

Mountain Athletic Conference

Youth Basketball Rules

1. Each Agency will have their own playing time rules that will govern games throughout the season for their agency ONLY. Each agency will handle playing time issues within their own agency.
2. 8 & Under Age Group:
 - a. 8 minute running clock that will stop for the following:
 1. Time outs: 1 full and 1 30 second per half
 2. Free Throws: Stops after shooter receives the ball
 3. Last minute of each quarter
 4. Injury recognized by the official
 - b. Time Outs: Each team will have 1 – full time out and 1 – 30 second time out per half
Time outs do not carry over from 1st half to 2nd half. However, any unused timeouts from the 2nd half will carry over to any overtime period. Each team would receive 1 additional full timeout in the overtime period.
 - c. Press Rule: There will be NO full court press in the 8u age group. A team MAY half court press up to a 20 point lead. At 20 points the team leading must play defense inside the 3 point arc.
 - d. Violations:
 1. Violations shall be called per NFHS/GHSA rules.
 - e. Mercy Rule: If a team gains a 20 point lead at any time in the 4th quarter, the clock will run continuously for the remainder of the game except during timeouts. If at any time in the 2nd half a 30 point lead is gained by a team, the clock will run continuously. If the lead is cut to 10 points at any time during the 2nd half, the clock will operate as normal. The winning team may not call a timeout with a 30 point or more lead.
 - f. General Regulations:
 1. Free throws: 12 foot free throw line. The bottom lane space shall be occupied.
 2. Only the HEAD COACH may stand during play, unless he receives a technical foul and has to remain seated.
 3. Goal Height: The goal height shall be set at 8 ½ feet.
 4. The 28.5 (girls) basketball shall be used for boys and girls.
 5. No hair bows are allowed. No ear rings are allowed.
 6. Substitutes shall report to score table and must be called onto the floor by an official before going onto the playing floor.

7. Teams must have 4 players to start a game. If at any time a team is down to less than 3 players, it will constitute a forfeit, unless that team has a chance to win the game.
8. Overtime: There shall be 1 – 3 minute overtime. If game is still tied, we go to sudden death.

3. 10u and 12u Age Groups:

- a. 6 minute clock stopping on all whistles. The exception: Mercy Rule as stated in rule 2. e.
- b. Time Outs: Each team will have 1 – full time out and 1 – 30 second time out per half
Time outs do not carry over from 1st half to 2nd half. However, any unused timeouts from the 2nd half will carry over to any overtime period. Each team would receive 1 additional full timeout in the overtime period.
- c. Press Rule:
 1. A team MAY full court press up to a 10 point lead.
 2. A team leading by 10 – 19 points MAY half court press.
 3. A team with a 20 point lead or higher MUST play defense inside the 3 point arc
- d. Violations:
 1. Violations shall be called per NFHS/GHSA rules.
- e. Mercy Rule: If a team gains a 20 point lead at any time in the 4th quarter, the clock shall run continuously for the remainder of the game except during timeouts. If at any time in the 2nd half a 30 point lead is gained by a team, the clock shall run continuously. If the lead is cut to 10 points at any time during the 2nd half, the clock will operate as normal. The winning team may not call a timeout with a 30 point or more lead.
- f. General Regulations:
 1. Free throws: 15 foot free throw line. Bottom space NOT occupied.
 2. Only the HEAD COACH may stand during play, unless he receives a technical foul and has to remain seated during play.
 3. Goal Height:
 - a. 10u: 8 ½ feet
 - b. 12u: 10 feet
 4. The 28.5 (girls) basketball shall be used for 10u B & G and 12u G.
The 29.5 (boys) basketball shall be used for the 12u boys.
 5. NO hair bows and/or ear rings allowed for any player.
 6. Substitutes shall report to the score table and must be called onto the floor by an official before going onto the playing floor.

7. Teams must have 4 players to start a game. If at any time a team is down to less than 3 players, it will constitute a forfeit, unless that team has a chance to win the game.
8. Overtime: There shall be 1 – 3 minute overtime. If game is still tied, we go to sudden death.

4. ALL age groups:

- a. The post season MAC tournament will be held prior to any GRPA district tournaments.
- b. Each agency is responsible for how all-star teams are selected.
- c. Only 1 team per agency, per age division shall be allowed to play in the MAC tournaments.
- d. Admission may be charged at any of the member parks during the regular season and WILL be charged at the post season MAC tournaments.
- e. The goal of the MAC basketball league is try to get each team 8 regular season games. Weather could affect this during the winter months.