



2026-2027 MBA BASKETBALL

PROGRAM GUIDE

Mountain Brook Athletics
1st through 6th Grade - Boys

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QUICK REFERENCE RULES

	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade
Goal Height	8 feet	8 ½ feet	8 ½ feet	9 feet	10 feet	10 feet
Free Throw	9 feet	10 feet	12 feet	12 feet	12 feet	15 feet
Ball Size	27.5" (size 5)	28.5" (size 6)	28.5" (size 6)	28.5" (size 6)	28.5" (size 6)	29.5" (size 7)
3 Pointers	No	No	No	No	Yes	Yes
Pressing	No	No	No	No	Yes	Yes
Game Length	4 6 min qtrs	4 6 min qtrs	4 6 min qtrs.	4 6 min qtrs.	4 6 min qtrs.	4 6 min qtrs
Score Kept?	No	Yes	Yes	Yes	Yes	Yes
Foul Bonus	N/A	5 th foul per qtr	5 th foul per qtr	5 th foul per qtr	5 th foul per qtr	5 th foul per qtr

SEASON TIMELINE

- October 12th – Late registration closes
- October 14th – Player evaluations
 - Crestline New Gym
 - Required for all 2nd grade boys (6:15 – 7:15)
 - Required for 3rd-6th grade boys who have never played basketball for MBA (7:15 – 7:45)
- October 15th – October 28th – Team Formation
- November 1st – Practices begin
- November 14th – Regular Season Games begin
- January 30th – Final Regular Season Games
- January 31st – February 6th – Playoffs (all teams qualify) – only for grades 2-6
- February 3rd - 10th – Championship Games (Spartan Arena) – only for grades 2-6

Generally, expect one practice per week and one game per weekend (typically on Saturdays). There will be some weekday games based on scheduling constraints. No weekend games on holiday weekends.

PROGRAM-WIDE POLICIES

The following policies apply to every MBA basketball program — 1st through 6th grade, regular season and postseason.

MBHS Basketball Complex Gym Use

The basketball facilities are scheduled by Mountain Brook Athletics, Inc. (“MBA”) for MBA teams. The Mountain Brook Board of Education retains priority use of the facilities for school-sponsored activities.

Commissioner Selection

The Overall Boys Basketball Commissioner is selected by the MBA Basketball Committee. The Overall Boys Basketball Commissioner selects the Grade Commissioners. The Commissioners are (contact information can be found on the MBA website):

- Whitt Israel – Overall Boys 1st – 6th Grade
- Sam Heide – 6th Grade Boys
- Paul Darden – 5th Grade Boys
- Jack Adams – 4th Grade Boys
- James Gannon – 3rd Grade Boys
- Temp Millsap – 2nd Grade Boys
- Thorne Williams – 1st Grade Boys

Coaching Eligibility

In a given season, a coach may only be the head coach of one MBA basketball team, unless a particular league is in need of coaches (as determined by the grade commissioner).

Attendance

If a player fails to participate in team practices, the Commissioner has the option of disqualifying the player for an upcoming game.

Sportsmanship & Conduct

- All behavior must align with the MBA mission statement (see Code of Conduct for full details)
- **24-hour rule:** Do not confront a coach, referee, or another parent during or immediately after a game. Wait 24 hours before raising concerns.
- The Grade Commissioner has authority to issue warnings, suspensions, or removal from the program for conduct violations
- Any player ejected by a referee is suspended for a minimum of one game

Grade Eligibility

Every player participates in the grade corresponding to his or her current school grade. There are no exceptions for playing up or playing down.

Priority

Participation in MBA basketball takes priority over and above any outside league as defined on the MBA website as “any league or sporting event not sponsored by or affiliated with MBA.”

1ST GRADE BASKETBALL

Team Formation

Team formation is conducted by the grade commissioner, with attention being paid to each team representing a mix of elementary schools without too much concentration from one school within a single team. The goal will be for each child to have an opportunity to meet boys from other schools while having one or two familiar faces on their team. Individual player requests will be limited and at the discretion of the commissioner. Teams will be made up of 7 or 8 players.

Game Play

- Goal Height – 8 feet
- Ball Size – 27.5" (size 5)
- Free Throw Distance – 9 feet
- Teams will play two, concurrent 3 on 3 games played cross court
 - One court will consist of players with higher skill levels, and the other court will consist of players with lower skill levels. The goal will be for players to be competing with and against players of similar skill level. This should be discussed by the head coaches prior to the game.
 - Equal playing time among all players is expected
 - Head Coach should oversee one court, and Assistant Coach should oversee second court
 - Coaches may rotate players however they see fit; players may alternate between Court 1 and Court 2
- Four 6-minute quarters with running clock; 1 minute break between quarters; 5-minute halftime
- No score kept
- Zone or man-to-man defense are allowed
- Full court defense is not allowed
- Fouls will be called at referees' discretion
 - Shooting foul - player will attempt one free throw
 - Non-shooting foul – referee to reset play at top of key
 - Number of fouls per player will not be kept; therefore, no player can "foul out."
- Traveling and double dribbles will be called at the referees' discretion
- Screens are allowed
- Fast breaks are allowed
- 3 seconds in the lane will not be called
- Coaches may call one timeout per court per half; however, the clock will continue to run
- Regular season only (no post-season)

2nd – 4th GRADE BASKETBALL

Participation

The number of players present immediately prior to tipoff will determine which of the participation structures the coach is required to follow.

- 7 Player Teams – maximum of 3 quarters per player, minimum of 2.5 quarters per player (playing time distribution scenario below):

	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7
Scenario 1	3 qtrs	3 qtrs	3 qtrs	3 qtrs	3 qtrs	2.5 qtrs	2.5 qtrs

- 6 Player Teams – maximum of 3.5 quarters per player, minimum of 2.5 quarters per player (playing time distribution scenarios below):

	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6
Scenario 1	3.5 qtrs	3.5 qtrs	3.5 qtrs	3.5 qtrs	3 qtrs	3 qtrs
Scenario 2	3.5 qtrs	3.5 qtrs	3.5 qtrs	3.5 qtrs	3.5 qtrs	2.5 qtrs

- Reverse Pokey Adams Rule:
 - In the event one team has exactly 5 players (including its top-line player), the opposing team may choose to play one of its players the entire game (minimum 2.5 quarter rule is still in effect). 7 player team example below (***only allowed when opposing team has exactly 5 players, including the top-line player**):

	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7
Scenario 1	4 qtrs	3 qtrs	3 qtrs	2.5 qtrs	2.5 qtrs	2.5 qtrs	2.5 qtrs

- If a player arrives after the game has begun and before the start of the second quarter, the player must play at least one quarter during that game. If a player arrives after the start of the second quarter, the player is not entitled to any playing time for that game.
- In case of injury or foul out, a team should make every effort to substitute a player of equivalent skill to the player coming out of the game.

Substitutions

Coaches will have the opportunity to make substitutions at the beginning of each quarter and at the mid-point of each quarter. All players substituting into the game must check-in at the scorer's table prior to entering the game. To fulfill the participation rules laid out above, some mid-quarter substitutions must occur. With 3:15 left on the clock in each quarter, if the coach desires to make a mid-quarter substitution, the players entering the game will report to the scorer's table. On the next dead ball (referee's whistle), the clock operator will stop the clock, and the scorebook keeper will record which player(s) entered and exited the game. In the event a dead ball does not occur shortly after 3:15 remaining, coaches may elect to use a timeout to facilitate a mid-quarter substitution. The first dead ball after 3:15 remaining is the only time within the quarter that a substitution is allowed (other than injuries or foul outs). Unless players are already at the scorer's table, no substitutions will be allowed with less than 2:30 remaining (except for injuries or foul outs). The clock will resume normal operation at the resumption of play.

Play of Game

- Baskets made from beyond the 3-point line will only count for 2 points
- No “pressing” or defense in the backcourt is allowed at any point in the game
- During the first 3 quarters, and the first 4 minutes of the 4th quarter, defense is not allowed beyond the 3-point line for the first 5 seconds of a possession, or until the offense penetrates the 3-point line.
- During the last 2 minutes of the game, defense is allowed anywhere in the front court.
- The 5th Team Foul within any one quarter will result in the offended player shooting two free throws. Team Fouls reset with each quarter (4th quarter fouls carry into overtime)
- A player will “foul out” upon the 5th personal foul committed in the game (including overtime).

Length of Game/Clock Operation

- All games consist of four 6-minute quarters (1 minute break between quarters, 5 minutes at halftime)
- Quarters 1-3 and first 4 minutes of 4th:
 - Game clock runs continuously, except for:
 - Shooting fouls
 - Timeouts
 - Mid-Quarter Substitutions
 - Official’s Timeout (i.e. ball out of control, shoe tie, injury, illegal defense, etc.)
- Last 2 minutes of the 4th quarter and Overtime:
 - Game clock stops with referee’s whistle
 - If the clock is stopped, it will not restart until the ball is advanced into the front court. This does not apply to official’s timeouts (i.e. Ball out of control, shoe tie, injury, illegal defense, etc.)
- Teams are allowed 4 one-minute timeouts per game
- Overtime:
 - If the score is tied at the end of regulation, teams will play a 2-minute overtime (clock operations details above). Each overtime period begins with a jump ball.
 - Each team will be allowed one timeout for each overtime period (timeouts not used in regulation/previous overtime will not be carried over).
 - If the score remains tied at the end of the first overtime period, teams will play a 2-minute sudden death overtime period. Should the score remain tied after a sudden death overtime period, teams will play as many 2-minute sudden death overtime periods as necessary to determine a winner. The first team to score in sudden death wins.
 - In the playoffs, there will be no sudden death overtime periods. If the score remains tied at the end of an overtime period, teams will play as many 2-minute overtime periods as necessary to determine a winner.
 - Personal and team fouls carry over from regulation (personal) and 4th quarter (team) into overtime period(s).
 - All players may play in overtime except those who have fouled out.

Regular Season Tie Breaker Hierarchy

Should teams finish the regular season tied, the following steps shall determine tournament positions until all brackets are filled:

- Head-to-head records providing all teams have played each other
- Record of tied teams versus common opponent beginning with the highest ranked common opponent.
- Fewest total points allowed over the course of the season.
- Coin Flip. All teams tied before this point should be recognized as having tied for purposes of trophies and correspondence. The coin flip is solely used to seed teams for the tournament.
- Score differential/margin of victory cannot be used to break ties.

5th & 6th GRADE BASKETBALL

Participation

The number of players present immediately prior to tipoff will determine which of the participation structures the coach is required to follow.

- 7 Player Teams – maximum of 3 quarters per player, minimum of 2.5 quarters per player (playing time distribution scenario below):

	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7
Scenario 1	3 qtrs	3 qtrs	3 qtrs	3 qtrs	3 qtrs	2.5 qtrs	2.5 qtrs

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	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6
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Scenario 2	3.5 qtrs	3.5 qtrs	3.5 qtrs	3.5 qtrs	3.5 qtrs	2.5 qtrs

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Scenario 1	4 qtrs	3 qtrs	3 qtrs	2.5 qtrs	2.5 qtrs	2.5 qtrs	2.5 qtrs

- If a player arrives after the game has begun and before the start of the second quarter, the player must play at least one quarter during that game. If a player arrives after the start of the second quarter, the player is not entitled to any playing time for that game.
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Substitutions

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Play of Game

- Baskets made from beyond the 3-point line will count as 3 points
- “Pressing” or defense in the backcourt is allowed unless their team is up by 10 points or more
- The 5th Team Foul within any one quarter will result in the offended player shooting two free throws. Team Fouls reset with each quarter (4th quarter fouls carry into overtime)
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TEAM FORMATION PROCESS (2nd – 6th Grade Only)

Overview

The purpose of the team formation process is to achieve competitive balance across each league, not individual roster advantage. The process should be carried out in a collaborative fashion, so that each team's strength is independent of the coach's knowledge of players in the league. Coaches are expected to offer candid player evaluations if they have knowledge of a specific player's skill level.

Roster Limits

Teams will consist of no fewer than 6 and no more than 7 players

Player Skill Evaluation

Prior to the draft, the commissioner will compile information on skill levels for players in the league. This information is based on input from coaches, player evaluations, previous year statistics (i.e. points scored, if applicable), outside league participation, etc. This information will be provided to all coaches in the league prior to the draft to facilitate competitive balance.

Draft Order Assignment and Snake Draft

The draft order will be determined by where each coach's son falls in the skill evaluation. The seven player teams will be at the beginning of the draft order, and the six player teams will be at the end of the draft order. For example, in a 15-team league made up of 10 seven player teams and 5 six player teams, the first 10 picks in the draft will be seven player teams, and the last 5 picks in the draft will be six player teams. The draft will be conducted in a snake fashion, with 6 player teams forgoing the 4th round. A coach's son is automatically drafted by that coach in the player's round based on the skill evaluation.

Commissioner Authority

The Commissioner reviews and certifies all rosters before they are communicated to families. The Commissioner has final authority to adjust any roster where necessary to preserve competitive balance across the league. Commissioner decisions under this procedure are final.