



**High School Rules will prevail except for the following:**

(SUPPLEMENTAL RULES ARE ALLOWED IN EACH GYM IF AGREED UPON BY COACHES)

1. All Players will play a minimum of 3 four-minute segments. Player's must play in both halves.  
- NO PLAYER SHALL PLAY MORE THAN 7 SEGMENTS (MUST SIT ONCE)
2. A game will consist of four 8 minute quarters (sub every 4 minutes until last quarter). The clock will run continuous until the last 1:00 of each half. Clock will then stop on the whistle. (Clock will stop for players to line up to shoot free throws in the last 4 minutes of the 4<sup>th</sup> quarter. Once players are set the clock will resume.)
3. Players will shoot foul shots from 15 feet.
5. The clock will stop at or as close to the 4 minute mark of each quarter to allow for substitutions. THIS IS NOT A TIMEOUT, BUT PLAYERS WILL HAVE TIME TO MATCH UP AT HALF COURT. Unless an injury occurs or a player fouls out, this will be the only time a player may enter the game, EXCEPT DURING/AFTER a time-out.
6. Teams will get one time-out per half (60 Seconds). Halftime will be 2 minutes.
7. Each team will play 1/2 court man to man defense. (2-3 Zone Defense will be allowed only in the first half, ONLY FOR 5<sup>th</sup> & 6<sup>th</sup> GRADE in Boys)
8. Backcourt defense **will not** be allowed, NOR WILL TRAPPING IN THE FRONT COURT. (Help Defense will be allowed)
9. Backcourt defense and TRAPPING will be allowed during the last 2 minutes of a game if the score is under a 10 point deficit.
10. Each team should be at their respective location at the designated time.
11. EACH PLAYER COACH AND SPECTATOR IS EXPECTED TO EXHIBIT GOOD SPORTSMANSHIP. Any player/coach who acts inappropriately will be removed from the game & possibly the league.
12. Any fan who does not act in a proper manner will be removed from the gym. If this occurs, and the fan refuses to leave, the game will end at that point. (Fans can be forbidden to return in some scenarios)
13. Meade Co. High School/MAC Staff are in charge of the facility they are in.