

MJCCA 40+ Basketball Rules

1. Game Length- 4 – 8 Minute Quarters
2. Substitutes- There is a mandatory 4 minute sub each quarter
3. All players must play at least half of the game.
4. Each player gets 5 personal fouls.
5. If a player receives two technical fouls or gets ejected from a game, he will have to sit out the team's next game.
6. Player Pickups- 1st and 2nd round players are point value and below. 3rd – 6th round players are round and below.
7. Free throws- players will line up at low block and can enter lane on release.
8. The clock will stop on every whistle.