

# Official Rules and Guidelines of Major League Competitive Cans™

Issued by the Competitive Cans Association (CCA)

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## 1. Introduction

### 1.1 Purpose

This document establishes the official rules and standards governing Major League Competitive Cans™.

### 1.2 Objective

Competitive Cans™ promotes fair competition, skill development, athleticism, and sportsmanship in both recreational and organized play.

### 1.3 Governing Body

The Competitive Cans Association (CCA) is the sole governing authority responsible for rules, enforcement, and updates.

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## 2. Equipment

### 2.1 The Ball

- Regulation Major League Competitive Cans™ ball (basketball substitute).
- Dimensions: ~9 in. diameter, ~1.4 lbs.
- Material: synthetic rubber with medium bounce, designed for indoor and outdoor play.

### 2.2 Playing Field

- Dimensions: 60 ft (length) × 8 ft (width).
- Surface: leveled, hard surface (preferred: concrete, hardwood, or sport-court tile).

- Markings: midline, player foul line, can reset boundary, scoring arcs at 10, 20, 30, 40, and 50 points.

## **2.3 Player Attire**

- Clothing must not interfere with the opponent's shot.
- Any garment or accessory deemed interfering results in a violation.
- Protective gear is optional but recommended for safety.

## **2.4 Targets**

- Regulation Compressed Disc Target provided by Major League Competitive Cans.
  - Dimensions: 3.5 in. circumference, 0.75 in. thickness.
  - In the absence of permanent markings, an official CCA field map must be used.
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# **3. Team Composition**

## **3.1 Number of Players**

- Singles: 1 vs. 1.
- Doubles: 2 players per team.

## **3.2 Substitutions**

- Doubles format only.
- One substitution permitted after the opposing team surpasses 40 points.

## **3.3 Positions**

- Singles: one shooter per side.

- Doubles: players alternate shots each possession.
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## **4. Game Structure**

### **4.1 Game Objective**

- Games are played to 100 points.
- Points are awarded by striking designated target zones (10–50 points based on distance).

### **4.2 Start of Play**

- Determined by a can flip.
- The winner of the flip chooses to shoot first or defer.
- The team losing the flip is granted the “Last Shot” privilege (see 4.4).

### **4.3 Scoring**

- 10 points: shot from the 10-ft line.
- 20 points: shot from the 20-ft line.
- 30 points: shot from the 30-ft line.
- 40 points: shot from the 40-ft line.
- 50 points: shot from the 50-ft line.

### **4.4 Last Shot / Overtime**

- If one team reaches 100 points while the opponent is within one scoring attempt ( $\leq 50$  pts behind), the trailing side receives a final attempt (“Last Shot”).
- If successful, the game is extended by 100 points.

- This process repeats until a winner is determined.

#### 4.5 Fouls & Violations

- Line violations.
  - Interference with opponent's shot.
  - Unsportsmanlike conduct.
  - Unauthorized substitutions.
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## 5. Rules of Play

### 5.1 Target Movement

- Two modes of play must be declared before match start:
  - **Stationary:** Targets reset to initial position after each strike.
  - **All Around the World:** Targets remain where they land within the reset boundary. If a target exits the play field, it is reset to the original start position.

### 5.2 Player Conduct

- Players must maintain good sportsmanship.
- Taunting, aggressive contact, or intentional rule exploitation is prohibited.

### 5.3 Officiating

- Matches overseen by one head referee.
  - Instant replay allowed in tournament play.
  - Protests must be filed before the protesting team's next attempt.
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## 6. Penalties and Enforcement

### 6.1 Minor Violations

- Line violation (shooter): forfeited shot, no points awarded.
- Shot interference (defender): opponent awarded one unguarded 20-point attempt. In tournament play, the intended point value is awarded.

### 6.2 Major Violations

- Verbal abuse, repeated infractions, or physical misconduct result in suspension, fines, or ejection.

### 6.3 Appeals Process

- Written appeals must be submitted to the CCA within 24 hours of the incident.
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## 7. Special Situations

### 7.1 Overtime Rules

- Governed by “Last Shot” procedure and extended play format.

### 7.2 Weather Conditions

- Outdoor matches may be delayed or canceled for safety.
- Indoor play is mandatory during hazardous conditions.

### 7.3 Amendments and Updates

**Rule Changes:** Proposed changes must be reviewed and approved by the CCA Rules Committee. Updates are released quarterly.