

South Shore Parochial League 2017-2018 BASKETBALL RULES

1. Rules

- 1.1. The South Shore Parochial League shall use the High School Basketball Rules published by the National Federation of State High School Associations as modified by the Wisconsin Interscholastic Athletic Association and the South Shore Parochial League(SSPL).

2. Playing Time

- 2.1. 8th and 7th grade leagues will play 6-minute quarters with the clock running continuous for the first two minutes. Clock will stop only on time-outs, injuries, substitutions and fouls. The last four minutes of each quarter the clock will stop on each whistle.
- 2.2. 6th and 5th grade leagues will play 6-minute quarters with the clock running continuous for the first three minutes. Clock will stop only on time-outs, injuries, substitutions and fouls. The second three minutes of each quarter the clock will stop on each whistle.
- 2.3. If the margin is 25 points or more at the start of the fourth quarter, the clock will run continuous, stopping only on time-outs, injuries, substitutions and fouls for the remainder of the game.
- 2.4. Teams will be permitted to take three 1-minute time-outs per game. They may be taken at any time. One additional time-out will be allowed for each overtime period.
- 2.5. There will be intermissions of 1 minute after the first and third quarters, and five minutes between halves. There shall be a minimum of five minutes between games.
- 2.6. If the score is tied at the end of the fourth quarter, two minute extra-periods must be played until a winner is determined. The clock will stop on all whistles during these extra-periods. There shall be a one-minute intermission before and between each extra-period.

3. Start Time/Grace Period

- 3.1. A team that does not have five eligible players and an adult coach within five minutes of the scheduled start time of the game forfeits. If the start of a game is delayed by more than five minutes because a preceding game runs late, a team must have five eligible players and an adult coach within five minutes after the preceding game ends.

4. Conduct of Players, Coaches, and Bench Personnel

- 4.1. A maximum of three coaches and bench personnel are allowed on a team's bench. One coach (the head coach) will be allowed to coach standing up. The coach must stay **OFF** of the court and must stay in an area from the first chair on the bench to the 5th chair on the bench. Assistant coaches must be **SEATED** in the second and third seats on the bench. They may not stand and they may not sit on the opposite side of the bench from the score table. If a coach, any coach, receives a technical foul all coaches will be required to be seated for the rest of the game. Three-strike rule applies.
- 4.2. All adult bench personnel, especially coaches, are expected to set a good example by showing respect for game officials and their decisions.
- 4.3. Players, coaches, or bench personnel who use profanity during a game shall be charged with a flagrant technical foul. The penalty for a flagrant technical foul includes disqualification (ejection) of the offender.

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- 4.4. Coaches or adult bench personnel disqualified must leave the gym within 30 seconds.
- 4.5. All technical fouls, disqualifications or ejections will be reported to the SSPL Basketball Commissioner.
- 4.6. Three Strikes Rule. Players, coaches, bench personnel and spectators are subject to this rule. The first notification of a rules infraction during a game will result in a verbal warning from either a referee or the scoring table. Second notification will be a technical foul resulting in the awarding of two (2) points and ball possession to the opposing team. Third notification will be ejection from the gymnasium. (See following rule.)
- 4.7. Disqualification, ejection or issuance of two technical fouls (to the same individual). Any coach, bench personnel, player or spectator that has been disqualified or ejected will not be allowed entrance to an SSPL basketball game until a meeting between the involved individual and his/her Athletic Director, Pastor or Principal and the SSPL Basketball Commissioner has taken place. It is the responsibility of the involved individuals' Athletic Director to schedule the meeting.

5. Conduct of Spectators

- 5.1. Respect must be shown for game officials and opponents by all in attendance.
- 5.2. If an official deems the conduct of a team's spectator to be inappropriate, the Three-Strike Rule Applies.

6. Uniforms

- 6.1. All jerseys, shorts, and visible under-garments must be uniform for the entire team.

7. Game Ball

- 7.1. 7TH and 8th grade boys will use a regulation size basketball. 5th and 6th grade boys and all girls will use a junior size basketball (circumference between 28.5 and 29 inches, weight between 18 and 20 ounces).

8. Free Throws

- 8.1. 8th and 7th grade leagues will shoot free throws from the back line.
- 8.2. 6th and 5th grade leagues will shoot free throws from the front line.
- 8.3. In all leagues the bonus will be shot on the 7th team foul per half, with technical fouls counting toward the bonus and disqualification.
- 8.4. Any direct bench technical or flagrant fouls will result in an automatic 2 points and possession of the ball. No free throws will be shot. All other technical fouls will be 2 shots and possession of the ball.

9. Backcourt Pressure

- 9.1. For 5th grade leagues backcourt pressure is not allowed until the last two minutes of the 2nd and 4th quarters and during extra period. Full court pressure is permitted during the last two minutes of the 2nd and 4th quarters and during extra period.
- 9.2. At all grade levels, a team with a lead of 15 points or more may not apply any defensive pressure in the opponent's backcourt and must retreat to the opponent's frontcourt once an opponent clearly secures possession of the ball.
- 9.3. The three-strike rule applies for infractions of this rule.

10. Man-to-man Defense

- 10.1 Man-to-man defense is mandatory at the 5th grade level only.
- 10.2 Players must be within 6 feet of the opponent they are defending when the opponent is

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inside the three-point arc of their frontcourt. Double, triple, and more teaming is permitted as long as a defender actively moves towards and engages an opponent. Any drifting or pausing will be construed as zone defense.

11. Miscellaneous

- 11.1. Player control fouls will not be shot.
- 11.2. Three seconds in the lane will be played at all grade levels.
- 11.3. Subs may be made on held balls, time-outs, free throws, and when a violation occurs.
- 11.4. Alternating possession is in effect.

12. Protests/Complaints

- 12.1. The League will not recognize any protest unless it relates to player eligibility. Protests regarding player eligibility must be submitted in writing to the Basketball Commissioner by either a head coach or an athletic director using the current SSPL Complaint Process and Form.

13. Cheerleaders

- 13.1. Cheerleaders are welcome but they must stay clear of sidelines, endlines, and the area behind the basket while the game is being played. Cheerleaders are allowed on the court between quarters only.

14. Player Participation

- 14.1. At the elementary school age level, participation is very much a key to developing self-esteem. With this in mind, the physical and emotional well being of each child shall be placed ahead of the win-at-all-cost attitude. Being involved in the play is often more important than winning at this age. Athletes attending practice on a regular basis, and not deemed a discipline problem shall be afforded an adequate amount of playing time to further their self-esteem and athletic skills.

15. Designated Quarter Rule and Platoon Substitution Rule

- 15.1. The definition of “adequate playing time” can vary based on several factors, with the main factor being number of players on the team. In league games, regardless of team size, all eligible players must play at least one full continuous quarter. Before the designated start time of each game, both teams must provide either a list of all players and the number of the quarter the player will be in the line-up or fill in the participation information in the score book. No changes are allowed once the game begins. If the player is absent, mark "A" by the player's name. If the player is suspended, mark "X" by the player's name. If a player picks up three fouls, all in their designated quarter, the coach may substitute. If the player is ill or injured, the coach may substitute. Failure to provide this information will result in a technical foul (automatic 2 points) and possession of the ball to the opposing team. A second violation of this rule in the same game will result in forfeiture of the game and suspension of the head coach. More than one violation of this rule over the course of the season will result in the suspension of the head coach.
- 15.2. “Platoon substitution” applies only to teams that have more than 10 players present for a game. All teams with 10 or fewer players will abide by the continuous quarter rule. 1. Coaches are required to submit their platoon groupings before the game and the platoons remain fixed until all players have made it to the one full quarter mark. Subject to injuries, foul trouble, and illness, the same as the existing

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designated quarter rule. 2. Coaches are required to track platoon playing time and the table workers will also track playing time. Substitutions must be by entire platoons until all players have met their full quarter participation time.

- 15.3. At this age, communication between players and coaches is very important. Time should be set aside to talk to players individually, perhaps monthly, to express feelings about progress and potential. In addition, these young athletes should always feel they can ask questions and verbalize concerns to their coaches.