

2011 RMCAA Basketball Rules

All Players: All players can only be on one team in a League. Players must sign and fill out completely the team Waiver /Roster before that player can play in any RMCAA league or tournament. The RMCAA has open rosters for all teams. Teams may add a player anytime during the season or tournaments.

CLOCK: There will be a running clock throughout the game. The only time the clock stops is for time-outs and in the second half for the last two minutes of the game. (If score is within 10 points)

GAMES: Games will be 40 minutes long. When time expires, game is over. There are two 20-min halves. Overtime is one 5-min period running clock with a stopped clock for the last 2-min, if the score is within 10 points. If the teams are still tied after the overtime period, the game will end in a tie, except for Tournament play. Teams may start with 4 players, and **must** start with 5 players for the second half. **GAME TIME IS FORFEIT TIME** Forfeiting team will loose the game 10 to 0

TIME OUTS: Each team will have two 30-sec. time outs per half. Time outs do not carry over to the next half. Each Team will have one time out in the over-time period.

DRESS: The RMCAA asks players to dress moderate for activities and have matching shirts with numbers on the back.

RULES: All other rules are normal, High School CHSAA rules except for the RMCAA rules.

Free Throws: In an effort to reduce rough play, in free-throw situations in RMCAA basketball, the two marked lane spaces closest to the end line will be vacant effective with the 2011 season. Players may release after the ball is released from the shooters hands. The Shooter and all players not in the lane must wait until the ball hits the rim on missed free throws.

START TIMES: games start times are on every hour or ½ hour (exp. 6:00pm or 6:30pm)

LEAGUE: The RMCAA has a Men's Rec. Men's Comp and COED basketball leagues.

CALLS: The call by the referee is final

JEWELRY: It is required that all necklaces, bracelets, earrings, wristwatches and rings must be removed during play.

FORFEITED GAMES: The team that forfeited will lose 10 – 0 on the RMCAA score sheet.

TECHNICAL FOULS: First technical foul for any one player, player must sit out for **five minutes**. On the second technical foul for the same player the player is **disqualified**. **The team will be disqualified after the third team technical foul**. Penalty will result in an automatic two points and possession.

Team captains: are to be the only one to voice concerns. Technical Foul before the game and at half time for dunking the ball or hanging on the rim of the basket will result in an automatic two points and possession. This will not count for the total team technical or the player technical fouls found in the RMCAA basketball rules

COED Rules: On court ratios for coed basketball are 3 men and 2 women on the court. A team may play 1 woman and 3 men if a female fouls out or is not available at game time. Teams may field more than 2 women on the court but not more than 3 men. Forfeit will be called if there are no women available at game time or during the game a team is without women (due to injury or fouling out).

COED Rules: BLOCKED SHOTS: Men blocking the shot of a Women (intentionally or not) will be guilty of a goaltending violation.

LEAGUE STANDINGS

the scores will be posted every week on the RMCAA website... Final standings for the playoffs will be decided by following in case of a tiebreaker:

1. Division record
2. Head to Head record
3. Common Opponent record
4. Point differential for the season
5. Coin toss

ACCOUNTABILITY RULE

Basketball is a non contact sport by definition. Our league tries to encourage the least amount of contact possible so to encourage good sportsmanship among Christian men. At times play can become physical and attitudes towards other players can turn negative. This defeats the purpose of our league. We are asking all members of the teams to hold each other and other team's players accountable when on the Basketball Court. If language, grand standing, verbal abuse, and negative play continue, the referees will stop the clock and bring both teams together in the center of the Court. We will take that time to refocus ourselves on the purpose of our being together...to be in fellowship with other Christians and that God may be glorified through our actions. We will have a prayer and then play will continue. If the tension between two teams continues and Christian principles and values are not being displayed on the playing Court, the referees have the authority to call the game. If the game is called because of unsportsmanlike and unchristian like behavior between **both** teams, each team will forfeit the game (thus, each team will have another loss in the loss column) and a 10-0 score will be given. If the unsportsmanlike and unchristian like behavior is exhibited by one specific team and after all other attempts to rectify the situation have taken place, that team will forfeit the game with a losing score

of 0-21. We understand the competitive nature of the sport, but we also understand the Christian principles and values for which we stand as Christians. We ask that teams and players hold each other accountable for their actions on the Court. If you have to sit a player then do so. Not only for his benefit and the team's benefit, but also for the integrity of the league we are trying to run.