

Manoa Boys Basketball League – MBBL

(UPDATED 8-2019)

Rules & Regulations

These RULES AND REGULATIONS supplement the National Federation Basketball Rules for all Divisions except where specifically stated otherwise. The rules are subject to change by the Board of Directors (Board).

Objective

The Manoa Boys Basketball League (MBBL) is participation-oriented, aimed at teaching basketball skills, responsibility, sportsmanship and above all, an enjoyment for the sport.

1. Responsibilities

a. Attendance

1. Players: Players are expected to attend all scheduled practices, sessions, and games. The Coach may enforce disciplinary actions upon a player. These may range from minimum playing time to a game suspension. For example, players missing more than 3 games may be asked to drop from the program. Any player who drops out after the teams are formed without a valid reason will be ineligible to participate for the remainder of the current season and will be ineligible to register for the following season.
2. Coach: A coach or a designated representative of the coach, who must be 18 years of age or older, must be present at all practices and at the respective teams bench throughout the entire game.

b. After-Practice/Game Dismissal of Players

1. Whether transportation will be provided or the player will be allowed to depart practices/games alone, it is the player's parent(s)/guardian(s) responsibility to inform the coach of these arrangements and any changes that may occur during the season.

c. Behavior

1. The conduct of coaches, players, parents and fans is of concern to the MBBL. Setting an example of fair play and sportsmanship should be of the utmost importance. Unsportsmanlike behavior on the part of the coaches, players, parents and fans is not expected and will not be tolerated.

d. Disciplinary Action

1. Incidents requiring special attention shall be reported to the respective Division Manager who will then notify the Board of Directors. The Board of Directors will then investigate the incident and take appropriate action.

2. Uniforms and Equipment

- a. All players must be attired in the current year league-issued uniform to participate in a scheduled game. Shorts will not have pockets, rivets, zippers, belt loops, etc. The physical appearance of the uniform shall not be altered in any way. The jersey must be tucked into the shorts.
 1. If a T-shirt is worn under the jersey, it must be the same color or as close to the color of the jersey.
- b. Gym shoes must be worn during practices and games.
- c. Kneepads are mandatory for the Midget and Minor Divisions and are strongly recommended for the Major Division.
- d. Mouth guards are recommended for all divisions.

3. Home/Visitor Designations

- a. The Home team shall be the 1st named team listed and the Visitor team shall be the 2nd named team listed on the League's game schedule and will sit on their respective designated bench.
- b. The Home Team will wear white, and the Visitor Team will wear its dark color.
- c. A team's pre-game warm-up and goal shall be opposite its bench.

4. Officials Table

- a. Only the Referees, the Timekeeper, and the Scorekeeper shall occupy the Officials Table.
- b. The score book is the official record of the game. Any changes to the score book must be confirmed by the Referee.
- c. Only head coaches may approach the officials table before, during, or at the end of the game. During the course of a game, the head coach may approach the officials table only during a dead ball, timeout, or break in play.

5. Starting Time

- a. There will be no grace period for any game.
- b. Teams shall be ready to play 30 minutes before the start of their game, jewelry, watches, etc. must be removed prior to the start of the game.
- c. Team's rosters must be turned in to the officials table, by the head coach 15 minutes before the scheduled start of their games. Any absences must be reported at this time.
- d. Any team that does not have a minimum of 5 players to start the game will be allowed to borrow players from any other team in the league.

6. Game Playing Time

- a. All Divisions will play 4 (four) - 8 (eight) minute quarters, running time. The clock will only stop for free throws and timeouts. During the last minute of the final quarter and overtime period, the clock will stop on every official's whistle.
- b. Overtime
 1. 1 (one) overtime period of 2 (two) minutes shall be played. In the event the game is still tied at the end of the overtime, the game will go into a Sudden Death period.
- c. Sudden Death
 1. The first team to score (field goal or free throw) in the Sudden Death Period wins.

7. Playing Requirements - 5 (five) players are needed to start an official game.

- a. Midget Division Only:
 1. All Players are required to play 1 (one) full unbroken quarter in the first half, sit out 1 (one) full unbroken quarter during the course of the game, and play at least half of the 3rd quarter and half of the 4th quarter. Once a player sets foot on the court, that player is accounted for in that quarter. The only exceptions will be as stated in rules 7.c through 7.g.
- b. Minor, Major, Senior and Varsity Divisions:
 1. All Players are required to play 1 (one) full unbroken quarter in the first half, sit out 1 (one) full unbroken quarter during the course of the game, and play at least half of the 3rd quarter. Once a player sets foot on the court, that player is accounted for in that quarter. The only exceptions will be as stated in rules 7.c through 7.g.
- c. Any player(s) participating in the 1st and 2nd quarters must sit out the entire 3rd quarter and must enter into the 4th quarter.
- d. For a team with only 6 (six) players, the opposing coach will designate 1 (one) player to play 4 (four) full quarters, and the team's coach will designate 1 (one) player to play 4 (four) full quarters. Designation of these 2 (two) players must be made to the officials table before the start of the game.
- e. In the event a team can only start 4 (four) eligible players in the 4th, the opposing teams coach will designate 1 (one) player that has not fouled out to participate as the 5th player.
- f. Injury and Substitution Rule: If a player subs for an injured player, it will not be counted as a quarter played by the sub, but will be counted as a quarter played by the injured player whether he/she returns to the game or not. An injured player must be substituted for and may re-enter the game only for the designated injury substitute at the coach's discretion and within the playing requirements of Rules 7.a. through 7.g.
- g. For a team with 11 (eleven) players, 1 (one) player must sit out the 1st and 2nd quarter. That player must play the entire 3rd quarter and one half of the 4th quarter. The player that must sit out the 3rd quarter must play one half of the 4th quarter.

Any violation of the playing requirements 7.a through 7.g

above shall result in the forfeiture of the game.

- h. Late Arriving Players (Midget, Minor, Major and Senior Divisions): Late arriving players will be allowed to play under the following rules and conditions:
1. Players arriving after the start of the 1st quarter but before the start of the 2nd quarter are subject to rules 7.a through 7.g.
 2. Players arriving after the start of the 2nd quarter but before the start of the 3rd quarter must sit out the remainder of the first half and play one (1) full unbroken quarter plus half of another quarter in the second half.
 3. Players arriving after the start of the 3rd quarter but before the start of the 4th quarter must sit out the remainder of the 3rd quarter and play the full 4th quarter.
 4. Players arriving after the start of the 4th quarter are eligible to participate.

8. Defense and Fast Breaks

a. Midget Division

1. Any kind of backcourt pressure will not be allowed except as stated in Rule 8.a.2.
2. Defense: Once possession of the ball has been established, the defensive team shall not pressure the ball in the backcourt and will run down the court, past the offensive team's 3-point line to play defense. The defensive team may not attack the ball until the offensive team has penetrated their front court red line. Once the offensive team has penetrated their front court red line, any subsequent legal crossing into their backcourt shall not prevent the defensive team from attacking the ball.
3. Fast breaks will not be allowed on any possession turn around. The offensive team will not bring the ball across the half court line under a dribble or pass until at least 4 defensive players have crossed the offensive teams front court redline. First violation will result in a warning; any violation thereafter will result in a loss of possession.
4. The offensive team has 15 seconds to cross their front court red line. If the offensive team calls a timeout before crossing this line, the count will continue where it left off when time was called.
5. If there is a 15 (fifteen)-point lead present, at which time the defensive team is to stay within the offensive teams 3-point line to play defense.

b. Minor and Major Divisions

1. Full court pressing will be allowed up to a 20 (twenty)-point lead, at which time any kind of backcourt pressure will not be allowed and the defensive team's players must stay within the offensive team's 3-point line.

c. Senior Division

1. Full court pressing will be allowed up to a 20 (twenty)-point lead, at which time any kind of backcourt pressure will not be allowed.

First violation of the above rules except as stated in Rule 8.a.2 will result in a warning to the head coach, any violations thereafter will result in a technical foul assessed to the head coach.

9. Timeouts

- a. 2 (two) timeouts allowed per half – NO CARRY OVER.
- b. Timeouts are 30 seconds; teams must be back on the court after the first buzzer warning with 15 seconds left.
- c. 1 (one) timeout shall be allocated to each team for the Overtime period plus any remaining timeouts from regulation play. Only 1 (one) timeout shall be allowed for the Sudden Death period.

10. Fouls

- a. Any player charged with a Flagrant Foul must leave the court and may not reenter during the remainder of the game.
- b. The respective Division Manager will make record of the incident and bring it to the Board's attention for discussion. The player will be suspended for 1 game for each flagrant foul that has been assessed against him/her. Repeat offenders will be subject to further disciplinary action by the Board of Directors.

11. Free Throws

- a. The bonus free throw rule (one and one) will be on the 7th team foul. Double bonus rule (two shots) will be in effect on the 10th team foul.
- b. Midget Division: The free throw line shall be the black hash mark in front of the regulation line.
- c. Minor, Major, Senior and Varsity Divisions: The regulation free throw line will be used.
- d. Midget and Minor Divisions: Players must release the ball behind the free throw line and cannot advance beyond the accidental step taken due to body momentum.

There will be **NO PROTEST** of games. The Officials have the final say. Any derogatory remarks made at the officials, coaches, players or parents will not be tolerated.

The person(s) in violation will be asked to leave the gym and may be subject to other disciplinary action as deemed necessary by the board