

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, 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.
- 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 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 more games right after Ramadan.
- If a team is more than 10 minutes late, they will forfeit the game. A team will need a minimum of 2 players to start the game. Multiple instances of the team not showing up can result in disqualification with NO REFUNDS.
- 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:

- All games will be two 20-minute halves with a 5-minute halftime break. With 5 minutes left to go in each half, the clock will stop on all dead balls (out of bounds, fouls, etc.) and a 24 second shot clock will be in effect (reset to 12 seconds on offensive rebound).
- Each team will be allowed up to 7 team fouls per half. On the 7th foul, the opposing team will shoot one-and-one free throws for the remainder of that half. If both free throws are made, the opposing team will get possession. The referee will hand the ball to the player at the top of the key (3-point line), and they must pass the ball in

within a 5 Mississippi count to resume play. If a free throw is missed, it is a live ball. If there is an offensive rebound, the team can try to score without having to clear the ball beyond the 3-point line. With a defensive rebound, the team must clear the ball with both feet beyond the 3-point line before trying to score.

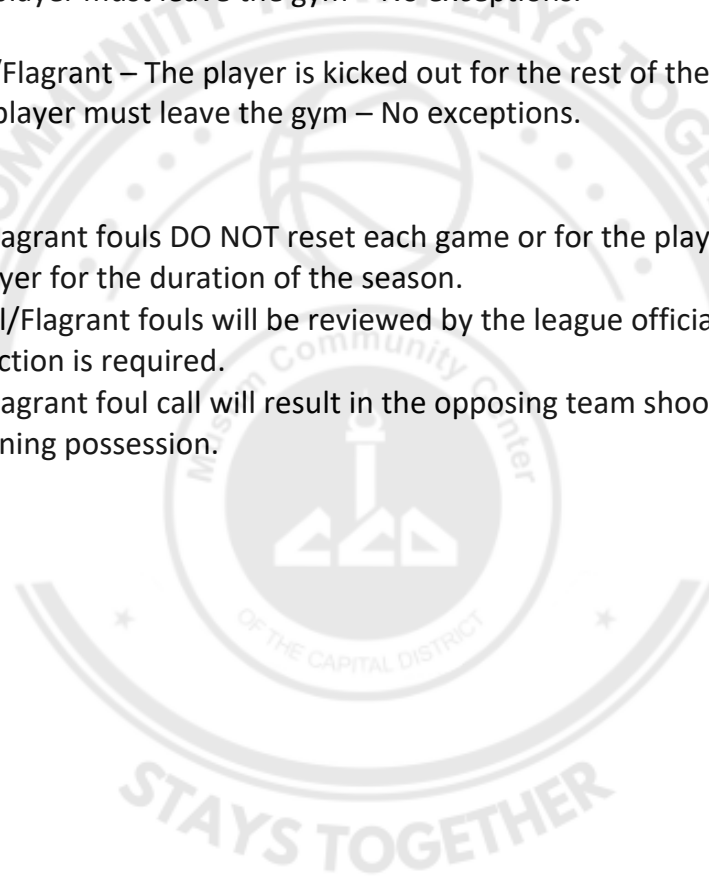
- To prioritize continuous play and reduce game stoppages, shooting fouls will not be enforced. Instead, for all fouls before the 7th team foul, the ball will be checked up with the referee at the top of the key (3-point line). Team fouls will reset at halftime, and the referee will have full discretion in making all foul calls. The only exception to this is if a shooting foul is called and the player makes the basket - The basket will count, the defensive team will be awarded with the foul and then the defensive team will get possession.
- All rebounds, airballs, steals, blocks, etc. must be cleared with both feet beyond the 3-point line before the team can begin to try and score. If the ball is not cleared with both feet beyond the 3-point line before a basket is scored, the basket does not count, and possession will be given to the opposing team.
- 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, and they must pass the ball in within a 5 Mississippi count to resume play.
- Each team will get 3 timeouts to use per half. You must have the ball to call timeout, or a timeout can be called on a dead ball (out of bounds, foul call, etc.). Calling a timeout when your team doesn't have one will result in a technical foul (one free throw and possession) on the player who called it.
- Substitutions: Teams can make substitutions on all dead balls (out of bounds, timeouts, foul calls, etc.). Substitutions can't be made on a made basket.
- A standard scoring system will be used:
 - Free Throw – 1 Point
 - Inside Arc – 2 Points
 - Outside Arc – 3 Points
- A coin toss will determine who gets the ball first. From there we will use the possession arrow for all jump balls or close calls.
- For all stoppages – such as out of bounds, foul calls, made baskets, timeouts, etc., the ball will always be checked up at the top of the key (3-point line). The referee will hand the ball to the player at the top of the key, and they must pass the ball in within a 5 Mississippi count to resume play. Note: If in the last 5 minutes of a half, the clock will resume once the player has passed the ball back into play.

The MCC 3v3 Basketball League will implement a very strict Zero Tolerance Policy and immediately issue technical/flagrant fouls for any unsportsmanlike behavior including but not limited to: fighting, insulting others, vulgar language, excessive arguing, any headshots, reckless behavior, malicious attacks, etc.

- 1 Technical/Flagrant – The player is kicked out for that game.
 - The player can remain on the bench as long as they are not heckling or being a disturbance to the other players, staff, refs, etc.
- 2 Technical/Flagrant – The player is kicked out for that game and the next game.
 - The player must leave the gym – No exceptions.
- 3 Technical/Flagrant – The player is kicked out for the rest of the season.
 - The player must leave the gym – No exceptions.

Please Note:

- Technical/Flagrant fouls DO NOT reset each game or for the playoffs. They will stay with the player for the duration of the season.
- All Technical/Flagrant fouls will be reviewed by the league officials to determine if additional action is required.
- Technical/Flagrant foul call will result in the opposing team shooting one free throw and maintaining possession.



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.

