2026 MYAS GRADE STATE TRAVEL BASKETBALL CHAMPIONSHIPS
PLAYING RULES & POINTS OF EMPHASIS

Boys 7th & 8th Grade *March 14-15, 2026* *Revised 3/13/2026*

National Federation of State High School Associations rules will apply to the 36th annual MYAS Grade Basketball State Championships, with the following modifications. Teams must meet the eligibility requirements outlined by the MYBA Team Composition Guidelines.

Mandatory Pre-Game Meeting

Game officials will conduct a required pre-game meeting with the head coaches from both teams prior to the start of the game. Grade specific rules, rule clarifications, good sportsmanship and behavior expectations and in-game communication will be discussed at this time.

Scorekeeper Policy

Each team must provide a scorekeeper. One person is responsible for operating the score clock while the other will fill out the official MYAS score sheet. These individuals must be adults and they must act in a professional manner. Please remain neutral and respectful. One complimentary admission wristband is provided for each team's scorekeeper at team check-in.

Home Team: Will be listed on top in a bracket play game or second in a pool play game, and their scorekeeper is responsible for operating the score clock. The home team will wear light jerseys.

Visiting Team: Will be listed on the bottom in a bracket play game or first in a pool play game, and their scorekeeper is responsible for filling out the official MYAS scoresheet. The visiting team will wear dark jerseys.

Timing Factors

1. **7th-8th Grades:** Games will consist of one 28-minute, running-time period with stop-time the last one-minute of the game.
2. Time outs are limited to one 60-second time out per team per game.
3. **Overtime Periods:**
   a. There will be a 60-second intermission between overtime periods.
   b. Each team will be awarded one time out for each overtime period with no carryover of unused timeouts.
   c. The 1st overtime period will be one-minute, stop-time.
   d. The 2nd overtime period (if necessary) will be played until the tie is broken (sudden death).
4. **Grace Period:** Each team will be given a 10-minute grace period for their ***first*** game of the tournament. After a team's first game, game time is start time.
5. **A game should not begin earlier than the posted game time. If the opportunity for an earlier start time exists, BOTH teams must agree to the earlier start time.** Be respectful of the fans planning to arrive for games at the posted (original) game times. Teams and spectators are encouraged to arrive 15-30 minutes prior to the posted game times.

Reminder: After a timeout, the clock does **not** start when the free throw shooter receives the ball. It remains stopped during the free throw attempt, and starts only after the free throw is completed, and the ball is legally touched by a player inbounds.

Equipment

1. **Free Throws and Ball Size:**

Grades	Free Throws	Ball Size - Boys	Ball Size - Girls
3-4	12 Feet	27.5	27.5
5-6	15 Feet	28.5	28.5
7-8	15 Feet	29.5	28.5

2. **Uniforms:** Jersey tops must be of identical color and it is recommended they be numbered on the front ***and*** back. The following numbers are recommended: 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, and 55. A team may ***not*** have both numbers 0 and 00. Teams are encouraged to bring two sets of jerseys, if available.
3. Teams are responsible for providing their own first-aid supplies. Tournament hosts are required to have medical personnel on-site.
4. All jewelry must be removed ***prior to*** stepping onto the court. Players are ***not*** allowed to tape over any kind of jewelry (earrings, bracelets, necklaces, etc.).

Playing Rules

1. **Free Throws:** Free throw shooters may **not** cross the free throw line until the ball hits the rim. Bonus shots will be awarded on the seventh team foul and double bonus on the tenth team foul each half.
2. **Technical/Flagrant/Intentional/Fouls:** Two points and the ball will be awarded to the opposing team (do *not* shoot the free throws).
3. **Defense/Pressing:**

Grades	Half-Court Defense	Full-Court Defense
3-4	Person-to-Person Only	Not Allowed*
5	Person-to-Person Only	Person-to-Person Only
6-8	No Restrictions	No Restrictions

Exception: Teams may **NOT** use a full-court press if they are ahead of their opponent by 20+ points.
Penalty: After the first warning, the penalty for each subsequent violation of this rule will be a technical foul.

NEW for 2026! **3rd & 4th Grade Backcourt Advancement Policy**
(Applies during the final minute of the 2nd half when the score margin is 6 points or fewer)
Intent: This policy prevents a leading team from using timeouts or stoppages to delay the game by holding the ball in the backcourt.
Ball in the Backcourt

- If a team is granted a timeout or there is an official stoppage while the ball is in the backcourt
  -The ball will be advanced to the frontcourt 28-foot line for the throw-in.
  -If the inbound pass is thrown into the backcourt, the game clock will not start until the ball crosses the half-court line.

Ball in the Frontcourt

- If a team is granted a timeout or there is an official stoppage while the ball is in the frontcourt:
  -If the inbound pass is thrown into the frontcourt, the clock starts normally when the ball is legally touched inbounds.
  -If the inbound pass is thrown into the backcourt, the clock will not start until the ball crosses the half-court line.

Help Defense is encouraged in 3rd and 4th grades.

a. On defense, a team may switch on screens and take on the new offensive player as their primary defensive responsibility.
b. Helping in the lane is allowed. If an offensive player enters the lane, the defensive player may help create a double team but **only** in the lane.
c. Each defensive player must have a primary offensive player responsibility. For example, a player may not just play defense in the lane.
d. Defensive players will not be required to guard offensive players everywhere on the court.

If the offensive team lines up all players outside the 3-point line, the defense is not required to guard them there. For example, if the offensive team lines up 4 players at half court and then sets up an ISO with one offensive player driving the lane, the defensive team would be able to have all defensive players inside the 3-point line.

Miscellaneous Policies

1. **Participation Policy:** Only boys may play on boys' teams, and only girls may play on girls' teams.
2. **Forfeit Policy:** Please make every effort to get to your games on time. Forfeiting a game in any MYAS basketball event will place your team on probation and there will be a $200 per game fine assessed. This fine **MUST** be submitted to the MYAS Tournament Director/ Site Coordinator or the MYAS staff/office (if applicable) prior to your next scheduled game. Forfeiting a second game will automatically **SUSPEND** your team (including all coaches and rostered players) for a period of one calendar year from the date of the second forfeit.
3. **Ejection Policy:** 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. 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.
4. **MYAS Conduct & Safety Policy:** MYAS is committed to providing a safe, positive, and productive environment for all participants, coaches, officials, and spectators. Any player, coach, or spectator who violates established conduct expectations before, during, or after a contest may forfeit their team's opportunity to continue participation in the tournament AND may be subject to temporary or permanent removal from any MYAS sponsored events. The on-site Conduct & Safety Review Committee, consisting of on-call MYAS Staff, Tournament Director, Host Site Representative, and Head Official, reserves the right to enforce this policy and determine immediate action based on the situation. All disciplinary action will be sent to Conduct & Safety Review Committee, an independent group, for review and recommendations at the completion of the tournament.
5. **Player Eligibility Protest Policy:** Only a head coach may protest a player's eligibility as it pertains to the player's grade and/or eligibility to participate with an association. The protest must be submitted in writing to the Tournament Director and must be accompanied by a $100 per player cash protest fee. The coach submitting the protest must provide grade verification or school attendance documentation (depending on what they are protesting) for all players on their own team. The protest fee will be returned if the protest is upheld.
6. **Disqualification Policy for an Ineligible Player:** If it is determined that a player is ineligible to participate, they will be removed from participation at the time of discovery. If discovery and confirmation happens while the ineligible player is playing in a game, that game will be forfeited. If discovery and confirmation happens after a game, the previous game will be determined to be a forfeit. Game results for any games completed prior to those described above will not be changed.

High School Players

Policy for 7th & 8th Grade Basketball Players Participating on High School Teams
In general, the MYAS has adopted the *MSHSL Bylaw 208 - Non-School Competition and Training, except where modified or clarified below*.

Minnesota State High School League (MSHSL) Now Governing 9th Grade-*Reviewed and approved by MSHSL leadership, including the Associate Directors and Executive Director.*

What this means for winter travel basketball:

- Any student in the 7th or 8th grade who is participating with an MSHSL team that is participating with and/or against 9th, 10th, 11th, and/or 12th graders is not eligible to participate with a non-school or community association basketball team during the MSHSL basketball season.
- Summary of MSHSL Policy: Per the MSHSL policy, 7th and 8th graders participating on a 9th Grade, B squad, C squad, JV, and/or Varsity team are not allowed to participate on a non-MSHSL 7th or 8th grade travel basketball team during the MSHSL season.

Minnesota Youth Athletic Services (MYAS)/Minnesota Youth Basketball Alliance (MYBA) Stance:

- We will uphold the MSHSL policy to help ensure that students maintain their eligibility as it pertains to MSHSL and MYBA events.
- Any student in the 7th or 8th grade who is currently participating or has participated during the current season on a MSHSL team that includes 9th, 10th, 11th, and/or 12th graders is not eligible to participate in the MYAS Grade State Basketball Championships.
- Teams participating in Grade State should be composed of the same travel team roster from the 2025-2026 winter travel basketball regular season visible in RegisterPlay.

Eligibility Consultation for MSHSL Participants:

- Students in grades 7-12 participating in MSHSL high school programs should work with their school activities administrator to understand potential eligibility implications.

NFHS MISUNDERSTOOD RULES

RULE 3. PLAYERS, SUBSTITUTES, AND EQUIPMENT

SECTION 5 TEAM MEMBER'S EQUIPMENT, APPAREL (2025-2026 NFHS Basketball Rules Book pages 28-30)

ART. 1…The referee shall not permit any team member to wear equipment or apparel which, in the referee's judgment, is dangerous or confusing to other players or is not appropriate.

Note: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities or unique and extending circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others, or place opponents at a disadvantage.

ART. 2…Guards, casts and braces shall meet the following guidelines:

a. A guard, cast, or brace made of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic, or metal shall not be worn on the elbow, hand, finger/thumb, wrist, or forearm; even though covered with soft padding.

b. Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder shall be padded with a closed-cell, slow-recovery foam padding no less than ½" thick.

c. Knee and ankle braces which are unaltered from manufacturer's original design/production are permitted and do not require any additional padding/covering nor do braces need to meet the color restrictions.

NOTE: A brace is defined as anything worn for a medical purpose to increase stability. In general, it is made of neoprene or elastic knit with an insert embedded to support the joint. It may or may not have a hinge and/or straps or an opening over the kneecap.

d. A protective face mask may be worn and made of hard material, but shall be worn molded to the face with no protrusions.

e. Shall be worn for medical reasons.

ART. 7…Jewelry is prohibited. Religious and medical-alert items are not considered jewelry. Religious items shall be taped and worn under the uniform. A medical-alert item shall be taped and may be visible (2025-2026 NFHS Basketball Rules Book page 30).

SECTION 5 BASKET, CHOICE (2025-2026 NFHS Basketball Rules Book pages 31)

ART. 4…If by mistake the officials permit a team to go the wrong direction, when discovered all points scored, fouls committed, and time consumed shall count as if each team had gone the proper direction. Play shall resume with each team going the proper direction based on bench location.

The MSHSL Restricted Arc Rule will not be used in any MYAS Grade State Tournaments. Not all courts have the arc installed and we will not be using the rule at any age group.