2025-26 MYBA PLAYING RULES

Standardizing Winter Travel Basketball Playing Rules

Running Time Format

In an effort to create consistent playing rules, all MYBA member associations are encouraged to use these playing rules for their tournaments. Creating consistency will benefit the players, coaches and officials.

The MYAS Grade State Championships will utilize playing rules very similar to these.

National Federation of State High School Associations rules will apply, with the following modifications.

Only boys may play on boys' teams and only girls may play on girls' teams.

Revised 10/27/2025

1. Jersey Color & Scorekeepers

Each team must provide a scorekeeper. One person/team is responsible for operating the score clock, while the other will fill out the official score sheet.

Home Team: Listed on the top of the applicable game's bracket or second in a pool play game; will wear light jerseys; and their scorekeeper is responsible for operating the score clock.

Visiting Team: Listed on the bottom of the applicable game's bracket or first in a pool play game; will wear dark jerseys; and their scorekeeper is responsible for filling out the official scoresheet.

2. Timing Factors

a. Games will consist of two 20-minute, running-time halves with stop-time the last two minutes of the second half.

b. Halftime will be three minutes. **NOTE**: The Tournament Director has the authority to adjust the length of the halftime if necessary.

c. Time outs are limited to three 60-second time outs per game.

d. **Overtime Periods:** Each team will be awarded one time out for each overtime period with no carryover of unused timeouts. There will be a 60-second intermission between overtime periods.
   The 1st overtime period will be two minutes, stop-time.
   The 2nd overtime period will be played until the tie is broken (sudden death).

e. **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.

f. **A game should not begin earlier than the posted game time AND both teams must agree on an earlier start time (if the opportunity exists).** Be respectful of the fans planning to arrive to games as well as the posted game time. Teams and spectators are encouraged to arrive 15-30 minutes prior to game time.

3. Equipment

a. **Free throws and ball size:**
Free throw shooters may not cross the free throw line until the ball hits the rim.

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

b. **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.

c. Teams are responsible for providing their own first-aid and sanitizing supplies.

d. 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.).

4. Playing Rules

a. **Free Throws:** Bonus shots will be awarded on the seventh team foul; double bonus on the tenth team foul each half.

b. **Technical Fouls:** Two points and the ball will be awarded to the opposing team (do ***not*** shoot free throws on technical fouls).

c. **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

d. If a team is ahead by 15+ points with two minutes or less remaining in the second half, the remainder of the game will be played under running time. After a time out, the clock will start when the ball is touched by any player inbounds.

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

e. **FORFEIT POLICY:** Please make every effort to get to your games. If you need to forfeit a game, please notify the tournament director as soon as possible to notify them of the forfeit. We will then notify the opposing team. Be sure to list your complete team name and grade of the team.

f. **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(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 of 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**.

NFHS MISUNDERSTOOD RULES

RULE 3. PLAYERS, SUBSTITUTES and EQUIPMENT

SECTION 5 TEAM MEMBER'S EQUIPMENT, APPAREL (NFHS Basketball Rules Book page 25-26)

ART. 1…The referee shall not permit any team member to wear equipment or apparel which, in his/her 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 and/or special needs, as well as those individuals with 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 must meet the following guidelines:

a. A guard cast or brace 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 must 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 must be worn molded to the face with no protrusions.

e. Must be worn for medical reasons.

ART. 7… Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible (NFHS Basketball Rules Book page 27).

SECTION 5 BASKET, CHOICE (NFHS Basketball Rules Book page 28-29)

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 MYBA tournaments. Not all courts have the arc installed and we will not be using the rule at any age group.