key for 3 seconds unless the opponent they are guarding is within approximately 2 arms lengths.*

Defenders who are on the "ball-side" of the court must be in the correct denial stance and ball - you - man position on the floor.

Defenders who are on the "help-side" of the court must be in the correct open stance and ball - you - man position on the floor.

18.6.2 A 'Four Corner' offense, or 'Clearing' offense, or 'One-Sided' offense, or such styled offense, used at any point throughout a game shall be considered working against the principles of the MHCBA philosophy of equal play and sportsmanship. On the first violation the referee will notify the scorer's bench and the violating team's coach. On the second violation and all subsequent violations a technical foul to the coach shall be called.

18.7 The wide (FIBA) key and the three point line will be used for all MHCBA games when available.

18.8 The only jump balls will be at the start of the game. All other calls involving jump balls will be awarded to the team whose turn it is for ball possession, determined by the possession arrow. Ball possession will alternate between teams. During a ball possession, the referee will handle the ball and any team may call a time-out.

18.9 Basket height shall be 10 feet.

GRADE 5-7 DIVISION RULES Article 21

In addition to the general rules in article 18 the following rules apply:

21.1 No Full Court Zone Press or Zone Defence of any type can be used during play in the game.

21.2 No man to man full court press can be employed in games. The only defence is a half court man to man. AFTER the Family Day break, teams will be allowed to utilize a full court man to man defence. If a team is ahead by 25 or more points, NO full court defence is allowed.

21.3 A team has to back up and give the offensive team centre court:

- When a basket is scored.*
- When there is a whistle to stop play and the offensive team has turned the ball over to its opponent, making them the new offensive team.*

21.4 A team does not have to give them centre court; and may press, within the context of continued play:

- When the offensive team takes a shot and misses, turning the ball over to the opposition.*
- When the offensive team turns the ball over and there is no whistle stopping play.*

21.5 Foul line distance will be 13 feet.



DISCIPLINARY ACTION Appendix A

Players, coaches, parents, referees and all supporters shall abide by the policies, regulations, rules, and code of conduct set out by the MHCBA. The following standardized set of guidelines deal with game related infractions through a series of disciplinary actions. The Referee-in-Chief and/or the Executive Director are responsible for the management, implementation, and regulation of this process. Infractions are reported through a variety of means, but are processed primarily through referee game incident reports. Incident reports must be submitted in writing, within 24 hours of the incident, to the Executive Director. Infractions have been organized into four categories:

Category 1 Infractions

Category 1 infractions include, but are not limited to:

- Not informing players of practice or game;
- Having a player intentionally go down sick or injured during a game;
- Attempting, repeatedly, to have a player in for a third shift;
- Unwillingness to follow the equal play rule; and,
- Non-application of the rules within the game, such as in the inappropriate scoring (score sheet or running up the score) or application of rules, which may include equal play, man to man defence application, etc. some of which may result in a game ejection.

Category 2 Infractions

Category 2 infractions include, but are not limited to:

- Ejection from a game resulting from such incidents as:
 - Inappropriate language or behaviour in a game or following a game;
 - Abusive or aggressive behaviour, such as the berating (abusing) of an official, coach, player, or supporter;
 - Mockery of a game, game official, coach, or player;
- The accumulation of four technical/unsporting fouls within the season by a player, assistant coach, or coach; accumulation of an additional 2 technical foul for a total of 6 will be considered a second offense, another 2 for a total of 8 will be considered a third offense.
- Non-compliance with a supervisor or referee directive; and,
- Absence of a coach for three consecutive practices without just cause.

Category 3 Infractions

Category 3 infractions include, but are not limited to:

- Non-compliance to leave the gymnasium following an ejection;
- Continued verbal abuse or berating of an official outside of the playing area;
- Physical contact, intentionally initiated by an individual. This could be a touch, hold, or push of an official, assistant coach, coach, or player;
- Failure to comply with the implemented suspension;
- Game related misconduct by a player, assistant coach, coach, or referee;
- Use of ineligible players;
- Removing or pulling a team from a game being played;
- A deliberate attempt to injure; and,
- Unwillingness to adhere to the application of the suspensions.

Category 4 Infractions

Category 4 infractions include, but are not limited to:

- Racial comments, slurs, or innuendoes;
- Spitting at a player, assistant coach, coach, or referee;
- Physical attack/assault of a game supporter, player, assistant coach, coach, or referee by any of the mentioned persons; and,
- Gross misconduct by a game supporter, player, assistant coach, coach, or referee by any of the mentioned persons.

The following table outlines the disciplinary action that will be taken for each category of infractions:

Any infraction not covered by the above-classified infractions will be processed through the MHCBA Discipline Committee.

Infraction	First Offense	Second Offense	Third Offense	Fourth Offense
Category 1	<i>Clarification, Discussion & Monitoring</i>	<i>One Game Suspension</i>	<i>Two Game Suspension</i>	<i>Discipline Committee Review</i>
Category 2	<i>One Game Suspension</i>	<i>Two Game Suspension</i>	<i>Discipline Committee Review</i>	
Category 3	<i>Two Game Suspension</i>	<i>Discipline Committee Review</i>		
Category 4	<i>Discipline Committee Review</i>			

Clarification, Discussion & Monitoring

Minor incidents will be validated, monitored and a discussion will take place with the reported offender.

One Game Suspension

The Executive Director will **automatically invoke a one game suspension** to the person who committed the infraction. The suspension is for the next scheduled league game to be played. **One game suspension decisions are final** and must be adhered to in accordance with the application of the suspension as outlined below. There are no opportunities for an appeal with a single game suspension.

Two Game Suspension

Where incidents of a severe nature occur, the Executive Director will **automatically invoke a two game suspension**, to the person who committed the infraction. The suspension is for the next 2 scheduled league games to be played. Opportunities for appeal may be made, in writing, to the Executive Director within 24 hours of notice of the two-game suspension. Appeals will be dealt with through the MHCBA Discipline Committee and its procedures.

Suspension Process

Upon receipt of communication regarding an incident involving possibility of a suspension, the Executive Director will categorize the standard infraction(s), if any. The involved person(s) will be contacted regarding the suspension and its application, and any process for appeal if outlined by the particular category.

Noted contacts of such suspension shall be the Executive Director, Referee-in-Chief, and the coach(s) of the team's personnel involved. The suspension will be recorded by the Executive Director and monitored by the same.

Discipline Committee Review

Incidents brought forward to the Discipline Committee will be reviewed as outlined in the MHCBA Discipline Policy.

Application of Suspensions

An individual who has been suspended shall not participate in the game or games the suspension has levied nor may they participate with that MHCBA team or any other MHCBA team in any other capacity. While serving the suspension, the individual may not be present in the facility in which the suspended game(s) is (are) being played. Suspensions may only be recognized as being served in regularly scheduled league games or playoff games. The suspended player or coach must be listed on the score sheet as suspended.



Clean Up Official

Rational: MHCBA needs to have someone from each team responsible for the cleanliness of the gyms the MHCBA uses for games. Having one person responsible at each game will allow MHCBA to “police” the cleanliness of the gyms. This will also help us have a positive personal relation with the schools, custodians, and the schools boards that we take the gyms use serious. Please ensure that the practice gyms are given the same respect as a game gym.

Procedure: Both Teams team will provide a “Clean-up” official. This person will sign the score-sheet confirming that they oversee keeping the facility clean. This person will have to come to the gym 15 minutes early to make sure that they are there before the other game finishes.

Duties:

Make sure that absolutely NO ONE is wearing their outdoor shoes on the court. All wet and/or muddy shoes will need to be left OUTSIDE the gymnasium proper.

Make sure parents from their own team are not bringing in coffee, other beverages (except water), and/or snacks into the gymnasiums.

Make sure any trash that is left behind (coffee cups, water bottles) are collected and put in the garbage cans.

Make sure that the team benches are clear of water bottles, tape and any other items that are left behind.

The clean-up official can be the same as the score keeper, time keeper, team manager or one of the coaches but it must be an adult.

Sanctions: If your team has been found in non-compliance of this, we will follow the normal discipline procedure. Sanctions will include a warning for the first offense and may lead to possible forfeit of a game as well as ineligibility for the playoffs. Please understand that we will be very strict with the cleanup official as leaving a dirty gym is one of the top reasons as to why we lose gyms.