

MOUNTAIN BROOK ATHLETICS

BASKETBALL RULES 2nd - 9th GRADE BOYS

(Separate rules exist for 1st Grade Boys and all Girls' Leagues)

Participation

Grades 2 - 6: All players must play a minimum of 2 complete quarters (except for injury or fouling out). 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.

4. In addition to injury or “foul out” situations, a mid-4th quarter substitution is allowed for a player that has only played 2 quarters to come into the game and play another ½ 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. Substitutions are not allowed for any other reasons.

Grades 7th and up: All players must play a minimum of 2 complete quarters (except for injury or fouling out).

In cases of injury or a player fouling out, a team should make every effort to substitute a player and match the players' capabilities. If a player arrives after a game has begun and before the start of the second quarter, the player must play at least one complete quarter during that game. If the player arrives after the start of the 2nd quarter, then the coach at his discretion may determine if the player is allowed to play at all. 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.

A team without at least 4 players at the scheduled start of the game must forfeit. A team may begin the game with as few as 4 players, but a team must finish the game with at least 2 players.

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).

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)

In a given season, a coach can only be the head coach of one Mtn. Brook Athletics 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.

The 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.

1. 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.**

2. This rule comes into effect only when one team has **seven or more** players, and the other team has exactly **six** players.

3. 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.

4. 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.

Scheduling

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

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.

All scheduling and format decisions regarding tournaments and playoffs must be decided before the start of regular season games.

Court of Play and Ball Size

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

Play of the Game

3 Pointers: 3 Point baskets will not count until Fifth Grade.

Press rule:

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. Boys 5th grade and above may press full court at anytime unless their team is ahead by 10 points or more.

c. The first violation of the press rule will result in a warning with all subsequent incidences resulting in a technical foul. The game referees will have the sole responsibility and authority for these calls.

Fouls and Free Throws:

*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**

lected to continue using the traditional foul and free throw model for the 2023-24 season, as described below.

a. 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).

a. A player will “foul out” upon the 5th personal foul committed of the game.

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, during the last two minutes of the game, the leading team is allowed only one opportunity per possession in the backcourt with the clock running. Should the clock stop due to a timeout, foul, or injury, upon resumption of play, 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 and the referee signals for the clock to restart. There must be a change in possession for the leading team to be allowed another opportunity in the backcourt with the clock running.

1. Overtime/Sudden Death

1. 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).

2. If the score remains tied 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.

3. 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.

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

Tie Breaker Hierarchy

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.

Score Differential/Margin of Victory cannot be used to break ties.

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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