

MOUNTAIN BROOK ATHLETICS (“MBA”)

BASKETBALL RULES 2nd - 6th GRADE GIRLS

(Separate rules exist for 1st Grade and 7th-12th Grade Girls and all Boys’ Leagues)

1. Participation

- A. **Grades 2 - 6:** All players must play a minimum of 2 quarters (minimum of 1 quarter per half). No player may play 4 quarters unless all players will have played 3 quarters by the conclusion of the game. For example, if a team has 6 players, all players must have played 3 full quarters by the end of the game. If a team has 7 players, no player can play 4 quarters. Therefore, the substitution pattern is as follows:
1. 6 player teams - 2 players play 4 periods and 4 players play 3 periods.
 2. 7 player teams - 6 players play 3 periods and 1 player plays 2 periods.
 3. 8 player teams – 4 players play 3 periods and 4 players play 2 periods.
- B. **Definition of Playing:** A player is deemed to have played a quarter if the player is playing at the start of the quarter.
- C. **Late Arrivals:** If a player arrives after a game has begun and before the start of the second quarter, the player must play at least two quarters during that game. If the player arrives after the start of the 2nd quarter, the player must play at least one quarter during that game. 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.
- D. **Substitutions:** No Mid-Quarter Substitutions shall be permitted except under the following circumstances:
1. 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.
 2. 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.
 3. 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.

- E. A team without at least 4 players from the team's roster at the scheduled start of the game must forfeit. A team may begin the game with as few as 4 players from that team's roster, but must finish with a minimum of 2 players. If a team has 4 or less rostered players and chooses to play with a non-rostered player, the game can occur, but for purposes of standings in both the regular season and playoffs, the team playing with a non-rostered player will result in a forfeit.
- F. If a player fails to participate in team practices, the Commissioner has the option of disqualifying the player for that week's game(s) if a request is made by the team's coach in advance of the day of the game(s).
- G. Participation in Mtn. Brook Athletics basketball takes priority over and above any other basketball activities in which an individual may choose to participate. (See Participation in Outside Leagues on the MBA website)
- H. In a given season, a coach can only be the head coach of one MBA basketball team. No coach may coach another team in a different league that has three or more players from that coach's Mtn. Brook Athletics team.
- I. No greater than 3 girls from the same team outside of MBA may be on any one MBA team.

2. The Pokey Adams Rule

- A. 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.
- B. Without this rule, the team with fewer players can play its stronger player(s) more. Again, the purpose of the Pokey Adams Rule is to prevent the team with fewer players from gaining an advantage simply because they have fewer players present.
- C. **This rule comes into effect only when one team has seven or more players, and the other team has exactly six players.**
- D. This rule states that, PRIOR to tipoff, the coach of the team with seven or more 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. The Game Day Commissioner should assist in applying this rule. Out of the abundance of clarity, this rule shall not apply once the game begins. Any attempt to violate the spirit of this rule may result in the offending teams' coach being immediately removed as a Coach from Mountain Brook Athletics.
- E. In situations where one team has 5 players and the other team has 6 or more players, the team with more players must still follow the participation rules as outlined above.

3. Scheduling

- A. The league commissioner will schedule all games and practices. Coaches may not hold any more team practices than the number scheduled by the commissioner.

- B. Teams must practice and play in the gyms assigned by MBA unless express, written permission is granted by MBA.
- C. Violating team practice rules results in forfeiture of the next scheduled game. Coaches who commit more than one violation will be expelled from the league.
- D. All scheduling and format decisions regarding tournaments and playoffs must be decided before the start of regular season games.

4. Court of Play and Ball Size

A. <u>Grade</u>	<u>Goal Height</u>	<u>Free Throw Distance</u>	<u>Ball size</u>
2 nd	8 feet	9 feet	Junior/285
3 rd	8 ½ feet	9 feet	Junior/285
4 th	9 feet	10 feet	Junior/285
5 th /6 th	10 feet	12 feet	Junior/285
7 th +	10 feet	15 feet	Junior/285

5. Play of the Game

- A. Pressing or defense in the backcourt is not allowed for grades up to and including 4th grade. In these "no press" leagues, no double team on the ball is allowed until the offense has first penetrated the top of the key (if the offense goes back out above the key after penetrating the top of the key, trapping may occur at that time).
- B. Girls 6th grade may press the entire 4th quarter. 5th grade girls may press the last two minutes of the 4th quarter only. If your team is ahead by more than 6 points, your team cannot press.
- C. For 3rd and 4th grade only, defense cannot cross the top of the key for the first 5 seconds after the ball crosses half court ("5 Second Opportunity"). Only one 5 Second Opportunity per possession.
- D. For 2nd grade only, stalling is not allowed. Progressing the ball is required.
- E. **Rule Enforcement for 5(A)-5(D):** The first violation of the above-referenced rules will result in a warning and all subsequent incidences may result in a technical foul at the game officials' discretion. The game officials will have the sole responsibility and authority for these calls.
- F. For 2nd grade only, all defensive players must have at least part of one foot in the lane at all times except during loose balls. 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.
- G. For 2nd grade only, 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.

H. No three point baskets except for 5th and 6th grade.

I. **Fouls and Free Throws**

a. In May 2023, the National Federation of State High School Associations (NFHS) amended the free throw rules for the 2023-24 season in order to "reduce the opportunities for rough play during rebounds" and to "improve [the] game flow" at the High School level. **Mountain Brook Athletics has elected to continue using the traditional foul and free throw model for the 2023-24 season**, as described below.

i. Team Fouls will reset at halftime, and any team fouls in overtime periods will be included in the second half foul count. Beginning with the 7th team foul of each half, the offended team will shoot one-and-one free throws (on permissible fouls), and beginning with the 10th team foul of each half, the offended team will shoot two free throws (on permissible fouls).

ii. A player will "foul out" upon the 5th personal foul committed of the game.

6. **Length of game**

A. All games will consist of four 6 minute quarters.

B. The game clock will run continuously except during timeouts, free throws, ball out of control situations, EXCEPT FOR the last 2 minutes of the 2nd and 4th quarters (and overtime periods), when the clock will start and stop with the referee's whistle.

C. Official timeouts: 1 minute between quarters and 5 minutes at halftime.

D. Teams are allowed 4 one minute timeouts per game.

E. In leagues where no pressing is allowed, the leading team is allowed only one timeout per possession during the last 2 minutes of the 4th quarter or overtime periods.

F. In leagues where no pressing is allowed, in the last minute of the game, the leading team is allowed only one opportunity per possession in the backcourt with the clock running. On a stopped clock only, if the leading team inbounds the ball into the back court, the clock will not start until the ball is advanced into the front court. There must be a change in possession for the leading team to be allowed another opportunity in the backcourt with the clock running.

7. **Overtime/Sudden Death**

A. If the score is tied at the end of regulation, teams will play a 2-minute overtime. The clock will start and stop on the referee's whistle. Each team will be allowed one timeout only for each overtime period. Timeouts not used in regulation time will not be carried over to the overtime period(s).

B. If the score remains tied at the end of the first overtime period, teams will play sudden death overtime period. The first team to score in sudden death wins.

C. All players may play in overtime except those that have fouled out.

8. Tie breaker hierarchy

- A. Should teams finish the regular season tied, the following steps shall determine tournament positions until all brackets are filled:
 - 1. Winning percentage
 - 2. Head-to-head records providing all tied teams played each other.
 - 3. Record of tied teams versus common opponent beginning with the highest ranked team in the league. Should the teams play the common opponent a different number of times and one team has a split record against that common opponent, you move to the next opponent in the standings.
 - 4. 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.
- B. For leagues that use divisional, the above steps shall determine tournament positions by division until all brackets are filled (i.e.: If the overall record is the same, then proceed through steps 1-4 by record in division games, then head-to-head, then common divisional opponent, then coin flip).
- C. Score Differential/Margin of Victory cannot be used to break ties.

9. Care of School Property and Sportsmanship

- A. Gum, food, and drinks other than player's water are not allowed inside any school property or gymnasium.
- B. Players and spectators are not allowed to bring basketballs into the gyms on game days. Dribbling basketballs will be limited to only game participants on game days.
- C. All players and coaches should exhibit a high degree of sportsmanship at all times in order to participate in our program. Coaches are also responsible for the good behavior of their team's fans. Any and all individuals failing to comply with this request will be barred from attending future events.

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