

RULES AND REGULATIONS GOVERNING Hoops by the Harbor

The Milford Recreation Department reserves the right to make any decisions it feels to be in the best interest of the leagues, the Milford Recreation Department and/or the City of Milford. Rules not described within this document shall be determined by the National Federation of State High School Associations Rules Book.

CONTACTS:

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EQUIPMENT

1. The 28.5 Women's Basketball shall be used for Boy's 10U Leagues.
2. The 29.5 Men's Basketball shall be used for 12U and Up Boy's Leagues.

COACHES

All coaches must be at least 21 years of age.

ROSTERS

Rosters are created and governed by under the Milford Recreation Department. All decisions regarding roster additions and/or subtractions are at the discretion of the League Director. Please be mindful that there are likely waitlisted player prior to offer to take players. Please refer all unregistered players to the Recreation Department.

THE GAME

1. **Time:** All leagues will play two (2) Halves, each consisting of 20:00 minutes running time, clock will stop one minute each half. If a team is up 20 points the clock will run.
2. **Foul Shots:** Foul shots will be awarded on all shooting fouls and in the one-and-one situation. When a foul shot is attempted the ball will become live when it released. All players occupying the lane must hold their position until the ball is released from the shooters hands.
3. **Bonus Free Throws (the one-and-one situation):** The bonus free throw is a second free throw which is awarded for each common foul committed by a player of a team beginning with the team's seventh (7th) personal foul in a half, provided the first free throw for the foul is made. The one-and-one situation begins on the team's seventh (7th) personal foul.
4. **Personal Fouls:** Players who commit five (5) personal fouls are disqualified from the game. After committing a personal or technical foul, the player must raise his/her hand in clear view of scorer's table for I.D. All players MUST have numbers on the back of his/her uniform.
5. **Technical Fouls**
 - A. Two technical fouls by a participant (player or coach) will warrant immediate expulsion from the game and building. Technical Fouls are also subject to additional disciplinary actions pending further investigation by the League Director.
 - B. Any participant or coach receiving three technical fouls during the course of the season will be expelled from the league (if conduct related.)
 - C. Three technical fouls (conduct related) by a team (including coach) in a game will result in the automatic termination of game (forfeit) and subsequent disciplinary action.
 - D. Any team receiving 5 or more technical fouls will warrant immediate expulsion from the league.

7. **Intentional/Flagrant Fouls:** This will result in a two-shot technical and loss of possession. If a player is in the act of shooting, the team will be awarded an automatic two (2) shots and possession of the ball. Two intentional foul calls will result in the player and/or coach being ejected from the game. Flagrant Fouls are also subject to additional disciplinary actions pending further investigation by the League Director.

8. **Time Outs:** Only one (1) time out will be allowed per half and one (1) per over-time period. No carryovers. Time Outs shall be one-minute in duration.

9. **Overtime:** At the end of regulation playing time there will be a 3:00 overtime period. If a tie still exists a 5:00 maximum sudden death period will follow. If a point is not scored during sudden death overtime, a tie will be declared. Time stoppage will be the same as regulation.

10. **25-Point Rule:** At any point during the course of a game if a team builds a lead of 25 points or more points, no further points will be awarded. Leads of more than 25 points will be represented in the scorebook, but not on the scoreboard at any time.

11. **Pressing**

Pressing will be a normal part of the game. When a team holds a lead of 20 points or more they are not permitted to press.

All other leagues please refer to exceptions portion.

12. **Four-Foot Rule:** In all youth leagues four feet must be allowed along the base line under the baskets during all out of bound situations.

13. **Three-Point Field Goal:** Are permitted in all leagues.

14. **Shorthanded Rule** – At the scheduled start time, teams with four (4) players MUST start the game; additional players may be added at any time. There is no grace period. A forfeit in standings will apply.

17. **Blood Rule:** A player, coach, or referee who is bleeding or has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time that is reasonable is left to the referee's judgment. Once the bleeding has been controlled or the uniform with blood on it has been changed the player or referee may continue participation in the game. The uniform requirement may be suspended due to the Blood Rule.

FORFEITS, PROTESTS & RESCHEDULED GAMES

1. All games are to be played as scheduled. Games are typically only rescheduled due to inclement weather but in the event that you cannot field a team please contact your specific league director with your circumstances.

2. Any team using an illegal or ineligible player shall automatically forfeit all games said player participated in.

3. Protests will only be heard in the case of rule interpretation, playing time rule or ineligible players. No protests will be heard on cases involving the referee's judgment. Only managers may file protests.

4. All requested documents (scorebook, birth certificate, etc.) must be turned over to the League

Director no later than 24 hours after notification to do so, from the League Director.

5. All protests shall be filed with game officials while the game is still in progress. Then it must be submitted in writing to the League Director within 24 hours (Monday by noon for Friday or weekend games) of the completion of the game accompanied by a \$50.00 protest fee. This fee will be refunded if the protest is upheld.
6. Any team forfeiting two (2) games shall be dropped from the league, unless, in the judgment of the League Director, extenuating circumstances exist, or it is in the best interest of the league to not drop the team.
7. Ineligible players shall be suspended one game for each game he/she participated in. The offending coach shall be assessed the same penalty.

CONDUCT

1. Any player-coach-team participating in a fight (or any violent act towards another person) will be ejected from the game, to be followed by further disciplinary measures pending investigation by League Director. Disciplinary measures include but are not limited to suspension, probation, and/or expulsion. All decisions levied by League Director are final.
 - a. **Suspension** – Is defined as when a player, coach, or spectator may not participate or attend a game or games as set forth in the specifics of the disciplinary letter for the League Director.
 - b. **Probation** - Is defined as when a player, coach, or spectator is subjected to a period of review at the League Director's discretion as a result of a violation of rules, regulations, policies, and philosophies with the possibility of suspension and/or expulsion if standards are not met.
 - c. **Expulsion** - Is defined as when a player, coach, or spectator has been permanently eliminated from the league by the League Director for the duration of the regular season and playoffs, if necessary. The length of an expulsion is at the League Directors discretion and **MAY EXCEED ONE YEAR**. Violators may not participate or attend any game or practice while expelled. He/she must sever all ties with their former team.
2. Only a team manager, coach, or designated captain may discuss a play with the officials and only at the appropriate time (i.e. timeouts, half time). Any other persons doing so may be ejected from the game.
3. Any player and/or coach making disparaging or insulting remarks gestures, trash talking, or threats toward a referee, player, coach, spectator or recreation official or representative will be ejected from the game to be followed by further disciplinary measures pending investigation by League Director. Second offense will result in expulsion from the league. If this violation, in the judgment of the officials or Recreation Department Representative, is considered flagrant, it will result in expulsion from the league with further disciplinary measures to follow, pending investigation.
4. ANYONE PHYSICALLY APPROACHING OR THREATENING ANY REFEREE OR RECREATION DEPARTMENT REPRESENTATIVE WILL BE SUSPENDED FROM ALL RECREATION DEPARTMENT ACTIVITIES INDEFINITELY, PENDING INVESTIGATION.

5. A participant may be ejected from the game without warning if in the mind of the Recreation Department representative, a person's behavior warrants expulsion.
6. In all of the above instances, the person(s) in question must leave the facility immediately. Failure to comply will result in Police notification and warrant forfeiture of the game and further league discipline.
7. A referee/Recreation Official may terminate a game if they feel the ideals of recreation play are not being observed.
8. Any player/coach ejected from a game will be automatically suspended for the next scheduled game, to be followed by further disciplinary measures pending investigation by League Director and placed on probation for the remainder of the season.
9. Any player/coach expelled for flagrant misconduct will be suspended indefinitely from all Recreation Department activities based on severity of the incident and pending investigation by the League Director.
10. Coaches are responsible for the conduct of their assistants, players, and spectators.
11. If not described in league rules and regulations, the League Director may take any measures he deems necessary against players, coach, team, and/or spectators.
12. The Seatbelt Rule will be administered at the discretion of the referee. If a coach has become unruly, he may be assessed the seatbelt rule. This rule states that the coach must coach sitting down for the remainder of the game (excluding timeouts and injuries). A technical foul does not have to precede the assessment of a the seat-belt rule, however, if a coach is assessed with a conduct related technical foul the seatbelt rule shall automatically go into effect for the remainder of the game.

COACHES / PARENTS RESPONSIBILITIES

1. A maximum of three (2) coaches will be allowed on team bench.
2. No child is to be dropped off at the gym more than 15 Minutes before scheduled game time. Parents are responsible for the behavior, supervision, and safety of their children at all times.
3. Sportsmanship - is your primary concern. Your integrity and concern for the development and welfare of your players should come before winning. Coaches are encouraged not to attempt to recruit players off of other teams in order to strengthen their own team.

INCLEMENT WEATHER

In the event of inclement weather, cancellation information will be posted at 4:00 pm at www.milfordrecreation.com and on social media.

Please note that no decisions will be made prior to 4:00 pm. It is the coach's responsibility to be aware of any inclement weather related cancellations. The League Director shall be responsible for distributing reschedule information. Our decision to cancel is not based on the actions of the Board of Education. Do not assume that games will be cancelled on days that school is cancelled or dismissed early.

