

CATEGORY VI: SPORTS

Basketball:

If shooting hoops and hearing your sneakers squeak on the court is your thing, basketball is the perfect sport to get your blood pumping and adrenaline rushing.

Please note:

- Any competitor who registers for a sport must also be registered for a scholastic competition.
- Being registered in a competition entails attendance being mandatory.
- If competitors partake in a sport but do not attend their other registered competition, they will be disqualified from their sport/e-sport.
- This means teams risk losing their rankings for sports they may have already won.

BASKETBALL

MIST follows standard high school basketball rules which are readily available online and are commonly known among those who play basketball. Standard rules for offense (e.g. traveling, double dribbling, charging, etc.) and defense (e.g. goaltending, blocking, pushing, etc.) will apply.

Registration Guidelines:

1. A minimum of five (5) and a maximum of ten (10) competitors can register for this competition per school, each for Brothers' Basketball and Sisters' basketball respectively.
 - a. Only one (1) Brothers' team and one (1) Sisters' team is allowed for each school.
 - b. Your school may collaborate with another school and compete together for this competition to form a coalition.
 - i. All points and awards for this competition would be shared equally between collaborating schools (termed "coalitions").
 - ii. Check with your Regional Headquarters for more information.
2. If a student does not attend their academic competition they registered for in addition to basketball, then they are disqualified from competing and placing in the basketball competition. Therefore they will not be able to register for the national tournament.

Procedure:

In addition to the regulations of high school basketball, the following rules/exceptions of MIST also apply:

1. Students must be enrolled in another competition in addition to a sports competition.
2. All MIST rules and regulations, including dress code, also apply.
3. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
4. The game will consist of two 15-minute halves. If the score is tied after regulation, except for playoffs schedule, no overtime will be given. It will be recorded as a tie game.
5. If the score is tied after regulation for a playoff game, a series of 5-minute overtime periods will be played until a winner is determined after the end of such a period.
6. The clock will run non-stop until the final two minutes of each half. During the last two minutes, the clock will stop on all whistles. An official or team time-out will stop the clock during the first 18 minutes.
7. Each team may be required to have one person sitting at the scorer's table to operate the clock and to keep score.
 - a. A forfeit may result if a team does not comply with this rule.
8. Each team MUST have players match in some way through what they wear. Some options include:
 - a. Jersey with numbers expanded to include 0-99.
 - b. The same colored shirts.
 - c. The colors of other teams in your league will be listed so as to prevent confusion.
 - d. There will be no "Shirts" vs "Skins" or taped-on numbers.
9. No basket may be scored on a player control (offensive) foul, regardless of when the ball is released.
10. Time-outs will last one minute and half-time will last two minutes.
 - a. Teams have three (3) time-outs per game.
11. Two technical fouls on a player or coach will result in automatic ejection from the game.
 - a. The ejected player must also leave the playing area.
12. Only one coach and assistant coach per team are permitted on the team bench.
13. Teams will enter the bonus (one and one) on the 7th team foul.
 - a. On a team's 10th foul, all fouls will result in two free throws.
 - b. Any player fouled on a 3-point attempt who does not make the basket will be allowed to shoot three free

throws.

14. There will be a 35-point mercy rule after 10 minutes in the second half.
 - a. In the judgment of the officials and supervisor, if a team is dragging or allows the team behind to make up baskets so the game will not be stopped, the game will be stopped immediately.
15. Substitutes must be reported to the score table and beckoned in by the officials.
 - a. Illegal substitutions will result in a technical foul.
16. Slapping the backboard is not inherently a technical foul, but intentionally hitting the backboard hard enough to alter the flight of the ball will result in a technical foul.
17. Unsportsmanlike conduct will not be tolerated.
18. The following behaviors will result in a technical foul and the possibility of a game suspension:
 - a. Cursing at the officials, supervisors, or opposing players
 - b. Insulting the officials, supervisors, or opposing players
 - c. Participating in a fight - this will result in an immediate disqualification
 - d. Other unsportsmanlike acts will also earn a technical foul.
 - e. All unsportsmanlike fouls will result in two free throws and possession of the ball, regardless of whether the foul is on a player or the bench.
19. The top three regional teams are eligible to compete at the National tournament.
20. All competitors must have registered and competed at Regional tournaments in order to be eligible to compete at Nationals.

WOAH.

Looks like you've reached the end. If you have any questions about the competitions that are not answered within this packet, please contact us at
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All the best this year at MIST!

The 2026 MIST Team
(you can stop reading now)