

2026 MYAS FALL BASKETBALL RULES AND REGULATIONS

The basic rules and regulations for the MYAS fall basketball events will be the same as those utilized by the Minnesota State High School League. Listed below are rule modifications and/or highlights.

ELIGIBILITY

PLAYERS: Players must be enrolled in the grade in which they are participating. However, it is permissible to play up. For example, a 7th grader may play on an 8th grade team, but an 8th grader may not play on a 7th grade team. Any player who has been accelerated in school may participate in the grade level that would be their “natural” grade.

TEAM Teams may be composed of players from anywhere, as long as they meet the grade division requirements.

COMPOSITION: Boys must play on boys’ teams and girls must play on girls’ teams.

PLAYING RULES

GAME LENGTH: Games will consist of two 20-minute halves, with the last two minutes of each half being stop time on every whistle.
If games fall too far behind schedule, we reserve the right to eliminate the two-minute stop time at the end of the first and second half.
The clock will remain running during the final two minutes of the second half if a team is ahead by 20 points or more.

HALF TIME: Half time will not exceed five minutes.

TIME OUTS: Each team will be awarded three 60-second time outs per game. Unused time-outs cannot be carried over to the overtime period. Each team will be given one time out for the first overtime period.

OVERTIME: If a game is tied at the end of regulation time, a two-minute, stop-time overtime period will be played. If the score is still tied at the end of the overtime period, the teams will play a sudden-death period (with no time on the clock). The first team to score will be declared the winner.

WARM-UPS: Each team will be given a minimum of three minutes to warm up before tip-off. Five minutes is ideal. More time will be allowed whenever possible. Games shall not start more than 10 minutes early.

START TIME: We are operating on a very tight schedule. Therefore, game time is forfeit time. The Tournament Director will make the final decision on game forfeitures.

FREE THROWS: Bonus shots will be awarded on/after the seventh team foul, and the double bonus will be shot on/after the tenth team foul per half. Free throws will NOT be shot for technical fouls.

DEFENSE/PRESSING:

<u>Grades</u>	<u>Half-Court Defense</u>	<u>Full-Court Defense</u>
3-4	Person-to-Person Only	Not Allowed
5	Person-to-Person Only	Person-to-Person Only
6-12	No Restrictions	No Restrictions

***NO** teams may use a full-court press if they are ahead of their opponent by 20+ points. After the first warning, the penalty for each violation of this rule will be a technical foul.

Violations: First offense – a warning will be issued; second offense – technical foul.

EQUIPMENT: The MYAS has adopted the rules and regulations of the NFHS that pertain to legal and illegal equipment. Please refer to the National Federation of High Schools basketball rule book for clarification. If you have any specific equipment issues, please contact our office prior to your participation. Some of the more common questions asked are related to earrings, casts, headbands, wristbands and various medical devices.

BASKETBALLS: The teams will provide practice and game basketballs. The referees will select the best ball available. All 3rd & 4th Grade boys' and girls' divisions will use the smaller (27.5) basketball. The boys' 5th and 6th-grade divisions and all other girls' grade divisions will use the (28.5) basketball, and boys' 7th grade through high school divisions will use a full size (29.5) basketball.

UNIFORMS: Jersey tops must be of identical color, and it is recommended that they be numbered on the front *and* back. Numbers on the front must be at least four inches high and numbers on the back should be at least eight inches high. Legal numbers are 00-99. Teams are encouraged to bring two sets of jerseys (i.e. white and dark) if available.

FIRST AID: Teams are responsible for supplying and administering their own first aid. A trainer will be on-site.

OFFICIALS: Two certified officials will be assigned to each game.

POLICIES AND PROCEDURES

SCOREKEEPERS: Each team must provide a scorekeeper. One person is responsible for operating the score clock while the other will fill out the official MYAS scoresheet.

Home Team: Listed on the bottom of the bracket or Team 2 in a pool, wear light jerseys, and their scorekeeper is responsible for operating the score clock.

Visiting Team: Listed at the top of the bracket or Team 1 in a pool, wear dark jerseys, and the scorekeeper is responsible for filling out the official MYAS scoresheet.

FORFEIT POLICY: Forfeiting a game in any MYAS fall basketball event will place your team on probation and there will be a \$100 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 with no notification will automatically **SUSPEND** your team (including all coaches and rostered players) for the remainder of the league and from any subsequent MYAS events for a period of one calendar year. There will be an additional \$100 fine for **EACH** forfeit. **GET TO YOUR GAMES!**

CONDUCT ISSUES: [MYAS Conduct & Safety 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.

EJECTIONS: 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**.

OTHER: Other situations will be ruled upon by the Tournament Director, game officials and/or the Site Supervisor.