

MAC Winter League Basketball Rules

- Concessions: There will be concessions provided during every game.
- Rules:
- One Referee scheduled per court for every game. A second referee may be used for tournament.
- Scorekeepers will be provided.
- Both courts are scheduled full. There is little time for warm-up. Following games, clock will be set for the start time of the next game and each team will have that amount of time to warm up. **PLEASE BE AT YOUR COURT AND READY 15 MINUTES BEFORE YOUR GAME.** Games will start on time regardless of number of players present.
- Four 9-minute running clock quarters.
- Clock will stop last 30 seconds of 1st half, last minute of 2nd half.
- Clock will continue to run on games with 20+ point spread.
- 3 minute half time.
- PLEASE BE READY TO PLAY ON WHISTLE AFTER EACH QUARTER AND HALFTIME.**
- One 30 second time-out per half per team. (clock will continue to run unless in last minute of the quarter)
- Players can check in on any dead ball. Coaches - **PLEASE REMIND PLAYERS TO HUSTLE ON AND OFF THE COURT** to prevent game time running off the clock.
- Shoot 1 and 1 Bonus free throws on 7th team foul, double bonus at 10 team fouls. Individual fouls tracked – players foul out on 5th foul.
- Full-court pressing: Not permitted if you are up more than 10 points (including grade 6). You may use a full-court zone press until the ball crosses half court, and then man defense must be played [DOES NOT INCLUDE GRADE 6].
- 6th Grade – JH rules played – May play zone and press at any time during game (not up 10)
5th Grade – No half court zone - Press allowed during the last quarter (and overtime). MAY STEP ACROSS FOUL LINE BUT CANNOT REBOUND
- 4th Grade – No half court zone – Press allowed during last 2 minutes of game (and OT). MAY STEP UP TO BLUE SIDELINE TO SHOOT FOUL SHOTS BUT MAY NOT REBOUND
- 3rd Grade – No zone – No Press – no double teams – may guard ball in backcourt final minute - 28.5" ball used on standard 10' rims MAY STEP UP TO BLUE SIDELINE TO SHOOT FOUL SHOTS BUT MAY NOT REBOUND
- 5th/4th Must play man to man defense. Double teams are allowed out of your man defense but zone defenses cannot be played. Players will be warned once - Technical foul on second occurrence.
- Must get back past half court when ball changes hands unless press rules apply.
- Overtime will be 2 minutes with clock stopping on whistle in last minute. If still tied after first overtime sudden death - first team to score wins.
- No appeals on calls or decisions by referees.
- Proper conduct is expected from all coaches, players, and fans from your school. 1

technical foul – done for game

2 technical fouls - done for day

Competition is a part of the game, but without good sportsmanship by players, coaches, and fans, there are no winners!

Let's all have good sportsmanship!

REV Date: 11/10/20