



Basketball

Rule Book

GENERAL LEAGUE RULES

This rulebook is to be used by all teams playing basketball in the Class Athlete League. The rules are based on NBA rules, with some modifications made by Class Athlete management.

- All teams are co-ed.
- There are no try-outs.
- Each child plays a minimum of half the game and is welcome regardless of gender, skills, or ability.
- Officials will explain all rule infractions to players.
- In the spirit of CA, teams are not permitted to run up scores. Rotating player positions, requiring additional passing, and adjusting playing time to accommodate uneven competition is required.
- The referee's decisions are final.
- There are no game protests.

SPECTATORS' RESPONSIBILITIES

While enthusiasm and cheering can be inspiring, and it is natural to get caught up in the emotion of the game, spectators should take care to follow proper sideline etiquette.

Spectators will refrain from any negative comments towards any players, coaches or officials. This rule applies to all languages.

Spectators may not argue, yell at or question the coaches and officials during game play. Any disagreement with coaches, officials' actions or other concern must be brought to a CA official's attention, in civil tones and away from sight and sound distance from the players. Spectators may not disagree with referee's judgment calls.

Spectators should refrain from coaching from the sidelines.

Spectators must stay on their side of the court, as the players and up to 2 coaches can be on the player sideline.

Spectators may not be behind the baskets, as it is not safe for the spectator, nor the players.

Spectators may not use any noise making or voice enhancing devices at any games. Including but not exclusively: vuvuzelas, horns, noise-makers, drums, air-horns or bullhorns

Coaches have complete and total responsibility for their team's spectators. Referees will ask coaches to speak to any spectators that are not following these rules. If a coach is unable to control their team's spectators they will be warned by the referee and/or CA official for the first

infraction and may be ejected for continued infractions. Continued infractions will cause the game to be called off and forfeited. CA officials may ask any unruly spectators to leave the facilities if they cannot conform to the rules as they are here and in the CA Code of Conduct.

Any coach or spectator ejected will be deemed to be in violation of the League's Code of Conduct and will be subject to disciplinary action and MUST LEAVE the facility immediately.

COACHES

All CA coaches are volunteers. The most important responsibilities of a CA basketball coach are:

- to provide a safe, healthy environment for the practice and play of basketball, and
- to provide mature, adult supervision for young athletes.

Coaches have a leadership role. They are a role model and should set an example for each player. For coaches to succeed, and for the kids to realize the best the sport has to offer, coaches must adhere to the Class Athlete Coach's Code of Conduct.

Coaches shall not place the value of winning over the safety and welfare of players.

Coaches shall extend respect and courtesy to match and competition officials.

Coaches shall not make demeaning or derogatory comments or gestures directed towards any official, player, opponent or spectator.

Coaches must always demonstrate by actions exceptional sportsmanship. They should be the first to congratulate the work of the referee and guide their team to a post game handshake.

Coaches and the team must stay in its designated team area. A coach or player who goes into the other team's areas can be penalized. The coach is allowed to have up to 2 representatives/assistant coaches in their team's bench area during the game.

Coaches shall never be on the court of play unless to officiate the game. Exceptions are only with the 5-6 groups, where we allow on-field coaching and officiating.

In the event of an injury, coaches will wait for the referee to instruct them to enter the playing court.

The coaches, through their actions, are responsible for teaching the children how to deal with winning and losing a game. This includes how to deal with bad calls, difficult parents and other coaches. The league will remove a coach from his duties for inappropriate behavior that includes but is not limited to:

- Disagreeing with an official.
- A negative discussion of the game with the other coaches.

- A negative discussion of the game with parents.
- Inappropriately ending a game by not congratulating the other team or inappropriate behavior when congratulating the other team.
- Negative comments or gesture towards a player, opponent, official or spectator.

Concerns regarding players, parents or officiating should be handled via the phone the following Monday by contacting the CA director. If directing concerns to the on court CA coordinator, the tone and volume of the discussion must be civil. No verbal abuse, loud discussions or disagreements within sight of any players will be tolerated.

THE COURT

Teams will occupy the same area of the court sidelines for the entire game and not cross the half-court area into the other team's area.

Spectators will occupy the opposite side from the team benches. At no time can spectators or coaches be behind the basket area.

NUMBER OF PLAYERS

* All age divisions play with five players on the court, with coaches on the court for the 5-6 age division.

****In the event of roster size changes throughout the age division larger or smaller team sizes may be required and will be determined prior to the start of the season.***

SUBSTITUTIONS

Substitutions are unlimited. The referee is the only person that can stop a substitution.

EQUIPMENT

For all practices and games, players must wear sneakers.

The league provided jerseys and shorts should be worn for all games. All shirts must be tucked in and not altered (i.e. no names or numbers, cut-off sleeves, etc.).

Players may not wear watches or jewelry or other non-uniform items except for Medic Alert Labels that must be worn inside the jersey and taped to the body.

Hair control devices are allowed if made of soft material and not worn for adornment.

Hair ties must be of soft material.

Eye glasses, unless of athletically approved construction and containing shatter-proof lenses, cannot be used.

Hard casts, even if covered by soft material, are not allowed on the playing or practice courts.

For safety reasons for all players, no exceptions will be permitted to any equipment rules.

The referee or a CA Coordinator will be the final judge as to what is unacceptable. Those decisions are final.

REFEREE

One referee will be provided in all age divisions except the 5-6 group where the coaches will referee the games.

Referee rulings are final. Coaches, parents and spectators may not question the referee's decisions on court. Any disputes, questions or disagreements must be handled away from the players with the CA coordinator.

REFEREE RESPONSIBILITIES

It is the referee's responsibility to be in control at all times. The children are there to have fun and learn the game of basketball. For all infractions the referee will explain what was done incorrectly, without coaching.

The most common problem is excessive physical contact between two players, e.g. pushing and shoving. The referees must first tell the violators that this is not acceptable. If a problem continues, then the offending player must sit out while the player's own coach discusses the needed adjustments. It is the referee's responsibility to be in control of the game and flow of play. Coaches have authority only over their own players.

The referee can stop the game at any time to give aid to an injured player. While an injured player is being attended, all players on the court will drop to a knee in their spots until the player is back up and escorted to the sidelines or continues playing. All parents and spectators should applaud as a sign of encouragement for the injured player. The referee and coach will call over the injured players' parent or guardian to assist if necessary. Parents should not enter the court until called over.

CANCELLATION & BAD WEATHER

Teams are expected to attend all scheduled games regardless of conflicts and number of players. It is better to show with less than a full complement of players than to not show at all. Conflicts must be reported to the CA director not less than one full week prior to play.

GAME RULES

1. **At the start of each game:** Captains from both teams shall meet at half-court to shake hands and go over rules.
2. **There will be a tip ball at mid-court.**
3. **There will be no pressing at any age level. At the 5-6 age level, no score will be kept.**
4. **The 12-14 age division will play 20-minute halves running clock with two timeouts per half. The 7-8, 9-11 and 12-14 age groups will play four, eight-minute quarters, running clock with two timeouts per half. The 5-6 age group will play four, eight-minute quarters with no timeouts and a running clock.**

Running Up Scores: Coaches are required to keep their team from purposely running up the score. Coaches are expected to be creative while encouraging fair play.

Halftime: Is a maximum of three minutes long.

Stopping the clock: Referees can stop the clock at their discretion. The clock will stop if a player is injured and will not restart until the player is removed from the court.

SCORING

Tied scores: During regular-season play, a game can end in a tie. During the playoffs, overtime will be played, with one five-minute period being played. If it is still tied after one overtime, another five-minute period will be played.. There will be one additional timeout awarded in each overtime and you can use ones left over from the second half, if you had any remaining.

Scoring: 1 point for a free throw, 2 points for a shot inside the 3-point line, 3 points for a shot outside the 3-point line.

FOULS

Foul shots will only be taken on shooting fouls. In age brackets above the 5-6 level, each player has five fouls before he/she will foul out.

Technical fouls: If a player receives two technical fouls in the same game, they will be suspended for the remainder of the current game and the whole next game regardless of whether it is the playoffs or not.

UNSPORTSMANLIKE CONDUCT

If the referee witnesses any acts of intentional fouls or inappropriate behavior, the player will potentially be ejected from the game. The decision is made at the referee's discretion.

Offensive or confrontational language: Is illegal. The referee has the right to determine offensive language. One warning will be given. If it continues, the player will be ejected and thus suspended for the next game.

END OF GAME PROCEDURE

All players and coaches must shake hands at the conclusion of every game. Failure to demonstrate sportsmanship will result in disciplinary action.

CLASS ATHLETE (CA)

Code of Conduct

The CA is meant to provide a positive environment for children to enter athletics without the pressure of having to be No. 1 or “The Best”. CA emphasizes teamwork and sportsmanship above winning. With that, we ask that all players, parents/guardians, and coaches please read the following information. By signing the CA player application and waiver you agree to all the provisions of this code of conduct.

I understand that should my behavior violate this code of conduct, I will accept any disciplinary action, up to and including permanent ejection, as determined by league officials. I also understand that failure to abide by these rules will result in forfeiture of all monies paid for my registration.

Players

1. I will treat my teammates, opponents, coaches, parents, and all others involved in CA with respect at all times
2. I will give my full attention to my coach and do my best to follow instructions.
3. I will always give my best effort in both practice and during games.
4. I will encourage and help my teammates and others who may not be as skilled at sports as I am.
5. Under no circumstance will I engage in name calling, taunting, or make derogatory or profane remarks to any coaches, officials, teammates or opposing players.
6. I will always congratulate my opponents effort at the end of every game regardless of the score.
7. I WILL HAVE FUN!

Parent(S)/Guardian(S)

1. I will support my child unconditionally regardless of how well he/she performs.
2. I realize that who wins or loses is of little consequence. I will not place pressure on my child to win or engage in conduct that is adverse to the instructions of the coaches and staff of CA.
3. I will support the coach in his/her efforts to teach skills, teamwork, and good sportsmanship to the players. This includes ensuring that my child attends all scheduled practices and games as possible.
4. I will not seek special treatment nor ask for special privileges for my child.
5. I will applaud the efforts of all of the players in the games. I will never criticize another player.
6. I will not embarrass my child or myself by criticizing or yelling at officials, coaches, players, other spectators, or league directors. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.

7. I will be responsible for compliance of this code of conduct for any additional family members, friends or spectators that I invite to the games.
8. I will help the team whenever possible by providing my services as requested by the coach or team parent.
9. I will remember that this is my child's sport and not my second childhood.
10. I WILL HAVE FUN!

CLASS ATHLETE (CA)

Coaches' Code of Conduct

1. I understand that as a coach or official, I must be a positive role model for the players and parents, and that I will exert a tremendous influence, either good or bad, in the education of the players. I will strive to instill in every child a sense of self-esteem, responsibility, confidence, dignity, and self discipline, through an emphasis on fair play, teamwork, leadership, scholarship, respect, and the rules of CA sports.
2. I will never place the value of winning, or my own personal satisfactions, above the value of instilling the highest desirable ideals of character, fair play and sportsmanship.
3. As a coach or official, I will devote time, thought, planning, and study to the rules of the game. I will prepare a practice and game plan realizing that this will best enable me to teach team sports. I will make every effort to attend all league provided training and meetings.
4. I agree that CA sports are intended to be enjoyable experiences for everyone involved and as a coach or official, I will set a fun tone for both practices and games. I will also strive to create an environment that eliminates a child's fear of failure and promote the challenges of learning new skills. I will ensure that each child has the opportunity to play a roughly equivalent portion of each game.
5. As a coach, I am totally responsible for my team's players, staff, and spectators. I am also responsible for instructing everyone on the league's expectations for game field behavior. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.
6. I will take an active role in the prevention of drug, alcohol, and tobacco use, and under no circumstances will partake or allow these activities to occur during practices or games.
7. As an example to the children, before and after the game, I will establish a good sportsmanship tone by exchanging friendly greetings. I will teach the children that teammates, opponents and officials are entitled to be treated with respect and dignity, and if my team should lose, then their focus is on improving on the team's performance and not on what the other team, coach, or official did.
8. Officials will have the total respect and support of the coach. I will not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or touching of the officials is unethical and will result in disciplinary action.
9. I WILL HAVE FUN!

I understand that should my behavior violate this code of conduct, I will accept any disciplinary action as determined by league officials.