2026-2027 MBA GIRLS BASKETBALL

PROGRAM GUIDE

Mountain Brook Athletics

1st through 6th Grade – Girls

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QUICK REFERENCE RULES

	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade
Goal Height	8 feet	8 feet	8 ½ feet	9 feet	10 feet	10 feet
Free Throw	9 feet	9 feet	9 feet	10 feet	12 feet	12 feet
Ball Size	27.5" (size 5)	28.5" (size 6)	28.5" (size 6)	28.5" (size 6)	28.5" (size 6)	28.5" (size 6)
3 Pointers	No	No	No	No	Yes	Yes
Pressing	No	No	No	No	Yes*	Yes**
Game Length	4 6 min qtrs	4 6 min qtrs	4 6 min qtrs.	4 6 min qtrs.	4 6 min qtrs.	4 6 min qtrs
Score Kept?	No	Yes	Yes	Yes	Yes	Yes
Foul Bonus	N/A	5th foul per qtr	5th foul per qtr	5th foul per qtr	5th foul per qtr	5th foul per qtr

*Last 2 minutes of 4th quarter and overtime only

**4th quarter and overtime only

SEASON TIMELINE

- October 12th – Late registration closes
- October 13th – Player evaluations
    - Crestline New Gym
    - Required for all 2nd grade girls (6:15 – 7:15)
    - Required for 3rd-6th grade girls who have never played basketball for MBA (7:15 – 8:00)
- October 15th – October 28th – Team Formation
- November 1st – Practices begin
- November 14th – Regular Season Games begin
- January 30th – Final Regular Season Games
- January 31st – February 6th – Playoffs (all teams qualify) – only for grades 2-6
- February 3rd - 10th – Championship Games (Spartan Arena) – only for grades 2-6

Generally, expect one practice per week and one game per weekend (typically on Saturdays). There will be some weekday games based on scheduling constraints. No weekend games on holiday weekends.

PROGRAM-WIDE POLICIES

The following policies apply to every MBA basketball program — 1st through 6th grade, regular season and postseason.

MBHS Basketball Complex Gym Use

The basketball facilities are scheduled by Mountain Brook Athletics, Inc. ("MBA") for MBA teams. The Mountain Brook Board of Education retains priority use of the facilities for school-sponsored activities.

Commissioner Selection

The Overall Girls Basketball Commissioner is selected by the MBA Basketball Committee. The Overall Girls Basketball Commissioner selects the Grade Commissioners. The Commissioners are (contact information can be found on the MBA website):

- Andy Saag – Overall Girls 1st – 6th Grade
- Josh Clinton – 6th Grade Girls
- Katie Nelson – 5th Grade Girls
- Luke Durham – 4th Grade Girls
- Taylor Agricola – 3rd Grade Girls
- Tucker Burge – 2nd Grade Girls
- Walker Badham – 1st Grade Girls

Coaching Eligibility

In a given season, a coach may only be the head coach of one MBA basketball team, unless a particular league is in need of coaches (as determined by the grade commissioner).

Attendance

If a player fails to participate in team practices, the Commissioner has the option of disqualifying the player for an upcoming game.

Sportsmanship & Conduct

- All behavior must align with the MBA mission statement (see Code of Conduct for full details)
- **24-hour rule:** Do not confront a coach, referee, or another parent during or immediately after a game. Wait 24 hours before raising concerns.
- The Grade Commissioner has authority to issue warnings, suspensions, or removal from the program for conduct violations
- Any player ejected by a referee is suspended for a minimum of one game

Grade Eligibility

Every player participates in the grade corresponding to his or her current school grade. There are no exceptions for playing up or playing down.

Priority

Participation in MBA basketball takes priority over and above any outside league as defined on the MBA website as "any league or sporting event not sponsored by or affiliated with MBA."

1ST GRADE BASKETBALL

Team Formation

Team formation is conducted by the grade commissioner, with attention being paid to each team representing a mix of elementary schools without too much concentration from one school within a single team. The goal will be for each child to have an opportunity to meet girls from other schools while having one or two familiar faces on their team. Individual player requests will be limited and at the discretion of the commissioner. Teams will be made up of 7 or 8 players.

Game Play

- Goal Height – 8 feet
- Ball Size – 27.5" (size 5)
- Free Throw Distance – 9 feet
- Teams will play two, concurrent 3 on 3 games played cross court
    - One court will consist of players with higher skill level, and the other court will consist of players with lower skill levels. The goal will be for players to be competing with and against players of similar skill level. This should be discussed by the head coaches prior to the game.
    - Equal playing time among all players is expected
    - Head Coach should oversee one court, and Assistant Coach should oversee second court
    - Coaches may rotate players however they see fit; players may alternate between Court 1 and Court 2
- Four 6-minute quarters with running clock; 1 minute break between quarters; 5-minute halftime
- No score kept
- Zone or man-to-man defense are allowed
- Full court defense is not allowed
- Fouls will be called at referees' discretion
    - Shooting foul - player will attempt one free throw
    - Non-shooting foul – referee to reset play at top of key
    - Number of fouls per player will not be kept; therefore, no player can "foul out."
- Traveling and double dribbles will be called at the referees' discretion
- Screens are allowed
- Fast breaks are allowed
- 3 second in the lane will not be called
- Coaches may call one timeout per court per half; however, the clock will continue to run
- Regular season only (no post-season)

2nd GRADE BASKETBALL

Participation

- 6 player teams: 2 players play 4 periods and 4 players play 3 periods.
- 7 player teams: 6 players play 3 periods and 1 player plays 2 periods (unless reverse Pokey is applicable).
- **Definition of Playing**: A player is deemed to have played a quarter if the player is playing at the start of the quarter.
- The Game Day Commissioner is responsible for recording and monitoring player participation in the Official Scorebook. If necessary, the commissioner should ask the referees for time before the start of each quarter to record the players on the floor and to correct any participation issues before play begins. A forfeit shall result if a team fails to meet the minimum playing requirements.
- **Substitutions**: No Mid-Quarter Substitutions shall be permitted except under the following circumstances:
    - Player Injury: In cases of injury, a team should make every effort to substitute a player and match the players' capabilities. The injured player shall return to the game as soon as it is safe for the player to return to the game. For purposes of compliance with the participation rules, a player shall be deemed to have played a quarter once the quarter begins. A player shall be counted as sitting if the player is sitting when the quarter begins. Any attempt to violate the spirit of this rule may result in the offending teams' coach being immediately removed as a Coach from MBA.
    - Player Foul Out: In cases of a player fouling out, a team should make every effort to substitute a player and match the players' capabilities. Any attempt to violate the spirit of this rule may result in the teams' coach being immediately removed as a Coach from MBA.
    - Mercy Substitution: A 4th quarter substitution is allowed for a player that has only played 2 quarters to come into the game and play another 1/2 quarter. In the spirit of good sportsmanship and after all other participation requirements are met, if a game is out of reach, leading teams may also pull their stronger players at the mid-4th quarter mark to allow other players more playing time
- **Late Arrivals:** If a player arrives after the game has begun and before the start of the second quarter, the player must play at least one quarter during that game. If a player arrives after the start of the second quarter, the player is not entitled to any playing time for that game.

Pokey Adams Rule

- The purpose of the Pokey Adams Rule is to prevent a team with fewer players from gaining an advantage simply because they have fewer players present.
- The rule states that, PRIOR to tipoff, the coach of the team with seven players can select which player on the 6-player team they do not want to play entire game. This should all be settled and decided before beginning the game. It is the responsibility of the coach with 6 players to notify the opposing coach prior to play that his team will only have six players.
- This rule comes into effect only when:
    a. One team has seven players and the other team has exactly six players; and
    b. The team of six players has its top-line player.
- **Reverse Pokey Adams Rule**: When a team of 5 plays a team of 7 or more, and the team of 5 has its best player, the team of 7 may play one (1) player all four quarters.

Play of Game

- Baskets made from beyond the 3-point line will only count for 2 points
- No "pressing" or defense in the backcourt is allowed at any point in the game

- All defensive players must have at least part of one foot in the lane for the first shot of each possession. After the first shot of each possession, this defensive restriction ends until a change of possession. A timeout does not create a new possession. Once the restriction ends, double teaming outside of the paint is not allowed. If a player violates this rule, the coach of the offending team will be given a warning. Thereafter, the game official(s) may call illegal defense and award possession to the non-offending team. The game referees will have the sole responsibility and authority for these calls.
- No teams shall utilize screens. If a player attempts to screen, the coach of the offending team will be given a warning. Thereafter, the game official(s) may call an illegal screen and award possession to the non-offending team. The game referees will have the sole responsibility and authority for these calls.
- The 5th Team Foul within any one quarter will result in the offended player shooting two free throws. Team Fouls reset with each quarter (4th quarter fouls carry into overtime)
- A player will "foul out" upon the 5th personal foul committed in the game (including overtime).

Length of Game/Clock Operation

- All games consist of four 6-minute quarters (1 minute break between quarters, 5 minutes at halftime)
- Quarters 1-3 and first 4 minutes of 4th:
    - Game clock runs continuously, except for:
        - Shooting fouls
        - Timeouts
        - Official's Timeout (i.e. ball out of control, shoe tie, injury, illegal defense, etc.)
- Last 2 minutes of the 4th quarter and Overtime:
    - Game clock stops with referee's whistle
    - Because of the defensive restrictions, the clock will stop after fifteen seconds of game time has elapsed from the time a team gains possession of the ball until the release of a legitimate shot attempt.
- Teams are allowed 4 one-minute timeouts per game
- Overtime:
    - If the score is tied at the end of regulation, teams will play a 2-minute overtime (clock operations details above). Each overtime period begins with a jump ball.
    - Each team will be allowed one timeout for each overtime period (timeouts not used in regulation/previous overtime will not be carried over)
    - If the score remains tie at the end of the first overtime period, teams will play a 2-minute sudden death overtime period. Should the score remain tied after a sudden death overtime period, teams will play as many 2-minute sudden death overtime periods as necessary to determine a winner. The first team to score in sudden death wins.
    - In the playoffs, there will be no sudden death overtime periods. If the score remains tied at the end of an overtime period, teams will play as many 2-minute overtime periods as necessary to determine a winner.
    - Personal and team fouls carry over from regulation (personal) and 4th quarter (team) into overtime period(s).
    - All players may play in overtime except those who have fouled out.

Regular Season Tie Breaker Hierarchy

Should teams finish the regular season tied, the following steps shall determine tournament positions until all brackets are filled:

- Head-to-head records providing all teams have played each other
- Coin Flip. All teams tied before this point should be recognized as having tied for purposes of trophies and correspondence. The coin flip is solely used to seed teams for the tournament.

3rd and 4th GRADE BASKETBALL

Participation

- 6 player teams: 2 players play 4 periods and 4 players play 3 periods.
- 7 player teams: 6 players play 3 periods and 1 player plays 2 periods (unless reverse Pokey is applicable).
- **Definition of Playing**: A player is deemed to have played a quarter if the player is playing at the start of the quarter.
- The Game Day Commissioner is responsible for recording and monitoring player participation in the Official Scorebook. If necessary, the commissioner should ask the referees for time before the start of each quarter to record the players on the floor and to correct any participation issues before play begins. A forfeit shall result if a team fails to meet the minimum playing requirements.
- **Substitutions**: No Mid-Quarter Substitutions shall be permitted except under the following circumstances:
    - Player Injury: In cases of injury, a team should make every effort to substitute a player and match the players' capabilities. The injured player shall return to the game as soon as it is safe for the player to return to the game. For purposes of compliance with the participation rules, a player shall be deemed to have played a quarter once the quarter begins. A player shall be counted as sitting if the player is sitting when the quarter begins. Any attempt to violate the spirit of this rule may result in the offending teams' coach being immediately removed as a Coach from MBA.
    - Player Foul Out: In cases of a player fouling out, a team should make every effort to substitute a player and match the players' capabilities. Any attempt to violate the spirit of this rule may result in the teams' coach being immediately removed as a Coach from MBA.
    - Mercy Substitution: A 4th quarter substitution is allowed for a player that has only played 2 quarters to come into the game and play another 1/2 quarter. In the spirit of good sportsmanship and after all other participation requirements are met, if a game is out of reach, leading teams may also pull their stronger players at the mid-4th quarter mark to allow other players more playing time
- **Late Arrivals:** If a player arrives after the game has begun and before the start of the second quarter, the player must play at least one quarter during that game. If a player arrives after the start of the second quarter, the player is not entitled to any playing time for that game.

Pokey Adams Rule

- The purpose of the Pokey Adams Rule is to prevent a team with fewer players from gaining an advantage simply because they have fewer players present.
- The rule states that, PRIOR to tipoff, the coach of the team with seven players can select which player on the 6-player team they do not want to play entire game. This should all be settled and decided before beginning the game. It is the responsibility of the coach with 6 players to notify the opposing coach prior to play that his team will only have six players.
- This rule comes into effect only when:
    c. One team has seven players and the other team has exactly six players; and
    d. The team of six players has its top-line player.
- **Reverse Pokey Adams Rule**: When a team of 5 plays a team of 7 or more, and the team of 5 has its best player, the team of 7 may play one (1) player all four quarters.

Play of Game

- Baskets made from beyond the 3-point line will only count for 2 points
- No "pressing" or defense in the backcourt is allowed at any point in the game
- During the first 3 quarters, and the first 4 minutes of the 4th quarter, defense is not allowed beyond the 3-point line for the first 5 seconds of a possession, or until the offense penetrates the 3-point line.
- During the last 2 minutes of the game, defense is allowed anywhere in the front court.

- The 5th Team Foul within any one quarter will result in the offended player shooting two free throws. Team Fouls reset with each quarter (4th quarter fouls carry into overtime)
- A player will "foul out" upon the 5th personal foul committed in the game (including overtime).

Length of Game/Clock Operation

- All games consist of four 6-minute quarters (1 minute break between quarters, 5 minutes at halftime)
- Quarters 1-3 and first 4 minutes of 4th:
    - Game clock runs continuously, except for:
        - Shooting fouls
        - Timeouts
        - Official's Timeout (i.e. ball out of control, shoe tie, injury, illegal defense, etc.)
- Last 2 minutes of the 4th quarter and Overtime:
    - Game clock stops with referee's whistle
    - If the clock is stopped, it will not restart until the ball is advanced into the front court. This does not apply to official's timeouts (i.e. Ball out of control, shoe tie, injury, illegal defense, etc.)
- Teams are allowed 4 one-minute timeouts per game
- Overtime:
    - If the score is tied at the end of regulation, teams will play a 2-minute overtime (clock operations details above). Each overtime period begins with a jump ball.
    - Each team will be allowed one timeout for each overtime period (timeouts not used in regulation/previous overtime will not be carried over)
    - If the score remains tie at the end of the first overtime period, teams will play a 2-minute sudden death overtime period. Should the score remain tied after a sudden death overtime period, teams will play as many 2-minute sudden death overtime periods as necessary to determine a winner. The first team to score in sudden death wins.
    - In the playoffs, there will be no sudden death overtime periods. If the score remains tied at the end of an overtime period, teams will play as many 2-minute overtime periods as necessary to determine a winner.
    - Personal and team fouls carry over from regulation (personal) and 4th quarter (team) into overtime period(s).
    - All players may play in overtime except those who have fouled out.

Regular Season Tie Breaker Hierarchy

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5th & 6th GRADE BASKETBALL

Participation

- 6 player teams: 2 players play 4 periods and 4 players play 3 periods.
- 7 player teams: 6 players play 3 periods and 1 player plays 2 periods (unless reverse Pokey is applicable).
- **Definition of Playing**: A player is deemed to have played a quarter if the player is playing at the start of the quarter.
- The Game Day Commissioner is responsible for recording and monitoring player participation in the Official Scorebook. If necessary, the commissioner should ask the referees for time before the start of each quarter to record the players on the floor and to correct any participation issues before play begins. A forfeit shall result if a team fails to meet the minimum playing requirements.
- **Substitutions**: No Mid-Quarter Substitutions shall be permitted except under the following circumstances:
    - Player Injury: In cases of injury, a team should make every effort to substitute a player and match the players' capabilities. The injured player shall return to the game as soon as it is safe for the player to return to the game. For purposes of compliance with the participation rules, a player shall be deemed to have played a quarter once the quarter begins. A player shall be counted as sitting if the player is sitting when the quarter begins. Any attempt to violate the spirit of this rule may result in the offending teams' coach being immediately removed as a Coach from MBA.
    - Player Foul Out: In cases of a player fouling out, a team should make every effort to substitute a player and match the players' capabilities. Any attempt to violate the spirit of this rule may result in the teams' coach being immediately removed as a Coach from MBA.
    - Mercy Substitution: A 4th quarter substitution is allowed for a player that has only played 2 quarters to come into the game and play another 1/2 quarter. In the spirit of good sportsmanship and after all other participation requirements are met, if a game is out of reach, leading teams may also pull their stronger players at the mid-4th quarter mark to allow other players more playing time
- **Late Arrivals:** If a player arrives after the game has begun and before the start of the second quarter, the player must play at least one quarter during that game. If a player arrives after the start of the second quarter, the player is not entitled to any playing time for that game.

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- This rule comes into effect only when:
    e. One team has seven players and the other team has exactly six players; and
    f. The team of six players has its top-line player.
- **Reverse Pokey Adams Rule**: When a team of 5 plays a team of 7 or more, and the team of 5 has its best player, the team of 7 may play one (1) player all four quarters.

Play of Game

- Baskets made from beyond the 3-point line will count as 3 points
- "Pressing" or defense in the backcourt is allowed:
    - 5th Grade: In the last two minutes of the game and OT unless your team is up by more than 6 points.
    - 6th Grade: In the 4th quarter and OT unless your team is up by more than 6 points.

- The 5th Team Foul within any one quarter will result in the offended player shooting two free throws. Team Fouls reset with each quarter (4th quarter fouls carry into overtime)
- A player will "foul out" upon the 5th personal foul committed in the game (including overtime).

Length of Game/Clock Operation

- All games consist of four 6-minute quarters (1 minute break between quarters, 5 minutes at halftime)
- Quarters 1-3 and first 4 minutes of 4th:
    - Game clock runs continuously, except for:
        - Shooting fouls
        - Timeouts
        - Mid-Quarter Substitutions
        - Official's Timeout (i.e. ball out of control, shoe tie, injury, illegal defense, etc.)
- Last 2 minutes of the 4th quarter and Overtime:
    - Game clock stops with referee's whistle
- Teams are allowed 4 one-minute timeouts per game
- Overtime:
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    - Each team will be allowed one timeout for each overtime period (timeouts not used in regulation/previous overtime will not be carried over).
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    - In the playoffs, there will be no sudden death overtime periods. If the score remains tied at the end of an overtime period, teams will play as many 2-minute overtime periods as necessary to determine a winner.
    - Personal and team fouls carry over from regulation (personal) and 4th quarter (team) into overtime period(s).
    - All players may play in overtime except those who have fouled out.

Regular Season Tie Breaker Hierarchy

Should teams finish the regular season tied, the following steps shall determine tournament positions until all brackets are filled:

- Head-to-head records providing all teams have played each other
- Coin Flip. All teams tied before this point should be recognized as having tied for purposes of trophies and correspondence. The coin flip is solely used to seed teams for the tournament.

TEAM FORMATION PROCESS (2nd – 6th Grade Only)

Overview

The purpose of the team formation process is to achieve competitive balance across each league, not individual roster advantage. The process should be carried out in a collaborative fashion, so that each team's strength is independent of the coach's knowledge of players in the league. Coaches are expected to offer candid player evaluations if they have knowledge of a specific player's skill level.

Roster Limits

Teams will consist of no fewer than 6 and no more than 7 players

Player Skill Evaluation

Prior to the draft, the commissioner will compile information on skill levels for players in the league. This information is based on input from coaches, player evaluations, previous year statistics (i.e. points scored, if applicable), outside league participation, etc. This information will be provided to all coaches in the league prior to the draft to facilitate competitive balance.

Draft Order Assignment and Snake Draft

The draft order will be determined by where each coach's daughter falls in the skill evaluation. The seven player teams will be at the beginning of the draft order, and the six player teams will be at the end of the draft order. For example, in a 15-team league made up of 10 seven player teams and 5 six player teams, the first 10 picks in the draft will be seven player teams, and the last 5 picks in the draft will be six player teams. The draft will be conducted in a snake fashion, with 6 player teams forgoing the 4th round. A coach's daughter is automatically drafted by that coach in the player's round based on the skill evaluation.

Commissioner Authority

The Commissioner reviews and certifies all rosters before they are communicated to families. The Commissioner has final authority to adjust any roster where necessary to preserve competitive balance across the league. Commissioner decisions under this procedure are final.