

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

MCC 3v3 Basketball League Format and Rules

Eligibility:

- Open to skilled, competitive players, but not professionals or current/former collegiate athletes at elite levels.
- Participants must not have received compensation for playing basketball (pro or semi-pro), currently compete at the NCAA Division 1 or Division 2 level or have been active in these divisions within the last five years.
- Any falsification of player eligibility or past playing history will result in disqualification of the entire team with NO REFUNDS.
- Participants must be of at least 16 years of age to play.
- All teams MUST be registered through the link provided and players registered through the captain's roster link.
- All teams must have at least a minimum of 3 players and maximum of 6 players registered on their roster.
- A player may **ONLY** be listed on one team's roster per season.
- Teams may **ONLY** play with players registered on their roster. No exceptions will be made! Please make sure to have extra players registered incase players can't make all games. Rosters will be locked at the end of the registration deadline.
- Full team registration fees must be paid, and waivers signed for all players by 01/31/2025.
- Audience members of all ages and backgrounds are welcome to attend games free of cost, provided they observe proper etiquette and abide by **ALL** the MCC policies/guidelines including our conservative dress code (See Appendix A).

League Format:

- There will be a maximum of 6 teams.
- Each team will play 10 guaranteed games.
- All games will be played on traditional half-courts at the MCC every Sunday between 1pm -4pm.
- Each team will play 1 game every Sunday beginning February 09, 2025. Each team will play 3 games, take a break for Ramadan (gym is closed) and then pick up with the remaining 7 games right after Ramadan starting April 13, 2025.
- **Playoff Format:**
 - ❖ All 6 teams will advance to the playoffs (single elimination) where the #1 and #2 seeds will each receive a round 1 bye.
 - ❖ Qtr-Final Game 1: #3 Seed vs. #6 Seed.
 - ❖ Qtr-Final Game 2: #4 Seed vs. #5 Seed.
 - ❖ Semifinal Game 1: #1 Seed vs Winner of Qtr-Final Game 2.
 - ❖ Semifinal Game 2: #2 Seed vs Winner of Qtr-Final Game 1.
 - ❖ Championship Game: Winners of the Semifinal Games 1 and 2.
- **Standings will be based on points:**
 - Win – 3 Points
 - Tie – 1 Point
 - Loss – 0 Points
- If tie breakers are needed, we will first compare total points scored and if needed, then we will move to points scored against.
- The league will track the following player statistics throughout the season:
 - Points
 - Rebounds
 - Assists

Game Play:

- Each game will consist of two 20-minute halves with a 5-minute halftime break. In the final 5 minutes of each half, the game clock will stop on all dead balls (out of bounds, fouls, etc.) and a 24 second shot clock will be in effect (resets to 12 seconds on offensive rebounds). The only exception to this rule is if a team is leading by 25 points or more—in that case, the clock will continue to run and no shot clock will be used, even in the final 5 minutes.
- Teams are allowed a 10-minute grace period after the scheduled start time. If one team still does not have enough players after the 10-minute grace period, officials will start the game clock, and the opposing team—if ready—will receive one point for every minute that passes. Additionally, if a team doesn't have the required 3 players to play by halftime, they will forfeit the game. Furthermore, if neither team has enough players after the 10-minute grace period, officials will start the game clock. If neither team has the required 3 players to play by halftime, then, the game will be ruled a double forfeit. Repeated instances of being late or failing to show up may result in disqualification from the league with no refunds.
- Each team is allowed 7 team fouls per half. For team fouls 1 through 6, the ball will be checked at the top of the key (or 3-point line) to resume play. The referee will hand the ball to the player, who must pass it in within a 5-second "Mississippi" count. On the 7th team foul and beyond, the opposing team will shoot one-and-one free throws for the remainder of the half. If both free throws are made, the opposing team gets possession. If a free throw is missed, the ball is live, and play continues. If the offensive team secures a rebound after a missed free throw, they may attempt to score without clearing the ball beyond the 3-point line. However, if the defensive team secures the rebound, they must clear the ball by having both feet behind the 3-point line before attempting to score. Failure to clear the ball with both feet behind the 3-point line will result in a turnover.
- To prioritize continuous play and reduce game stoppages, shooting fouls will NOT be enforced for team fouls 1 through 6. Instead, the ball will be checked at the top of the key (or 3-point line) to resume play. The referee will hand the ball to the player, who must pass it in within a 5-second "Mississippi" count. For team fouls 1 through 6, if a player is fouled in the act of shooting and makes the shot, the basket will count, the defensive team will be charged with a team foul and the defensive team will gain possession. For team fouls 1 through 6, if a player is fouled in the act of shooting and misses the shot, the defensive team will be charged with a team foul, and the ball will be checked at the top of the key (or 3-point line) to resume play. The EXCEPTION to this rule applies on the 7th team foul and beyond. For team fouls 7 and beyond, if a player is fouled in the act of shooting and makes the shot, the basket will count, the defensive team will be charged with a team foul and the fouled player will attempt one free throw to try and complete the 3-point play. For team fouls 7 and beyond, if a player is fouled in the act of shooting and misses the

shot, the defensive team will be charged with a team foul, and the fouled player will shoot one-and-one free throws.

- Team fouls will reset at halftime, and the referees will have full discretion in making all foul calls and or violations.
- Following a successful basket, the defensive team will get the next possession of the ball. The referee will hand the ball to the player at the top of the key (or 3-point line), who must pass it in within a 5 second “Mississippi” count to resume play. Otherwise, it will be a turnover. The defender guarding the inbound passer must maintain a minimum distance of 3 feet (approximately one arm's length) from the player inbounding the ball. This ensures the in-bounder has enough space to make the pass without being physically impeded.
- Following a successful basket, the referee will allow up to five (5) seconds for the defense to get set before handing the ball to the player at the top of the key.
- After a defensive rebound, steal, block, or an airball where the offense does not regain possession, the ball must be cleared beyond the 3-point line with both feet before the team can attempt to score. If a team scores before properly clearing the ball, the basket does not count, and possession is awarded to the opposing team.
- The 3-second violation (or the 3-second rule) will be enforced.

This will apply to offensive players who remain in the paint (the restricted area) for more than 3 consecutive seconds while their team is in control of the ball. Here is how it works:

- Both Feet in the Paint: A player is considered to be in the paint if both feet are inside the restricted area. If a player has both feet in the paint for 3 consecutive seconds, it is a violation.
- One Foot in the Paint: If a player has only one foot in the paint, the 3-second count does not apply. The player must have both feet in the paint for the count to start.
- Moving In and Out: To avoid a 3-second violation, a player must completely clear the paint (both feet out of the restricted area) before the 3-second count expires. Simply moving one foot in and out of the paint does not reset the count. Both feet must be fully outside the paint to reset the count.

This will also apply to defensive players who remain in the paint (the restricted area) for more than 3 consecutive seconds unless they are actively guarding an offensive player. Here is how it works:

- Active Guarding: A defender is considered "actively guarding" if they are within arm's length of an offensive player and in a guarding position. If the defender is actively guarding someone, the 3-second count stops.
- Both Feet in the Paint: The 3-second count applies if the defender has both feet in the paint. If one foot is in and one foot is out, the count does not apply.
- Resetting the Count: The count resets when the defender fully exits the paint (both feet out) or begins actively guarding an offensive player. Penalty: A violation results in a technical foul.
- Each team is allowed three timeouts per half, and unused timeouts do not carry over (use them or lose them). Timeouts can only be granted when the team requesting it has clear possession of the ball or during a dead ball situation such as an out-of-bounds or a foul call, in which case either team may call a timeout. A team on defense cannot call a timeout while the opposing team has possession. If a player calls a timeout when their team has none remaining, it results in a technical foul, awarding the opposing team one free throw and possession of the ball.
- Teams may only make substitutions during a dead ball situation, such as a foul call, out-of-bounds play, or timeout. A made basket will NOT be considered a dead ball situation. Any player entering the game must first check in at the scorer's table before being allowed to substitute.
- A standard scoring system will be used:
 - Free Throw – 1 Point
 - Inside Arc – 2 Points
 - Outside Arc – 3 Points
- To determine who gets the ball first, the teams playing can decide one player to shoot from the 3-point line. If the player makes the shot, his team gets the first possession. However, if the player misses the shot, then the opposite team will get the first possession. After the initial possession is decided, the possession arrow will be used for all jump ball situations.
- For all stoppages—such as out-of-bounds plays, fouls, made baskets, and timeouts—the ball will always be checked at the top of the key (3-point line) to resume play. The referee will hand the ball to the player at the top of the key (or 3-point line), who must pass it in within a 5-second "Mississippi" count to restart the game. In the

last five minutes of a half, the game clock will resume once the ball is passed into play.

The MCC 3v3 Basketball League enforces a strict Zero Tolerance Policy for any unsportsmanlike behavior. This includes, but is not limited to, fighting, insulting others, using vulgar language, excessive arguing (whether among players, referees, or spectators), headshots, and reckless or malicious behavior. Any player exhibiting such conduct will be immediately issued a Technical/Flagrant Foul, with the following consequences:

- A 1st Technical/Flagrant Foul will result in the player being ejected from the current game. The player may remain in the gym, sitting on the bench or sideline, as long as they observe the rest of the game respectfully and do not engage with other team players, referees, or staff. If the player fails to comply with this, they will be asked to leave the facility. If the player refuses to leave, their team will forfeit the game, regardless of the current score.
- A 2nd Technical/Flagrant Foul will result in the player being ejected from both the current game and the next game. They must follow the same guidelines as for the 1st Technical/Flagrant Foul (observe the game respectfully without engaging with other team players, referees or staff). Failure to comply will result in being asked to leave the facility. If the player refuses to leave, their team will forfeit the game, regardless of the score.
- A 3rd Technical/Flagrant Foul will result in the player being ejected for the remainder of the season. They must leave the facility immediately and will not be permitted to return. If the player refuses to leave, their team will forfeit the game, regardless of the score.

Please note that Technical/Flagrant fouls accumulate throughout the entire season, including the playoffs, and do not reset after each game. All technical/flagrant fouls will be reviewed by league officials to determine if further action is necessary.

When a Technical/Flagrant foul is called, the opposing team will be awarded one free throw and will retain possession of the ball. It's also important to note that Technical fouls issued for calling a timeout when your team does not have any remaining will not count towards the Zero Tolerance Policy.

GYM & FITNESS CENTER POLICY

The Muslim Community Center (MCC) maintains a full court basketball gym and a fitness center which contains weights, nautilus machines, cardio and other fitness equipment. In order to maintain your membership or guest privileges, we require all members and guests to adhere to the policies below:

- Respect the rights and dignity of others. Behave in a mature and responsible manner.
- Each person must check in at the front desk prior to entering the gym or fitness center.
- Children fourteen (14) years of age and younger must be signed in and closely supervised in the gym by an adult (18 years or older) and shall not disrupt the play of others.
- Anyone under thirteen (13) years of age is not permitted to use the fitness center (weights, machines, or other fitness center equipment).
- The gym and fitness center are for the use of MCC members or individuals who have paid as a guest.
- All equipment and machines shall be used on a first come first serve basis.
- Appropriate attire must be worn when using the fitness center, machines, and gym.
 - ❖ Men: Knee-high shorts, t-shirt, sweatpants, etc.
 - ❖ Women: No revealing, inappropriate or tight clothing
 - ❖ Boots, dress shoes, heels and open toe shoes aren't allowed.
- When entering or leaving the gym, a conservative dress code is always required as the facility shares the parking lot with the Mosque (no revealing clothing, no beaters, tank tops, being shirtless, short shorts, tight, mini, short clothing, etc.).
- No food or drinks are allowed in the fitness center or while using the machines. Properly capped water bottles, Gatorade, etc. may be used.
- Only the equipment purchased and maintained by the MCC is authorized for use in the Fitness Center. Personal exercise equipment may not be used or stored in the Fitness Center.
- Given the inherent risk of illness and/or injury with any exercise program, regimen, or activity, members should and are responsible for consulting and confirming with their personal physician that they are physically qualified and able to engage in exercise prior to using the Fitness Center.
- Members afflicted with or being treated for any medical condition which may be affected or exacerbated by exercise are prohibited from using the Fitness Center.
- The MCC shall not be liable for any injury or illness incurred by any member who violates this prohibition, or any other member who uses the Fitness Center; as such use shall be entirely at that members discretion.
- The MCC does not endorse any equipment, programs, or techniques with regard to physical fitness and exercise. The conduct or adoption of any program of

development or exercise is exclusively at the discretion of the individual member, in consultation with their personal physician.

- Sign up is required for all activities being offered either online or at the front desk. Additionally, scheduled activities may be changed or canceled at the discretion of the MCC management.
- No individual under the influence or possession of any drugs or alcohol will be permitted to enter.
- Smoking and vaping is strictly prohibited anywhere on the MCC premises including the parking lot (inside or outside)
- All members and guests must avoid:
 - Angry or vulgar language including swearing, name-calling or shouting.
 - Intentional physical contact with another person in an angry, threatening, or inappropriate manner.
 - Harassment or intimidation by words, gestures, body language, or any other menacing behavior.
 - Behavior that results in damage or destruction of equipment and property.
 - Use of cell phones with cameras or any other recording devices are prohibited in all bathrooms, locker rooms, changing areas and during lady's fitness activities.
- The MCC and its staff have the sole authority to deny, remove or revoke entry, services or participation of any individual or group of individuals who are in violation of this code of conduct.

