

Catholic Basketball League Rules

Last Update: 1/24/2022

Acknowledgement

The Catholic Basketball League exists as a Recreational League with emphasis on skills development and player participation. Competitiveness is encouraged but will not supersede or overwhelm the recreational aspects of the league.

Team Composition Criteria

It is not necessary to assemble your team based solely on age or grade. Instead, your focus should be to place players on each team based on skill level. The goal is to maximize the experience for all the players by having them play on a team in a division that will allow them equal playing time against similar skilled teams.

5th may play in the CBL at each individual schools' discretion.

For schools that have multiple teams, we ask that you try to keep the players on a team within 1 grade differentiation between them (i.e. 5th and 6th, 6th and 7th, 7th and 8th) if possible while keeping similar skills levels together. Ideally, this will allow for more personal connection for the players as opposed to a 5th grader playing with a bunch of 8th graders.

Player size is a consideration. If you have a 6-foot-tall 5th grader OR a 5-foot-tall 8th grader, you may want to consider size and safety.

These are all suggestions for strategy. Most important is that we ask the coaches and AD's to consider the "spirit" of what we are doing and use your best judgment with regards to assembling fair and competitive teams.

Schools may combine players to form a roster. This will be allowable as a permanent roster and not a game-by-game basis.

Once a team is assembled and begins Jamboree play – the team is set. There will be no "re-distribution" of players between teams after the Jamboree begins.

Eligibility

All full-time students of the parish school are eligible to play in the CBL.

All student athletes are subject to the academic policies of their respective school. Scholastic eligibility is always the prerogative of the Catholic school administrator.

Outside Participation

The Catholic Basketball League supports Dowling club teams. Coaches of players involved with both should meet to make sure participation in both is maximized. This rule also implies that an individual player may play in a league sponsored by another organization. Dowling club team coordinators will work together to ensure that players will be allowed to participate in both organizations.

Conduct Policy

All players, coaches and spectators will be subject to the following Conduct Policy while involved in any CBL game.

Players, Coaches, and Spectators shall not:

- Disrespectfully address or contact an official or gesture in such a manner as to indicate resentment.
- Attempt to influence an officials' decision.
- Use profane or inappropriate language or obscene gestures.
- Bait or taunt an opponent.
- Intentionally or flagrantly engage an opponent.
- Disrespectfully address an opponent.
- Incite undesirable crowd reactions.

In the event Players, Coaches, and/or Spectators engage in negative conduct, a Technical Foul (2 free throws plus ball awarded for division line throw-in) will be assessed. If the foul involves a player on the bench and/or a spectator, the head coach will also be assessed with a Technical Foul. If illegal act is flagrant, the offender is disqualified. Team members so disqualified are banished from the vicinity of the bench. Adult bench personnel or Spectators that are disqualified shall immediately leave the gymnasium.

The second technical on any player, coach, or spectator is considered flagrant misconduct resulting in disqualification. The third technical against any team is considered repeatedly committing acts which make a travesty of the game and the game shall be considered a forfeit.

Coaches shall adhere to the following bench decorum rule:

- Coaches will be required to remain seated during a live ball.
- Only two coaches from each team will be allowed on the bench
- All coaches may stand during a charged time-out or intermission period.
- The coach shall not have dialogue with the officials.
- The coach may leave the designated six-foot area to confer with personnel at the scorer's table or attend to an injured player only after beckoned onto the court by an official.
- Coaches may rise in front of their seats to spontaneously react to an outstanding play by a member of their team or to acknowledge a replaced player, but must always return to their seat.
- If a technical foul is assessed to the head coach or an assistant coach, these coaches must remain seated on the bench at all times while the clock is running or is stopped except to:
- 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.
- Rise and stand in front of their seat to signal players to request a time-out.
- Confer with personnel at the scorers' table to request a time-out for a correctable error.
- Confer with personnel at the scorers' table to request a time-out to prevent or rectify timing or scoring mistake or an alternating possession mistake.
- Attend to an injured player when beckoned onto the court by an official.
- Replace or remove a disqualified or injured player or player directed to leave the game from within the confines of his bench.
- Remove from the game any player receiving a technical foul for unsportsmanlike conduct. Player may not return to the game until the next dead ball situation
- Ensure that their team members conduct themselves properly at all times. This includes while in the gym waiting for their game, locker-room (if available) and parking lot. Team members and spectators should remain in the gym area at all times. Roaming through the school is strictly forbidden.

Spectators Shall

- Demonstrate courtesy and respect to opponents and officials.
- Show by example the proper ideals of sportsmanship, ethical conduct, and fair play.

It is understood that the coaches and administrators of each team are responsible for the fans and spectators associated with each team to a level that is reasonable. However, it is ultimately the responsibility of the fans and spectators to conduct themselves in a manner that displays respect and good sportsmanship. The officials may assess technical fouls on either team if its fans act in such a way as to interfere with the proper conduct of the game. Discretion will be used in calling such fouls, so as not to unjustly penalize a team.

Season Game Playing Rules

Games are to be played and time kept according to the official IHSAA Rule Book with the following exceptions:

The league will utilize a continuous clock through the first 16 minutes of (2) two 18-minute halves. During continuous clock play, timeouts can be utilized to stop the clock, however; fouls and out of bounds play will not stop the clock. In the final 2 minutes in each of the 1st and 2nd halves, fouls and out of bounds play will stop the clock.

In the event of a tie at the conclusion of regulation play occurs, 2-minute overtime sessions will be administered until an eventual winner.

5 minutes will be allowed for intermission at halftime. This is to be enforced strictly by officials and Site Supervisors so that games can stay within an one-hour period as much as possible.

If a team is behind by 30 or more points, the coach of the trailing team can request that the game score no longer be kept on the scoreboard. The clock operator should keep the game time but reset the score for both teams back to zero. The score of the game will continue to be kept in the score books of both teams.

3 Point Field Goal. A successful try from the field by a player who is located behind the 19-foot, 9-inch line counts 3 points. Any other goal from the field counts 2 points for the offensive team. The 3-point shot will only be used at gyms where the 3-point line is marked on the playing floor.

Time-Outs. Each team will be permitted to take three full (1 minute) and two 30 second timeouts during regulation play. Should a game go into overtime, each team will be allowed one additional full (1 minute) time-out for each overtime session. Any timeouts not used during regulation play carry over to the overtime periods.

Full Court Pressing. For ALL Divisions, teams will be allowed to use a full-court press in the last 3 minutes of the first and second halves. Should a game go into overtime, the overtime period is an extension of the second half. In the interest of good sportsmanship, if a team has a 20-point lead over its opponent, a full court press may not be employed.

The Alternating Possession Arrow is required and must be placed on the scorer's table.

Playing Time

The CBL believes that all participants, regardless of their skill level, should be given the opportunity to play a reasonable amount of time in every game. When a child signs up for the CBL program they expect and have the right to play in all the games. Coaches should respect all the young athletes and strive for a rewarding experience in sports. The CBL requires equal playing time within ALL divisions.

Management of the amount of time each player is on the court is the responsibility of the teams coaching staff. The CBL believes that coaches, fans and school personnel are capable of enforcing this policy.

Game Day

Games are to be played according to the schedule. Teams will be given a maximum of 5 minutes warm-up between games and during the half-time intermission. If games are running ahead of schedule, the Site Supervisor may require a game to start early but no earlier than 10 minutes prior to the scheduled time. In all cases, good discretion should be used.

No team will be allowed access to a gym earlier than 30 minutes before the first game of the day at the gym.

With the safety of players and spectators in mind, Site Supervisors will ensure that adequate and safe provisions are provided.

An adult must be with the players at all times when they are inside the gym. This rule is to be strictly followed to prevent abuse of the facilities and personal properties.

The Site Supervisor has the authority to stop a game if, in the opinion of the Site Supervisor, a situation is developing. The Site Supervisor should consult with the officials and the two head coaches before taking any action.

Site Supervisors will report all unsportsmanlike acts, unethical behavior, and ejections from games or violations of the rules to the CBL president. Reports of such incidents will also be filed by the game officials.

Schedule

A legal game may start with four players. This will make it possible for a game to be played rather than forfeited if a team is short players due to illness, injury, absenteeism or the loss of players due to issues involving classroom performance.

Teams are expected to be on time for game. 10 minutes of grace time is to be given the offending team before a forfeit is claimed unless previous arrangements have been made. Every effort must be made to play a game before a forfeit is declared. Schedules will be posted on the league website. catholicbasketballleague.com

In the event an unavoidable situation occurs in which a team is unable to play a scheduled game, it will be the responsibly of the team with the conflict to contact the opposing teams coaching staff to arrange an alternate date, time, and location to play the game. If a makeup game is not able to be played, the team with the conflict will be assessed a forfeit. The CBL will not be responsible for coordinating makeup games.

Typical options for makeup games are as follows:

- Played on a weeknight at any available gymnasium.
- Games will be officiated by parents or referees engaged by both teams. The CBL will not formally provide referees and/or provide compensation to referees for makeup games.
- Score table helpers will be provided by both teams. The CBL will not formally provide score table helpers and/or provide compensation to helpers for makeup games.

Uniforms:

Each school shall be responsible for providing jerseys for their players. The CBL does not provide uniforms.

Team jerseys shall be of the same solid color front and back. Undershirts must be similar color to the jerseys.

Shorts designed for gym activities, only, are permitted. It is recommended that the shorts be a solid color with all team members wearing similar shorts. Absolutely no torn, ripped or cut-off pants are permitted. No shorts with college/pro logos allowed.

Compression shorts which are of a single color similar to the pre-dominate color of the pants may be worn.

Uniform jerseys must be tucked in.

The officials or Site Supervisor shall not permit any player to wear equipment that, in his or her judgment, is dangerous or confusing to other players or is not appropriate.

The wearing of jewelry by players on your team is prohibited. This includes, but is not limited to; plastic or metal hair or head accessories, earrings, or jewelry of any kind.

Awards

The season shall conclude with a tournament utilizing a single elimination bracket format. Seeding for the tournament shall be determined by best winning record compiled through season play. If 2 or more teams are tied for best record, tiebreakers shall be as follows; a) best head to head record, b) total margin of victory, c) coin flip.

Teams finishing the tournament in 1st and 2nd place shall receive a trophy.