



CMAC Basketball Rules

CMAC follows normal NFHSAA rules. We do have some changes that benefit our young athletes and increase competition for their age level.

1. All Girls divisions will use a 28.5" women's basketball.
2. Boys 7th & 8th grade will use a standard men's basketball and 6th grade boys will use the 28.5" women's basketball.
3. 20-point no press rule (for all levels).
4. J JV and JV play four 6 minute quarters.
Varsity (Girls and Boys) play four 7 minute quarters.
5. Running clock (mercy rule) after a 25-point lead or more in the second half. If the score gets within 15, we will go back to a stopped clock. (A running clock means it does not stop for fouls, dead balls, free throws, etc. Only a time out by a coach or the official stops the clock.)
6. Overtime periods are 3 minutes for all divisions.
 - Referees will be made aware of our changes by their assignors.
 - Each A.D. should have a copy of these rules at the scorer's table.