

These operational guidelines will be the guide for all MCAA Basketball League operations. Each MCAA Board member, coach and team mom will have a copy of these rules for reference. MCAA Basketball Rules and Regulations will also be posted on the MCAA website.

Please refer to this handbook for guidelines regarding organization, registration, try-outs, the draft, age limits, player participation policies and specific age group rules.

## **GENERAL INFORMATION**

Information regarding MCAA Basketball will primarily come from three sources: website, email, and your coach/league director. MCAA Basketball information will be posted in the basketball section of the MCAA website at [www.millcreekaa.net](http://www.millcreekaa.net). Mass e-mails may also be sent to parents to inform them of important events and activities such as evaluations, clinics, & pictures. Please make sure to supply your e-mail address when you register your child. If your e-mail address should change, please contact a board member with updated information. Additional information is also available at [www.quickscores.com/mcaa](http://www.quickscores.com/mcaa) where you will find real-time schedules, scores, and standings; and additional documents related to MCAA Basketball.

In the event of a question, please contact a board member.

## **ORGANIZATION / BOARD MEMBERS**

Mill Creek Basketball is the Basketball organization of Mill Creek Athletic Association (MCAA) and will be governed by the MCAA By-laws. These operational guidelines are intended to provide direction for the basketball organization. Should there be any discrepancy between the by-laws of MCAA and the operational guidelines of Mill Creek Basketball, the laws of MCAA shall prevail.

A list of all current board members is posted at [www.millcreekaa.net](http://www.millcreekaa.net). Elected Board members consist of the Director, Assistant Director, Treasurer, Secretary, and Rules coordinator. All other positions are appointed as necessary. The Roles and Responsibilities of each board member are determined by the Director at the start of the season and can be changed at anytime. Appointed and Elected positions have an equal vote on all matters except disciplinary actions. Should any elected board member decide to resign during the course of the season, the Director, with consent from the MCAA Executive President, will have unilateral authority to appoint a replacement to that position. Should any appointed board member decide to resign during the course of the season, the Director will have unilateral authority to appoint a replacement to that position.

The full board shall meet monthly. The Director shall publish a meeting calendar at the start of the season.

The Director shall determine the amount, if any, registration fees will be charged to board members.

## **CODE OF CONDUCT**

All coaches, players, volunteers, parents, and spectators must abide by the MCAA Code of Conduct which can be found on the MCAA website. MCAA Basketball rules for conduct are governed entirely by Mill Creek Athletic Association ([www.millcreekaa.net](http://www.millcreekaa.net)).

## **AGE GROUPS**

The division in which a child participates will be determined by the child’s age and birth date. The playing age is the age of the player on September 1<sup>st</sup> of that year. If necessary, age will be verified by the MCAA Basketball Board via a birth certificate. A child is allowed to play up one age division with prior approval by the MCAA Basketball Board and/or League Directors. A child may participate in the 6 and under division if they have no experience, have a birth date that is within 60 days either side of the September 1<sup>st</sup> cut-off, and it is determined at tryouts that they can compete fairly in this age group.

### **Winter Divisions\***

5 - 6 year olds	Girls/Boys
7 - 8 year olds	Girls/Boys
9 - 10 year olds	Girls/Boys
11 - 12 year olds	Girls/Boys
13 – 18 year olds	Girls
13 - 14 year olds	Boys
15 – 18 year olds	Boys

- **League classifications can change based on registered players.**
- **Any player that will be 18 must be enrolled in high school.**

- **Spring Divisions\***

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- 7 - 8 Boys
- 9 - 10 Boys
- 8-9-10 Girls
- 11 - 12 Girls/Boys
- 13 – 18 Girls
- 13 - 14 Boys
- 15 – 18 Boys

## REGISTRATION

Registration can be completed on-line (Visa or MasterCard credit card only) beginning in September for winter and beginning in January for spring with both ending as published on the web site. Additionally, registration can be completed in person during announced walk up registration dates. Anyone that registers after the cutoff date must pay a late registration fee; will be placed on a waitlist; and will be considered for acceptance depending on the number of registered players, the number of volunteer coaches, as well as number of viable teams in each league. A nominal late fee will be charged for anyone registering after the cutoff date due to late ordering of a uniform and manual processing of the registration. In all cases, acceptance of children registering after the cutoff date is at the sole discretion of the MCAA board. It is our policy not to refund money after registration. Refunds are at the sole discretion of the Director. Players moving more than 20 miles from the park, making the high school team, making the middle school team, or experiencing an injury prior to the start of the season that prevents that player from participation for the entire season will be permitted a refund.

## PARTICIPATING GYMS

MCAA Basketball utilizes the following gyms for practices and games: The gym at Bogan Park, Ivy Creek Elementary, Harmony Elementary, Duncan Creek Elementary, Fort Daniel Elementary, Freeman's Mill Elementary, Patrick Elementary, Puckett's Mill Elementary, Osborne Middle, and Jones Middle. There are no guarantees that your child will practice or play games at any specific location.

## COACHES/TEAM MOM REGISTRATION AND SELECTION

Prospective Head Coaches, Assistant Coaches, and Team Moms must register online. Online registration is open at the same time as player online registration. Selection of Head Coaches, Assistant Coaches, and Team Moms are at the sole discretion of the basketball board.

## PRACTICES

All teams will have at least 7 one hour scheduled practices throughout the season. Please review the yearly calendar for more information.

## GAMES

A minimum of a 9 game season will begin in December for winter and March for spring. The schedule will be distributed in November for winter and March for spring.

At the conclusion of regular season play in the winter, MCAA Basketball will host a pool-play post-season tournament for all age divisions unless circumstances dictate a single-elimination bracket. All age groups will play round-robin or pool-play except 5-6 girls which is single elimination. No tournament is planned for the spring season.

## **PLAYER EVALUTION AND DRAFT**

MCAA will hold evaluations for every age group. During the evaluation, a player's height and weight will be measured. Players will also be evaluated on the several primary fundamentals of basketball – dribbling, passing, shooting, and running/footwork. At the end of the evaluations, each player in each age group will be ranked. Coaches will then meet to conduct a draft to select each player for a team.

This process should allow for more balanced and competitive leagues.

## PLAYER PARTICIPATION

MCAA wants all players to receive adequate playing time. All players in every age division must play a minimum of one full quarter in which they must participate in that quarter from start to finish. In addition, each player's participation in the remaining three (3) quarters must be comparable to one additional quarter of play time (i.e. you may play a player the entire first quarter and at minimum two (2) minutes in each of the other three (3) quarters to meet the required participation limits.

If a player is removed at any time for a substitute player, that quarter is **not counted** towards the removed or substituted player's participation totals to meet the required participation rule for the full quarter played portion of participation.

The exceptions to this rule of participation are as follows:

- Player is injured or becomes ill
- Player has 3 fouls and is removed at the coach's discretion.
- Player has been disciplined by the referee or parent.

If a player arrives at a game after the start of the second quarter they are not required to play one complete quarter.

If a player arrives at a game before the start of the second quarter they are required to play one complete quarter.

**NOTE: It is difficult to enforce playing time rules and MCAA requests that each coach abide by the substitution rules set forth. These rules have been modified to provide team's greater flexibility during the season and to allow a coach the opportunity to spread playtime throughout the game to keep all players in the flow of the game. However, every coach is expected to provide amicable playtime to all players. Failure to comply with the player participation rules will result in MCAA warning the coach that a second violation will result in a forfeit if they win the game in question or a forfeit of the following game if they lost. A second violation of the rule will result in a one game suspension of the coach, and the coach will be required to submit a player substitution plan for all remaining games to the opposing coach and scorekeeper. Any further violations will result in the dismissal of the coach for the remainder of the season.**

## PLAYING RULES

The Georgia High School Association Rules will be a guideline for Mill Creek Basketball. However, there are age specific rules in play for the Mill Creek Basketball league. These playing rules can be changed or updated at any time by the basketball board, without approval from the Executive Board. MCAA rule exceptions take precedence over GHSA.

**NOTE: When a rule is not specifically stated within the MCAA Basketball Operational Guidelines, GHSA Rules will apply.**

## **NUMBER OF PLAYERS REQUIRED TO START A GAME**

Normally a game shall begin and be played with 5 players from each team on the court. In the event that a team has less than 5 players to start a game, 4 players will be allowed to start for official play. It is not required for the other team to comply and only start 4 players. If there are less than 4 players from a team to start a game, that team will forfeit the game, but the gym time should be utilized by playing a practice game.

## **TIME OUTS**

In every age group, each team is allowed **4 total time-outs consisting of 2 sixty-second time outs per game and 2 thirty-second time outs per game**. These can be taken at the coach's discretion at any time during the game. If, however, a coach calls a timeout and play is stopped, when there were no more timeouts remaining, a technical foul will be called by the official.

## **TECHNICAL FOULS**

The following guidelines may be applicable to determine disciplinary action toward coaches and/or players that receive technical fouls during the season.

- Any coach or coach that receives 2 or more conduct (sportsmanship) technical fouls in a game is suspended for the rest of the game and is subject to the MCAA Code of Conduct penalties as published and agreed to at the time of your registration.

**NOTE: Violations of an extremely serious nature can, at any time, result in suspension for the remainder of the season.**

## **PROTESTS**

Georgia High School Association Rules do not allow for protesting of games. Mill Creek Basketball will abide by the Georgia High School Association in regard to rules protests. However, MCAA has rules that take precedence as listed in this document. Violations of these rules may be reviewed and ruled upon by the MCAA Basketball Board at any time.

## UNIFORMS

Reversible game jerseys and matching shorts are provided and required for league play in the winter season. An official game t-shirt will be provided in the spring and a player can wear any shorts they choose.

- A White or Gold colored t-shirts is allowed to be worn under jerseys.
- **No jewelry of any kind** will be allowed during practices and games.
- **Bracelets that are worn for medical reasons must be covered by protective material such as a sweatband to ensure the safety of other players.**
- No metal, plastic, or wood hair adornments will be allowed. Only soft elastic bands will be allowed in players' hair.
- All players must have appropriate athletic shoes on gym floors at all times.
- All shirttails must be tucked inside the shorts while playing in a game.
- The designated home team will wear their jersey on the White side, and the designated visitor team will wear the Vegas Gold side of their jersey.

Head coaches will be provided MCAA Basketball coaches shirts in the winter and will be required to wear their coaches' shirt during games, so as to be easily recognized by officials, parents, and board members. **Failure by a coach to wear their coaches' shirt can result in a technical foul. This does not apply to spring season.** MCAA does not purchase coaches shirts during the spring and does not purchase shirts for any assistant coach. Any assistant coach that wishes to have a coach's shirt will be given the opportunity to purchase a shirt before the season.

## OVERTIME

Overtime periods for all age groups will be 3 minutes. During overtime play each team will get one 60 second timeout per overtime period, regardless of timeouts remaining at the end of regulation play. \*Timeouts do not carry over. **If at the end of the second overtime period the score is still tied, the game will be declared a tie, and will be entered in the scorebook as such. No additional overtime play will occur during the regular season.**

## MERCY RULE

For all age groups EXCEPT 15-18 Boys, the game clock will continue to run once a team is ahead by more than 20 points. The only exception is for time outs. **(Added 01-18-09: The game clock will go back to normal start and stop rules if a team can return the lead to under 15 points.) NO Mercy rule will be used in the 15-18 Boys.**

MCAA Basketball Board expects its coaches to abide by good sportsmanship when a team is clearly dominating a game. If a team is ahead by more than 20 points, the MCAA board expects the winning coach to show good sportsmanship with the players he

chooses to play. The MCAA Basketball Board will periodically review games where a team wins by more than 25 points. If the board believes good sportsmanship was not exhibited, the coach will be called before the board to state his case. Disciplinary actions include warnings and possible suspension.

## AGE SPECIFIC RULES 5–6

### GIRLS/BOYS

- 28.5" basketball
- 8 foot goal height
- 10 foot free throw line
- 3 second lane violations are based upon the 10 foot free throw line - not the regulation lane.
- Four (4) - 8 minute quarters with a running clock stopped only for time outs and free throws. During the last two minutes of the final period the clock will stop on every whistle.
- **There is NO pressing at any time and NO 3-point shot.**
- For the entire game, defense must be played from behind the top of the key extending out to the sidelines. Once the offense penetrates the area inside the top of the key, the defense is able to follow the ball. Using this rule to delay the game is forbidden. The offensive team should penetrate the area inside the top of the key within 10 seconds of crossing half court. At the official's discretion, a warning will be given to the offensive coach. A second offense will result in a turnover and the defensive team will gain possession of the ball out of bounds.
- Officials in this age group will only call major violations and will explain any violations called to the children on the court. Officials do not have to be certified, paid officials in this age group.
- All players from each team will shoot one foul shot at halftime. Each team will shoot at their assigned goals at the same time. A made free throw will count as one point for that team in the official scorebook. No team will be penalized for having more players in attendance and participating during any game. All participating players shoot one foul shot. Example – Team A has 6 players and Team B has 7 players. Team A shoots 6 fouls shots-Team B shoots 7 foul shots.
- For the first 6 games of the season, the head coach from each team is allowed on the floor. Coaches will be allowed to instruct and position players, but are not allowed to impede the flow or stop play unless directed by the official.
- 5-6 GIRLS ONLY – Coaches are allowed on the floor for all regular season games.

## 7 – 8 GIRLS/BOYS

- 28.5" size basketball
- 8.5 foot goal height
- **BOYS:** 12 foot free throw line
- **GIRLS:** 12 foot free throw line
- **3 second lane violations** are based upon the 12 foot free throw line – not the regulation lane.
- 3-point shot will be recognized if the court is marked with a 3-point line.
- Four 6 minute quarters with a start/stop clock on all whistles.
- For the first three quarters, defense must be played from behind the top of the key extending out to the sidelines. Once the offense penetrates the area inside the top of the key, the defense is able to follow the ball. Using this rule to delay the game is forbidden. The offensive team should penetrate the area inside the top of the key within 10 seconds of crossing half court. At official's discretion, a warning will be given to the offensive coach. A second offense will result in a turnover and the defensive team will gain possession of the ball out of bounds.
- A half court press will be allowed the entire 4<sup>th</sup> quarter and in any overtime periods.
- No full court press at any time. Two press warnings (illegal defenses) are allowed per half. After two pressing warnings (illegal defenses) per half, each illegal defense violation will result in a team foul at referee's discretion. If a referee deems the violation intentional at any time, it can result in a technical foul.

## 9 – 10 GIRLS

- 28.5" Size basketball
- 9.0 foot goal height
- 12 foot free throw line
- **3 second lane violations** are based upon the 12 foot free throw line – not the regulation lane.
- 3-point shot will be recognized if the court is marked with a 3-point line.
- Four 6 minute quarters with a start/stop clock on all whistles.
- For the first three quarters, defense must be played behind the half court line.
- Full court press is allowed the entire 4<sup>th</sup> quarter. MCAA has a 15-10 rule in regard to a full court press. If a team is 15 or more points ahead, they cannot continue to press. The team in the lead may resume a full court press if the lead becomes 10 or less points until it returns to 15 or more. A team that is behind may press during the entire 4<sup>th</sup> quarter without exception.
- Full court press is allowed in any overtime periods following the same rules listed.

**9 – 10 BOYS**

- 28.5" Size basketball
- 10 foot goal height
- 12 foot free throw line
- **3 second lane violations** are based upon the 12 foot free throw line – not the regulation lane.
- 3-point shot will be recognized if the court is marked with a 3-point line.
- Four 6 minute quarters with a start/stop clock on every whistle.
- Full court press is allowed the entire 4<sup>th</sup> quarter. MCAA has a 15-10 rule in regard to a full court press. If a team is 15 or more points ahead, they cannot continue to press. The team in the lead may resume a full court press if the lead becomes 10 or less points until it returns to 15 or more. A team that is behind may press during the entire 4<sup>th</sup> quarter without exception.
- Full court press is allowed in any overtime periods following the same rules listed.

**11 – 12 GIRLS**

- 28.5" size basketball
- 10 foot goal height
- 15 foot free throw line
- **3 second lane violations** are based upon the regulation lane.
- 3-point shot will be recognized if the court is marked with a 3-point line.
- Four 7 minute quarters with clock stopping on every whistle.
- Full court press is allowed the entire game. MCAA has a 15-10 rule in regard to a full court press. If a team is 15 or more points ahead, they cannot continue to press. The team in the lead may resume a full court press if the lead becomes 10 or less points until it returns to 15 or more. A team that is behind may press during the entire game without exception.
- Full court press is allowed in any overtime periods following the same rules listed.

**13 – 18 GIRLS**

- 28.5" size basketball
- 10 foot goal height
- 15 foot free throw line
- **3 second lane violations** are based upon the regulation lane.
- 3-point shot will be recognized if the court is marked with a 3-point line.
- Four 7 minute quarters with clock stopping on every whistle.
- Full court press is allowed the entire game. MCAA has a 15-10 rule in regard to a full court press. If a team is 15 or more points ahead, they cannot continue to press. The team in the lead may resume a full court press if the lead becomes 10 or less points until it returns to 15 or more. A team that is behind may press during the entire game without exception.
- Full court press is allowed in any overtime periods following the same rules.

**11 – 12, 13 – 14, and 15 – 18 BOYS**

- 30" size basketball
- 10 foot goal height
- 15 foot free throw line
- **3 second lane violations** are based upon the regulation lane.
- 3-point shot will be recognized if the court is marked with a 3-point line.
- Four 7 minute quarters with clock stopping on every whistle.
- Full court press is allowed the entire game. MCAA has a 15-10 rule in regard to a full court press. If a team is 15 or more points ahead, they cannot continue to press. The team in the lead may resume a full court press if the lead becomes 10 or less points until it returns to 15 or more. A team that is behind may press during the entire game without exception.
- Full court press is allowed in any overtime periods following the same rules listed.

**POST SEASON TOURNAMENT**

At the end of regular season play, Mill Creek Basketball will host a post-season tournament. Each team will be seeded based on their regular season won-loss record. In the event of two team's record being the same, the winner of the regular season game between two teams will be seeded higher. If two teams with the same record did not play each other in regular season, their records against common opponents will determine their seed. Margin of victory is capped at the 15 point press rule and victories by more than 15 points are capped.

**END PLAYING RULES****FIRST AID**

A first aid kit will be provided at all practice/game sites. If a player is injured during the course of a game, the official and coach along with the player's parent will determine the course of action to be taken. Only qualified medical personnel or parents/guardians will be allowed on the court.

**INSURANCE**

MCAA provides additional athletic insurance for every registered player. The registration fee covers these costs. If there is a possible claim, please contact a board member immediately.

## **GYM RULES**

MCAA Basketball rents the participating gyms from Gwinnett County. Gwinnett County and each individual school reserves the right to revoke our rental contract at any time if certain rules are not followed.

- No smoking in or around the gym area.
- No chewing gums in the gyms
- No food or drink except water is allowed in the gyms. **WATER ONLY**
- No foul language
- No climbing on or destruction of gym property.
- Team snacks must be distributed outside the gym.
- All trash must be picked up and disposed of properly.
- No street shoes allowed on gym floors.
- No Roller Shoes are permitted in the gyms.

**All MCAA Board members, coaches and officials have the authority to enforce these gym rules.**

## **OFFICIAL SCOREKEEPER & BOOKKEEPER DUTIES**

Each participating team must have a representative available to keep the scorebook and clock/scoreboard. The home team will be responsible for the scorebook, and the visiting team will be responsible for keeping the clock/scoreboard. MCAA officials may designate an official scorebook/clock keeper at their discretion.

### Bookkeeper responsibilities

- Individual playing time for children and number of quarters played.
- Individual and team scoring.
- Individual and team fouls, both personal and technical, and alerting coaches when a player is in foul trouble.
- Providing the official information on bonus and double bonus situations.
- Number of time outs per team.

### Clock/Scoreboard Operator Responsibilities

- Keeping track of the possession arrow as designated by the official.
- Keeping track and displaying quarter being played.
- Keeping track and correctly displaying running score as designated by the official.
- Keeping track of the time as indicated by the official and in accordance with that age division's rules.

No person other than the official scorekeeper and bookkeeper, officials, and MCAA Board members are permitted to sit at the scorer's table during a game.

The scorebook will be used as the official record for every game and must be kept with accuracy. In the event of any discrepancy, the scorebook overrules the scoreboard. The officials for the game in question will review the official book and sign the official score. It is recommended that the clock operator and the scorekeeper periodically check to make sure that the score reflected on the board is the same as the running score in the book.