

Fall 2026

MCC 3V3 BASKETBALL LEAGUE

Proudly Supported By Our Community Sponsors

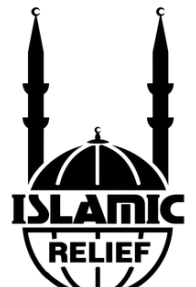


Table of Contents

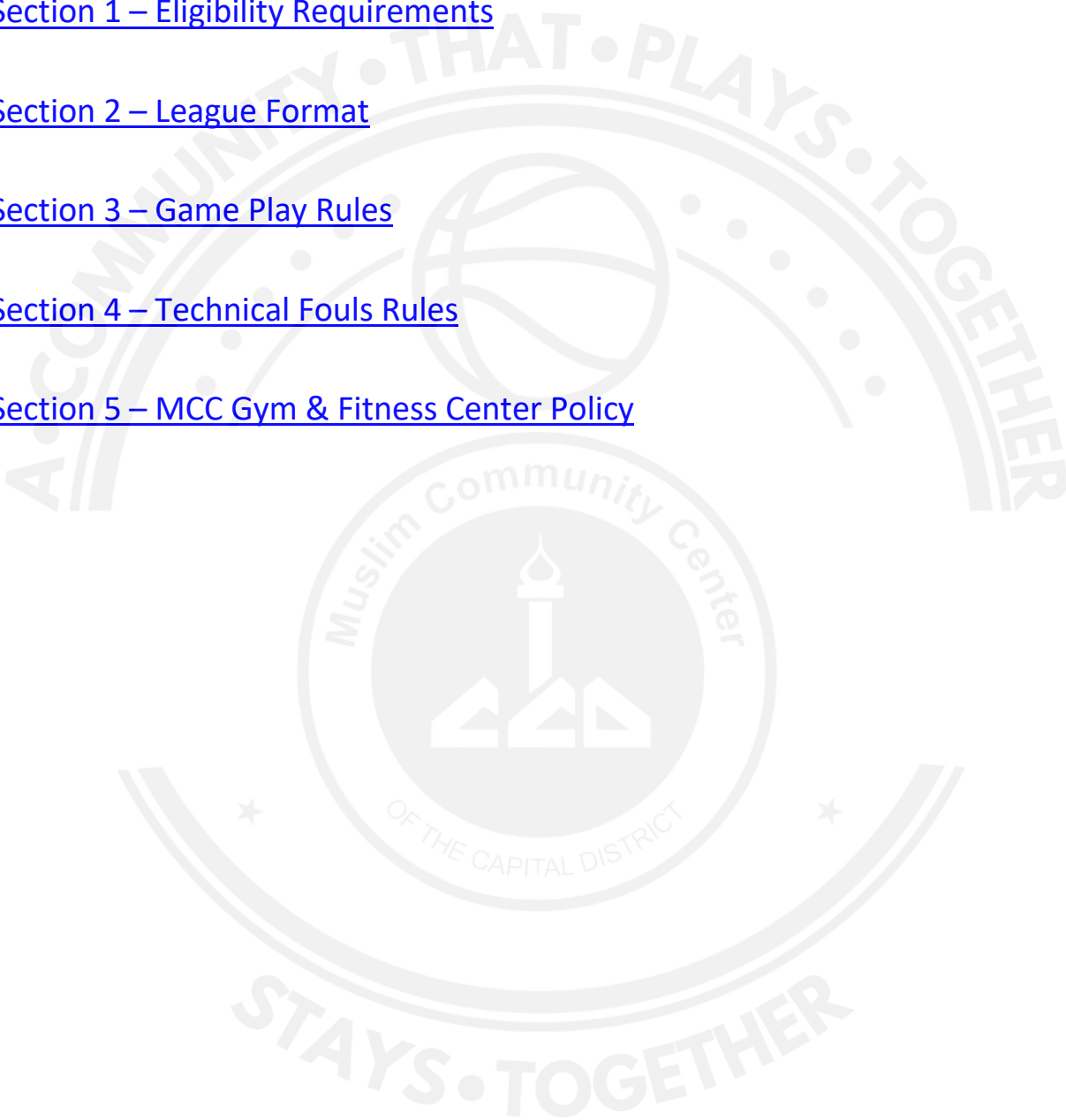
[Section 1 – Eligibility Requirements](#)

[Section 2 – League Format](#)

[Section 3 – Game Play Rules](#)

[Section 4 – Technical Fouls Rules](#)

[Section 5 – MCC Gym & Fitness Center Policy](#)



Section 1 - Eligibility:

1.01 - Players must be of at least 17 years old to participate.

1.02 - Current professional, Division I, Division II, or semi-pro/elite players are **NOT** eligible. Exceptions may be considered for former Division III and junior college players age 30+ who are no longer actively competing at that level.

1.03 - A player may only be listed on one team roster per season.

1.04 - Teams may only play with players on their official roster. No exceptions.

1.05 – Each team must have a minimum of 3 players and maximum of 7 players on their roster.

1.06 - Each team must include at least 3 Muslim players on their roster.

1.07 - Rosters may be updated during the registration period if needed. Final rosters will be locked after the registration deadline of August 8, 2026, and full team payment must be received by this date for the team to be eligible.

The league reserves the right to review and determine player eligibility on a case-by-case basis and may deny participation to players deemed inconsistent with the intended level of competition. Falsifying player eligibility or playing history may result in player disqualification.

Section 2 - League Format:

2.01 - The league will include a maximum of 10 teams.

2.02 - Each team is guaranteed 9 games during the regular season.

2.03 - All games will be played on Sundays, starting Sunday September 13, 2026 between 12:30pm-6:30pm on a traditional half-court at the MCC (21 Lansing Road, Schenectady, NY 12304).

2.04 - Teams must notify the league by Friday at 7pm if they can't make their scheduled game. We'll try to reschedule by swapping time slots with another team, based on other teams' flexibility, but rescheduling is not guaranteed. If a reschedule can't be arranged, or if notice is given after the Friday deadline, the game will be recorded as a forfeit. Teams are encouraged to notify us as early as possible to increase the chance of rescheduling.

2.05 - Official league jerseys are required to play. Players without their jersey will not be allowed to participate in the game.

2.06 - Team standings will be determined by a point system:

- Win – 3 Points
- Loss – 0 Points

2.07 - In the event of a tie in the standings, total points scored will be used as the first tie breaker. If still tied, then total points scored against will be used.

2.08 - The league will track the following individual player statistics for the regular season:

- Points
- Rebounds
- Assists

2.09 - The league will post cumulative season leaders for points, assist and rebounds on the website. To qualify, a player must participate in at least 75% of regular season games.

2.10 - At the end of the season, the league will present the following awards:

- Regular Season MVP - Cash prize (75% game participation required)
- Finals MVP - Cash prize

2.11 – The top eight out of ten teams will advance to the playoffs in a single elimination format.

❖ Quarterfinal Games:

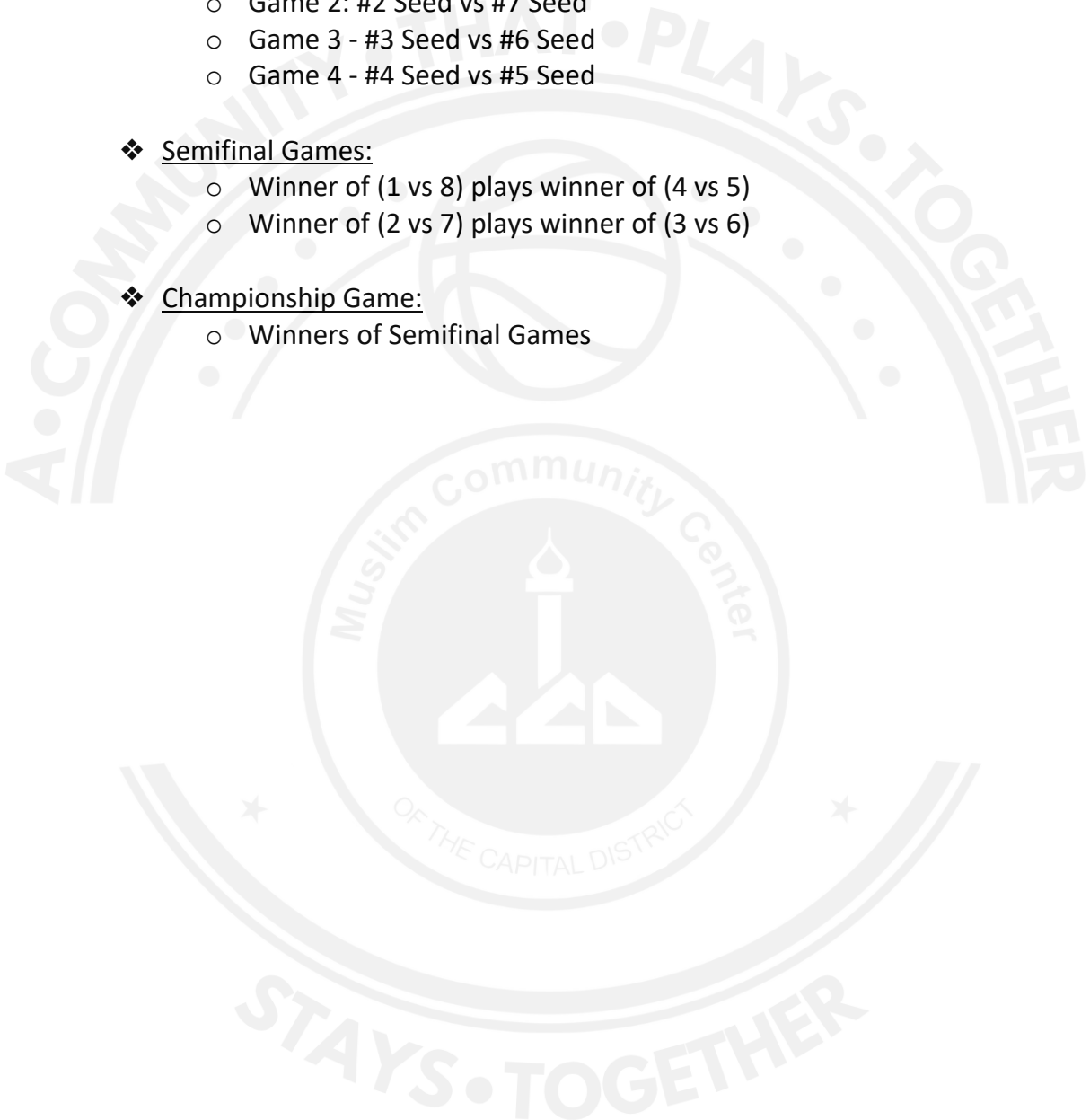
- Game 1: #1 Seed vs #8 Seed
- Game 2: #2 Seed vs #7 Seed
- Game 3 - #3 Seed vs #6 Seed
- Game 4 - #4 Seed vs #5 Seed

❖ Semifinal Games:

- Winner of (1 vs 8) plays winner of (4 vs 5)
- Winner of (2 vs 7) plays winner of (3 vs 6)

❖ Championship Game:

- Winners of Semifinal Games



Section 3 - Game Play Rules:

3.01 - A team must have three players to start a game. A team can't play with less than 3 players.

3.02 - Each game will consist of two 20-minute halves with a 5-minute halftime break. In the final two minutes of each half, the game clock will stop on all dead balls (out of bounds, fouls, free throws, 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 in the last 2 minutes.

3.03 - If the game is tied at the end of regulation, teams will play a 2-minute overtime period with a stopped clock on all dead balls. If the game remains tied, additional 2-minute overtime periods will be played until there is a winner.

3.04 - Teams may not intentionally stall or excessively delay play by holding the ball without attempting to advance the offense. Referees may issue a visible five-second count if a player in possession of the ball is not making a reasonable effort to initiate offensive action. Failure to pass, dribble, shoot, or otherwise advance play before the count expires will result in a turnover.

3.05 - Teams are allowed a ten-minute grace period after the scheduled start time. If one team still lacks the required players after that period, officials will start the game clock, and the ready team will be awarded one point for every minute that passes. If a team doesn't have at least three players by halftime, they will forfeit the game. If neither team has enough players after the grace period, officials will start the game clock, and if neither side has three players to play by halftime, the game will be ruled a double forfeit.

Note: If the prior game runs over and ends more than ten minutes past the scheduled start time of the next game, no additional grace period will be applied. Play must begin immediately once the court is available.

3.06 - Each player is allowed six personal fouls total per game. Personal fouls don't reset at halftime. Players will foul out on the sixth personal foul.

3.07 - If a team has only three players and one of them commits their sixth personal foul, that player will remain in the game to avoid a forfeit. For every foul committed after the sixth, the opposing team will be awarded one additional free throw on top of the normal penalty for that foul. This means: a non-shooting foul outside the bonus results in one free throw; in the 1-and-1 bonus, the opponent shoots the 1-and-1 plus one extra free throw; a two-shot foul becomes three shots; a three-shot foul becomes four shots; and an "and-one" results in two shots. This rule applies only when a team is at risk of falling below the three-player minimum.

3.08 - Each team is allowed seven team fouls per half. On the seventh team foul, the opposing team will shoot one-and-one free throws for all non-shooting fouls for the rest of that half. There is no double bonus.

3.09 - Each foul committed by a player counts toward both their personal foul total and their team's foul total, unless it is an offensive foul or technical foul, which do count as personal fouls but don't count toward team fouls.

3.10 - If a player is fouled in the act of shooting and makes the basket, the basket will count, and the player will shoot one free throw to attempt a three-point play. If the player is fouled while shooting and misses, they will be awarded two free throws if the attempt was inside the three-point line, or three free throws if the attempt was from beyond the arc.

3.11 - For all non-shooting fouls, out-of-bounds plays, timeouts, made baskets and other dead ball situations, the ball will be checked at the top of the key (or three-point line) to resume play. The referee will hand the ball to the inbounding player, who must pass it in within a five-second "Mississippi" count to resume play. Failure to do so will result in a turnover. The defender guarding the inbound pass must remain at least 3 feet away (approximately one arm's length) to ensure the in-bounder has adequate space to pass without being physically impeded.

3.12 - Following a made basket, the defensive team will gain possession. The referee will allow up to five seconds for the defense to set before handing the ball to the inbounding player at the top of the key (or three-point line). That player must then pass the ball in within a five second "Mississippi" count to resume play. Failure to do so will result in a turnover. The defender guarding the inbound pass must remain at least 3 feet away (approximately one arm's length) to ensure the in-bounder has adequate space to pass without being physically impeded.

3.13 - After a defensive rebound (from a shot attempt or free throw), steal, block, or airball where the offense doesn't regain possession, the ball must be cleared beyond the three-point line with both feet before the team can attempt to score. If a team scores without properly clearing the ball, the basket does not count, and possession will be awarded to the opposing team. If the offensive team secures a rebound after a missed shot or free throw, they may immediately attempt to score without clearing the ball beyond the three-point line.

3.14 - The 3-second violation will be enforced for both offensive and defensive players who remain in the paint (the restricted area) for more than 3 consecutive seconds. This will result in a turnover.

Offensive Three-Second Rule

- ☐ In the Paint: A player is considered to be in the paint (restricted area) if any part of their body is touching the restricted area while their team is in control of the ball.
- ☐ Legal Exceptions: The count is suspended if the player is in the act of shooting or has just received the ball and is making an immediate offensive move.
- ☐ Moving In and Out: To avoid a three-second violation, the player must completely exit the paint (both feet out) before the three-second count expires. Simply moving one foot in and out of the paint does not reset the count.

Defensive Three-Second Rule

- ☐ 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 with both feet in the restricted area, the three-second count stops.
- ☐ Both Feet in the Paint: The three-second count applies if the defender has both feet in the paint and isn't actively guarding anyone. 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 of the restricted area) or begins actively guarding an offensive player.

3.15 - Substitutions may only be made during a dead ball situation (e.g., foul call, out-of-bounds, timeout). A made basket does not qualify as a dead ball. Players must check in at the scorer's table before entering the game.

3.16 - Each team is allowed two timeouts per half. Unused timeouts do not carry over. Timeouts may only be called when the team has clear possession of the ball or during a dead ball situation (e.g., foul call, out-of-bounds, timeout) in which case either team may call a timeout. A made basket doesn't qualify as a dead ball situation. A defensive team cannot call a timeout during live play. Calling a timeout when a team has none remaining will result in an administrative technical foul: one free throw and possession awarded to the opposing team..

3.17 - A standard scoring system will be used:

- ☐ Free Throw – 1 Point
- ☐ Inside Arc – 2 Points
- ☐ Outside Arc – 3 Points

Section 4 – Technical and Flagrant Foul Rules

4.01 – Technical Fouls

A technical foul may be issued for unsportsmanlike conduct, including but not limited to arguing with officials, taunting, abusive language, delay of game, or other behavior deemed detrimental to the game. The opposing team will be awarded **one free throw and possession**. A player who receives **two technical fouls in the same game will be ejected** and may be subject to further league review.

4.02 - Flagrant Fouls

A flagrant foul is defined as unnecessary, excessive, reckless, or dangerous contact that goes beyond normal basketball play and places another player at risk of injury. Any player assessed a flagrant foul will be **immediately ejected from the game**. The opposing team will be awarded two free throws and possession. Additional suspension or disciplinary action may be imposed following league review.

4.03 - Team Technical Foul

A team technical may be assessed for team-related procedural violations, repeated non-compliance with league/game administration, or conduct that disrupts game operations. Examples may include improper substitutions, repeatedly putting the ball into play incorrectly, crowding or arguing with the score table after a warning, or failing to follow referee or league instructions. The opposing team receives one free throw.

4.04 - Accumulation of Technical and Flagrant Fouls

Personal technical fouls and flagrant fouls accumulate throughout the entire season, including the playoffs, and do not reset.

- Any player who accumulates three personal technical fouls during the season will receive an automatic one-game suspension. Team technical fouls or Administrative technical fouls (such as calling timeout when the team has none remaining) do not count towards this total.
- Any player who accumulates two flagrant fouls during the season will be automatically suspended pending league review. Following review, the league may impose a one-game suspension, multiple-game suspension, or removal from the league depending on the severity, intent, and circumstances of the incidents.

Section 5 – MCC 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 are 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.