

"C/D" Catholic Elementary Basketball League

2003-2004

revised 8-6-03

1. The 5th and 6th grade basketball leagues shall consist of Catholic parish school teams that are members of the Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC). Players must be in the 5th or 6th grade. No CCD students. Players must be enrolled students in the GRACEAC Member School.
2. Invitational and league tournaments will follow all regular season game rules.
3. All other GRACEAC Manual Rules and Regulations apply. (* denotes references to the GRACEAC Handbook).
4. All other game rules will be according to the National Federation for High Schools (NFHS) Rules for Junior Highs.
5. Each participating school must have a roster complete with players' names, birth dates, and grades; uniform colors; coach's name, address, and phone numbers; school name and team nickname. This roster must be signed by school principal and submitted by the athletic director to the league president one week prior to the first game.
6. The coaches will bring all players to center court and lead the group in prayer.
7. Opposing teams and coaches will meet immediately following the game to shake hands in demonstration of good sportsmanship.

Mergers

8. Any school requesting a merger should do so any time after August 1st by referring to the following guidelines:
 - A. Schools shall not practice together prior to approval of their merger request by the league president. Violations shall be reported to the league president.
 - B. A principal or athletic director may request a merger: Coaches must seek approval through their school principal or athletic director for a merger request. Coaches may not request a merger.

Practice

9. Practices may begin on the Monday during the week of August 15th for girls and the week of November 15th for boys>(* Rule P).
10. All teams are limited, per week, to:

Pre-Season
6 hours - 3 practices

Season
4 hours - 3 practices

Practice time shall be limited to two hours per day. Coaches are encouraged to cut time for practice and number of practices when there is an opportunity. (* Rule G)

Game Eligibility and Minimum Playing Time

11. Student athletes may play one grade up (i.e. 5th graders may play in the 6th grade league, but not in a 7th grade league).
12. To insure total participation, it shall be mandatory that each student athlete participate a minimum time of six (6) minutes per game.
13. When a player becomes injured during the course of a game and is deemed unable to continue, then the minimum playing time for that player is not required.
14. Anytime a player is injured and returns to play, the playing time minimum must be met.
15. The score keepers shall notify each coach of the official playing times for their players during halftime and at the quarter breaks.
16. It is the responsibility of the coach to make sure that each student athlete meets the required minimum.

Game Rules

17. Each game shall consist of four quarters at six minutes each with a five minute halftime.
18. Each team will receive three sixty second timeouts and two thirty second timeouts per game.
19. If there is a tie after four quarters there will be an overtime of three minutes. Each team will receive one timeout to use during overtime.
20. At least five minutes before the scheduled starting time, each team shall supply the scorers table the first name, last name, and number of each squad member who may participate. The list shall be in numerical order.
21. You may **not** play a full court press.
22. Half court defense must be a man-to-man defense. Each defender must be within 6 feet of the person they are guarding. No defender may be in the 3 second area unless the defender they are guarding is within 3 feet of this area. The defense may help on a drive to the basket by guarding the offensive player approaching the basket.
23. Defender(s) must remain 6 feet from the half court line to allow the offense to cross half court.
24. All players on offense must be an active part of the offense; a clearout play is strongly discouraged at this level. If a clearout is called, the defense may help after a 5 second count by the official.
25. Free throws are from 13 feet. All gyms hosting C and D Division games must have a permanent 13 foot free throw marking. No tape. Effective 2003 season the new NFHS Free Throw rule will be in effect. Aside from the free throw shooter, the offense shall have 2 players in the free throw spaces, the defense shall have 4 players in the free throw spaces. The defense must occupy the bottom two spaces. The top spaces closest to the free throw shooter shall remain open. No free throw shall be attempted after time has expired at the end of the 4th quarter or any extra period unless the point(s) will affect the outcome of the game. Bonus (1 and 1) will begin for common fouls on the 7th, 8th and 9th team fouls and two free throws will be given beginning with the 10th team foul in each half.

26. A 28.5 basketball will be used *for* all games.
27. The scorer's book at the scorers table is to be the official book of the game.
28. No jewelry may be worn during a game.
29. If players wear t-shirts under their basketball jerseys, it must be the same color as the most dominant color *of* the uniform. If a player wears shorts under their basketball uniform they must be compression shorts (spandex) above the knee and the same color as the dominant color *of* the uniform. If by some chance your uniform shirt and shorts are not the same color, the t-shirt must match the uniform shirt and the spandex must match the uniform shorts. Coaches will be responsible for the uniform compliance *of* all their players.
30. When a team is ahead by 40 points a running clock will take effect. Regular stoppage will not be implemented until the lead goes to 30 points. The clock will run during time outs and free throws. It will stop for injuries.
31. In the last 10 seconds **of the game**, the game clock does not start until the ball passes the half court line.
32. Only players, coaches and cheerleaders may be on the bench during the pre-game warm-ups, time-outs, quarter breaks, half time break, and end *of* the game. All fans and spectators must be kept off the Floor.

Coaching Guidelines

33. The coaching box shall be outlined outside the sideline *of* the court on which the team benches are located. The area shall be bound by a line two inches wide and shall be six feet long.
34. The bench may only be occupied by the Head Coach, 2 Assistant Coaches and the players.
35. The head coach is responsible for the conduct and behavior *of* substitutes, disqualified squad members, and all other bench personnel.
36. Coaches must remain seated on the bench at all times except to:
 - A. Confer with bench personnel and players within the confines' *of* the bench area during a charged time out or the intermission between quarters and extra periods.
 - B. Rise and stand in front *of* their seat to signal players to request a time out or to call a time out.
 - C. Confer with personnel at the scorers table to request a full length time out for a correctable error.
 - D. Request a full timeout from personnel at the scorers table in order to; prevent or rectify a timing mistake, scoring mistake, or an alternating possession mistake; to confirm playing time for players; time-outs remaining; or fouls per player.
 - E. Attend to an injured player when beckoned onto the court by an official.
 - F. Replace or remove a disqualified or injured player directed to leave the game.
 - G. Coaches may rise in front *of* their seats to spontaneously respond to an outstanding play by a member *of* their team or to acknowledge a replaced player(s), but must immediately return to their seat.
37. Bench personnel shall not:
 - A. Disrespectfully address an official.
 - B. Object to an official's decision by rising from the bench or using gestures.
 - C. Incite undesirable crowd reactions.

38. Coaches may only approach the scorers table during a time-out.

Player Safety and Injuries

39. An unconscious or apparently unconscious player, as determined by the game officials, will be removed from the game by the official. The player may not return to *any game or practice*, without written authorization from a physician (M.D. or D.O.). This authorization must be given to:

- A. the game official prior to the player's return, if for the same game. .
- B. the Athletic Director practicing again.

40. A player who is bleeding, has an open wound, or has an excessive amount of blood on the uniform must leave the game. The game official will stop the game and allow the coach one full minute to bring in a substitution. The affected player must sit out until the next time stoppage before returning to the game. Excessive bleeding or an excessive amount of blood is any amount on the uniform or skin that can be transferred to a player, opponent, or official. The player may not return until the bleeding has stopped, and if necessary, the affected area covered. If the player has an excessive amount of blood on the uniform, the uniform must be changed. Coaches are encouraged to have extra shorts, jerseys, socks, etc. for the player to change into. Inexpensive numbered t-shirts can be used as long as they are of a similar color as the game jersey.

Inclement Weather

41. Schools will be notified of cancelled games due to inclement weather if decided prior to the end of the school day. If school is cancelled, games may still be played. Coaches or athletic directors should call the GRACEAC hotline (456-9563) for further information regarding game status. If a game is cancelled due to inclement weather, the contest shall be played at a time and court mutually agreed on by the league president and coaches.

