



THE MAC | EAST HILLS ORCHARD HILLS

MAC Men's Basketball League Official Rules

Revised May 13th, 2010

Normal high school rules apply unless noted otherwise.

1. GAME DURATION

- A. Games will consist of two 25-minute halves (50 minutes total).
- B. Clock will be a running clock at all times except during:
 - i) Dead balls during the last 2 minutes of the 2nd half.
 - ii) Dead balls during the last 2 minutes of overtime.
 - iii) Team timeouts.
 - iv) Discretion of the clock manager or referees (injuries, floor interference, etc).
- C. Halftime is not to exceed 2 minutes.
- D. Timeouts
 - i) Each team will get 1 timeout per half and 1 per overtime session.
 - ii) Unused timeouts do not carry over to the second half or overtime.
 - iii) Timeouts are not to exceed 60 seconds.
- E. Overtime
 - i) All overtime sessions will be 3 minutes
 - ii) Each team will get 1 timeout per overtime period
 - iii) "Bonus" free throws will be in effect the last 2 minutes of the overtime period in the same fashion as the last 2 minutes of regulation

2. FREE THROWS

- A. Players may enter the lane at the release of the ball during free throws.
- B. The team shooting free throws may have 2 players inside the 3pt line during free throws. The team not shooting free throws may have 4.
- C. "Team bonus" does not apply until the last 2 minutes of the 2nd half.
 - i) The first 2 team fouls during the last 2 minutes of the 2nd half will be "one-and-one" for the fouled player regardless of total team fouls.
 - ii) The 3rd team foul and all team fouls thereafter will be "2 shots" for the fouled player regardless of total team fouls.

3. FOULS

- A. Each player will be allotted 6 fouls per game
- B. Technical fouls also count as personal fouls
- C. Technical fouls will result in an automatic 2 points AND possession of the ball for the opposing team.
- D. Any player that incurs 2 technical fouls will be disqualified for the remainder of that game only.

4. CURSING

- A. The MAC is a family place - **Cursing is strictly prohibited!**
- B. Referees have full discretion to issue a technical foul for ANY cursing

5. SUB RULES

- A. Use of subs is at sole discretion of the team's captain. Captains have full authority over sub selection and have the right to accept or deny any potential sub brought to their team.

- B. Captains are encouraged to use subs from other teams within the league so the players paying to be part of the league are given the most opportunities to play.
- C. Regular Season sub rules:
 - i) A team may bring subs up to a total of 6 players.
 - (1) If a team has 6 or more roster players participate, no subs may be used.
 - (2) If a team has 5 roster players participate, then 1 sub may be used.
 - (3) If a team has 4 roster players participate, then 2 subs may be used.
 - (4) If a team has 3 roster players participate, then 3 subs may be used.
- D. Playoff sub rules:
 - i) A team may bring subs up to a total of 5 players
 - (1) If a team has 5 or more roster players participate, no subs may be used.
 - (2) If a team has 4 roster players participate, 1 sub may be used.
 - (3) If a team has 3 roster players participate, 2 subs may be used.
- E. Forfeits
 - i) If 3 or fewer roster players participate, that team will forfeit the game regardless of the game's final score.
 - ii) If a team starts a game with 3 roster players and a 4th roster player arrives late, that 4th roster player must participate at some point in the 1st half to avoid a forfeit.
 - iii) If a team starts a game with 4 or more roster players and any # of roster players are eliminated from the game due to fouling out, injury, or any other reason which bring their roster player total to 3 or less, that team will not forfeit the game.
 - iv) If a team starts a game using any number of subs and a roster player arrives late whereby his participation will push his team's total # of players to 6 or more, a sub must be removed from the remainder of the game so that the total # of players on a team does not exceed 6 (in the playoffs, this number is 5).
 - v) Statistics will still be recorded regardless if the game is a forfeit.

6. TRADES

- A. Player trades may occur up to the mid-point of the season.
 - i) Summer league trade deadline will be 6pm the day of the 6th game of the season.
 - ii) Winter league trade deadline will be 6pm the day of the 8th game of the season.
- B. Trades must be 1-for-1 trades.
- C. All trades must be approved by both players being traded as well as both respective captains.

7. ROSTER PLAYERS

- A. Roster players are those listed on the master roster at the start of the league.
- B. Roster players must be on the master stat sheet.

8. PERMANENT SUBS

- A. If any roster player becomes inactive for the remainder of the season, a "permanent sub" may only replace a roster player prior to the mid-point of the season.
 - i) After the midpoint of the season, rosters will be "locked" and no roster players may be replaced regardless of injury or circumstance.
 - ii) After the midpoint of the season, normal sub rules apply.
- B. Permanent subs must be pulled, in order, from the league wait list. If there are no names on the wait list or if the list has been exhausted, the permanent sub is at the sole discretion of the team's captain.
- C. The player giving up his roster spot must notify his captain or the commissioner that he is forfeiting his roster spot.
 - i) Any player giving up his roster spot understands that his statistics will be erased from the stat sheet and that he may not play for his team for the remainder of the season unless normal sub rules apply.
 - ii) Players giving up their roster spot WILL NOT receive a refund of league fees.
 - iii) The permanent sub will be charged a pro-rated fee for the remainder of the season (pro-ration will be based on number of games in the regular season).