

North Metro Athletics Conference (NMAC)

Athletic Handbook

Boys and Girls Basketball

Game Rules

- Schools may allow players from C teams to play B teams when needed to field a team.
- Schools may allow players on B teams to play on A teams when needed to field teams. However, no A team starters can play B or C team games.
- A and B games will have 2 -20 minutes running clock halves with a 5 minute halftime. C Team will be 1 – 15 minute running period. All B and A teams will get 2 full and 1 half timeouts per half. C teams will get 1 full timeout.
- For A and B games there will be 1 - 5 minute running clock overtime period with 1 additional timeout per team. Games will be considered a tie after this period.
- A and B game clock will stop on the whistle inside of 2 minutes in the second half only, unless the 20 point mercy rule is in effect.
- No full court press when a 15 point lead occurs for A and B games.
- No full-court press ever at the C level.
- When shooting free throws players may enter the key on the release of the shot. All free throws must be shot behind the free throw line.
- Game ball size for boys teams is 29.5 and for girls teams is 28.5. Game balls should be designed for indoor play and leather.
- No administrative technical fouls for book issues (wrong numbers, adding players). Coaches agree on the fix and move on.
- No jewelry (including rubber bands) may be worn.
- Home team supplies basketball, scorekeepers and score book.

Uniforms/Equipment:

- Team uniforms will consist of jerseys and shorts.
- Under uniform garments must match the uniform.

Rules / Officials:

- Rules will follow the CHSAA/NFHS guidelines in basketball.
- Two officials will be used for each game.

Mercy Rule:

- No full court press when a 15 point lead occurs. 1st violation is a warning, 2nd violation is a technical foul, This technical foul does not count towards “losing of the privilege of standing in the coaching box.
- The clock will run when there is a 20+ point spread.
- The clock will stop on timeouts and injuries.

Basketball Tournaments:

- Mandatory 8 minute warm up.
- Mandatory 5 minute halftime.
- Rosters must be ready prior to the team taking the court.
- Award will be given for tournament champion.
- Tournament bracket will be seed based off of regular season records.