



## MIDDLE SCHOOL & TRAVEL LEAGUE RULES 2019-2020

(NFHS rules will be the governing rules with the following exceptions)

### ELIGIBILITY RULES

- To be eligible to play in the HCYP Middle School Basketball League players must attend the school they wish to try-out for.
- Any player who doesn't make their school team shall have the opportunity to try out for the Howard United Middle School team.
- Players whose zoned school does not field a team will be able to try out for The Howard United Team. If Howard United Middle School teams has reached its players roster limit, the student/athlete made seek approval from the Middle School Commissioner to play for another team in the league.
- All other players must seek approval from the Middle School Commissioner before attending a tryout. This would include private schooled players who wish to try out for The Howard United Team.
- All home-schooled players can try out for their zoned school if they can prove they are zoned for said school.
- Each team may have up to twelve (12) players active roster (additional three (3) players on the reserve roster).

### TRAVEL vs. MIDDLE SCHOOL vs. REC LEAGUE PLAYERS RULE

- Players **cannot** be rostered (play for) for a HCYP Middle School and a HCYP Travel Team; and/or an HCYP Rec League Team at the same time. This is a violation which may result in the suspension of both the violation player and coach; and forfeiting all games participated by the ineligible player.
- Note. Players who are play (roster) on a HCYP Middle School team and play for an **outside** (non-HCYP team) Travel Team are allowed to play on a HCYP Middle School, at the coach's discretion.

### PLAYING TIME

- HCYP Middle School Basketball League does not require equal playing time for all athletes, the team's head coach has the overall responsibility in handling playing time:
  1. However, this is a competitive non-equal playing time league. Players who are concerned with playing time need to speak with the coaches.
  2. Playing time is based on effort and ability shown in practice as well as attending practices and maintaining good academic standing.

### GAME PLAY

- Boys - Two twenty (20) minute halves (Clock doesn't stop during free throws except during last two minutes of each half)
- Girls - Four ten (10) minute quarters (Clock doesn't stop during free throws except during last one (1) minute of each quarter)
- Each team must arrive 15 minutes before the scheduled game time.
- Each team must be dressed 5 minutes before scheduled game time
- Players must check in at the scorer's table before each game
- Halftime is 3-minutes before the game whistle blows.

### PLAYER'S INJURIES OR MEDICAL CONDITIONS

- Point of Emphasis: Stressed Concussion Recognition and Risk Minimization; General Guidelines for Skin Infections and Communicable Diseases; and Ankle Sprain Prevention.
- Player's injuries - injury report due within 24 hours of player's injury, practice or games
- Medical bracelets, regardless of the material it is composed of, must be taped to the arm with the medical information exposed.

## TEAM UNIFORMS

The home team wears light colors, the visiting team wears dark colors, but by mutual consent of both teams this rule can be modified.

Team Uniforms Rules:

1. 'HCYP' patch **must be** on the upper left chest of the uniform top (both home/away) if teams want to add the patch to the leg of their team shorts - optional but allowed.
2. A visible manufacturer's logo/ trademark/reference is NOT permitted on the jersey. Note. A "locker-tag" near the bottom of a jersey designed to be tucked in, is not interpreted as visible.
3. All Team **must** wear legal numbers are: 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. Note. A team roster **shall not** have both numbers 0 and 00.
4. Long sleeves or shirts worn under the jersey **must be** the same color of the body of the uniform jersey. No visible logo maybe shown.
5. Players are required to keep jerseys tucked inside shorts at all times.
6. Rule 3-5-5 to permit folding or rolling the shorts at the natural waistband seam.  
NOTE: Provided the shorts are not in conflict with 3-4-5, no drawstring or other part of the shorts intended to maintain them in a normal position causes potential harm to the player or others and wearing of the shorts is not objectionable in exposing the anatomy, there is no restriction on folding or rolling the shorts at the natural waistband seam.
7. Headbands and hair control items must be made from a soft, 'non-abrasive' material (cloth, rubber, soft leather, etc.) Note. Hair control devices are not required to meet color restrictions.

## **RULES FOR HCYP BASKETBALL PROMOTING GOOD SPORTSMANSHIP**

### NO PRESS RULE

In all HCYP MS/Travel League Basketball games a full court press is not permitted after a team has attained a lead of **twenty (20) points or more**. The team behind in the score must be permitted to advance the ball without being pressed, until the lead has been reduced to less than **twenty (20) points**. If a violation of this rule occurs, the officials will warn the violating team at once. Any future violation of this rule will result in a bench technical foul being called - two shots.

### MERCY RULE

HCYP MS/Travel Basketball League's do not have a 'Mercy Rule' - which is generally a regulation that allows the game clock to continue to run when an opponent is down by **20 points or more** (consider to be an insurmountable lead).

HCYP MS/Travel Basketball League games are all played with a running clock therefore the rule would not impact the length of the game. "The ideas of sportsmanship should come into play when a team has **20 points or more** lead on an opponent."

Coaches have the responsibility to stress proper sportsmanship and provide opportunities for players on both teams to improve when they have a large lead.

### FORFEIT GAME

Enter forfeit result as **2-0**. If the team to which the game is forfeited is ahead, the score at the time of forfeiture shall stand. If this team is not ahead or team is a no show, the score shall be recorded as 2-0 in its favor of the team present for the game.

- At the beginning of the game there is a 15-minute grace period before forfeit of the game will takes place.
- A team can be given 5 extra minutes if the opposing team agrees to a game with two 13-minute halves

### **The NFHS basketball forfeiture rule states:**

*"The referee shall forfeit the game if a team refuses to play after being instructed to do so by an official. The referee may also forfeit a game if any player, team member, bench personnel, or coach fails to comply with any technical foul penalty or repeatedly commits technical foul infractions or other acts which make a travesty of the game". If the team that the game is forfeited to is ahead, the score at the time of forfeit shall stand. If on the other hand the team that the game is forfeited to is behind, the score*

*shall be recorded at 2-0, in their favor."*

### **COACHES ENTERING THE PLAYING FLOOR – Rule 10-5-5 Note**

- The head coach and any number of assistant coaches may enter the court in the situation where a fight may break out - or has broken out - to prevent the situation from escalating.
- Head coaches must plan of action for which assistant coach(s) enter the court and which one(s) remain on the bench to secure the bench personnel.

### **GAME OFFICIALS**

Two (2) Game Officials for every game.

- May declare the game a forfeit when conditions warrant.
- Decide matters upon which the timers and scorers disagree.
- Meet with timers and scorers during pregame conference to review responsibilities or each, ensure both team's (school name) name and date are entered in the score book.
- Confer with the scorer at halftime to determine the possession arrow is pointed in the proper direction to begin play in the second half.
- Check and approve the score at the end of each half (of quarter for girl's games). His/her approval of the score at the end of the game terminates the jurisdiction of the officials (ensure the running score has been recorded).

#### **NOTE:**

- Game starts - on a jump ball, alternate possession afterwards
- Basketball size - A regulation size ball used for boys will be 29.5, the size used for girls will be 28.5
- **5-second possession rule** - coaches should stress this important rule for ball possession: If the player with ball is guarded closely (within six feet), he has five seconds to dribble the basketball, pass, or shoot the ball once he picks up his dribble. If five seconds' pass and the same player still has the ball, he will be in violation of basketball rules.
  - **10-seconds rule** - This rule reads that no team shall be in continuous possession of the ball for more than 10 seconds in its own half of the court. If a team fails to advance the ball past the half-court line in 10 seconds, they lose possession of the ball.
  - **Backcourt violation** – The offensive squad may not bring the ball backward over the half-court line even if this is done by mistake due to an errant pass or a ball dribbled off the foot of an offensive player. If an offensive player is the first to touch a ball that has crossed back over the half-court line, his team will lose possession of the ball.
  - **Line infractions**

### **GAME CLOCK**

- Running Clock - stops during the following:

#### **Boys**

1. Last two (2) minutes of each half
2. Timeouts
3. Injuries

#### **Girls**

1. Last 1 minute of the 2<sup>nd</sup> and 4<sup>th</sup> quarters, continue to run in the 1<sup>st</sup> and 3<sup>rd</sup> quarters, **with the exception, if team is shooting free throws the clock will stop last 10 of the 1<sup>st</sup> and 3<sup>rd</sup> quarters.**
2. Timeouts
3. Injuries

### **TIMEOUTS**

1. Each team has **two (2)** 30 second timeouts per half
2. Each team has **one (1)** 30 second timeout in the overtime period

#### **NOTE:**

- Timeouts do not carry over from the first half to the second half, nor the overtime period.

## **FREE-THROW SHOOTING**

Players occupying marked free-throw lane line spaces **may not enter the free-throw semicircle until the ball touches the ring or until the free throw ends.** Rationale: The addition of this information makes the rule complete and easy to understand. This rule adds protection for the shooter.

### **Free-throw Violations**

1. Players wishing to occupy the marked lane spaces must do so quickly and must alternate lane spaces if the opponents wish to occupy the space nearest them. These players may enter the lane as soon as the ball has touched the rim and/or backboard.
2. Any player other than the free thrower, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three-point line. These players may not enter this area until the ball has touched the rim and/or backboard.

### **Protecting the Free Throw Shooter**

This continues to be an area of emphasis. The rule change last year was implemented to protect the free throw shooter. **On release of the ball by the player attempting the free throw, the defender “boxing out” shall not cross the free-throw line into the semicircle until the ball contacts the ring. In addition, officials should be aware that contact and displacement of the free throw shooter is illegal and shall be enforced.**

### **Free-Throw Provisions**

A player, other than the free thrower, who does not occupy a marked lane space, may not have either foot beyond the vertical plane of the free-throw line extended and three-point line which is farther from the basket, until the ball touches the ring or until the free throw ends.

## **TEAM/PERSONAL FOULS**

- Team Fouls
- 1. Seven (7) team fouls - results in teams shooting 1-and-1 free-throw for the remainder of the half; After Ten (10) team fouls – results in teams shooting 2 shots double bonus for the remainder of the half
- Personal Fouls
- 2. Five (5) personal fouls results in player disqualification (fouling out) from the game
- Technical Fouls – will count toward players personal
- 3. Two (2) free throws plus possession of the ball

## **NOTES:**

- A single flagrant technical foul or the second technical foul charged to a result in disqualification of the offender to the team bench.
- Any action that seems harmful to the league and other players will be taken to the commissioner for possible multi-game suspension or expulsion from the league.
- Technical fouls can be given to players that are not in the game
- No taunting or staring down opponents (technical & personal foul)

## **GAME(s) ADMINISTRATION**

- Sportsmanship will be enforced at all times!!! **Team Head Coaches must ensure that they have responsible persons assigned to Score/Time Keeper duties!**

4. Score Keeper - Home team provides scorekeeper the game
5. Timekeeper - Visiting team provides timekeeper for game

NOTE: There has been an increase in the number of timer or scorer errors due to distractions, inexperience or unsporting (**unsportsmanlike conduct**) behavior. This type of behavior is incompatible with HCYP rules and regulations, and is unacceptable behavior by any of our volunteers, including score keeper and/or time keeper personnel. **Examples include verbal abuse or taunting of an opponent or game official; and excessive celebration or disagreement following a scoring play, or feigning injury.**

## **OVERTIME GAME(s)**

6. Two (2) minutes overtime period for a tied score at the end of regulation.
7. Each team will receive one (1) timeout in the overtime period

8. Team timeouts do not carry over into the overtime period
9. If necessary, a third overtime will be resolved by a basketball penalty shootout

**A THRID OVERTIME PERIOD**

· **Penalty Shootout** - Teams take turns shooting two (2) free-throws, with the team with the most makes being the winner. If the result is still tied, the free-throw shootout continues with a "basket-for-basket" basis, with the teams (each player) taking shots alternately, and the one that scores a goal unmatched by the other team is declared the winner. This may continue until every player has taken a shot, after which players may take extra shots, until the tie is broken, and is also known as "sudden death".

**EMERGENCY CONTACT NUMBER**

This number (443) 472-5969 is the emergency contact phone number just in case any teams are locked out of their scheduled practice or game gymnasium.

**SCHOOL EMERGENCY CLOSING INFORMATION SOURCES**

In times of emergencies/school closings, information will be shared with the community through the following: HCPSS Information Hotline Phone 410-313-6666.

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