



2011 CAL SPORTS ACADEMY BASKETBALL LEAGUE RULES

- I. **PURPOSE** CAL Sports Youth Basketball Program is organized to provide a recreational activity for boys and girls. The program is designed for the following purposes:
1. We strive to develop players at all levels of play (recreational, travel and premier) by building and improving their skills, confidence, fitness, initiative and a sense of teamwork.
 2. We are committed to developing coaches to the highest level through quality ongoing instructional clinics.
 3. We promote and encourage high standards of sportsmanship.
 4. We look to aggressively expand basketball opportunities to areas that are traditionally underserved.

II. ORGANIZATIONAL STRUCTURE.

Governing Rules:

CAL Sports Academy Youth Basketball League will be governed by the current rules and regulations of the National Federation of State High School Association, with the exception of the local league rules which supersede the National Federation rules.

Coaching Requirements:

1. A person of high moral character who is a respected member of the community.
2. A coach should have a basic knowledge and understanding of the fundamentals of basketball.
3. A coach should never incite his players or parents by criticizing an official.
4. A coach should never use profanity, drink alcoholic beverages, smoke, or use tobacco in any form during any activity.
5. A coach should never be overly concerned with winning, but more concerned that each child on the team has fun and learns the fundamentals while participating.
6. A coach is expected to be present at all practice sessions, games, and meetings or have an approved coach present.
7. A coach should try to the best of his ability, to keep each player (especially the weaker players) interested and participating throughout the season.
8. The coaches must remain in the coach's box during games; players not in the game are to remain on the bench.



2011 CAL SPORTS ACADEMY BASKETBALL LEAGUE RULES

III. LEAGUE RULES

Team Rosters will consist of no more than 12 players per team. No additions will be made once the league has started unless a player is injured and considered out for the rest of the season, and not the last two weeks of the regular season. The game will consist of two twenty (20) minute halves with a three (3) minute halftime.

Uniforms provided must be worn to each game, no excuses.

1. Each coach is responsible for having a scorekeeper available at each game.
2. The scorekeepers should not be emotionally involved in the game; i.e.: coaching, disagreeing with officials, screaming and yelling, etc. Any scorekeeper that does not comply will be removed from the score table.
3. The ball will be 28½ inches in circumference as outlined in the National Federation of State High School Rules books.
4. The goals will be set at 9ft 6 in high for this league.
5. The participation rule is as follows: Each participant must play a minimum of 10 minutes per game. The penalty for violation of this rule will be forfeiture of the game upon an upheld protest, and the coach will be replaced for the remainder of the season.
6. There will be two timeouts per half (4 total) per game. A warning will sound at 30 seconds, coaches are required to get their players.
7. If the game ends in a tie, a 3 minute overtime will be played and each team will be given 1 additional time-out. If the game is still tied, there will be additional two minute overtimes until a winner is determined.
8. A full court press is allowed the final 2 minutes of each half. The clock will run in the fourth quarter when a team has a 20 point lead, and will continue to run until the losing team pulls to within 10 points. The clock will stop for timeouts.
9. Foul shots - players will shoot from the regulation free throw line (15 feet).
10. Free throw Lane Violation - 5 seconds
11. All practices will be 30 minutes before each game, followed by a game (two 20 minute halves).
12. Substitutions are unlimited but must be made during a dead ball and must be official (checking in with the scorekeeper).



2011 CAL SPORTS ACADEMY BASKETBALL LEAGUE RULES

13. If a player is being disciplined and not permitted to play, the coach must advise the opposing coaches and scorekeepers before the game begins.

IV. PLAY-OFFS / CHAMPIONSHIP GAMES

1. All teams will participate in the play-offs.
2. Teams will be seeded by their regular season record and league placement. The top seeds will play lower seeds, example: (1 vs 4), (2 vs 3).
3. All players must play a minimum of 7 minutes per game during play-offs and championship games.

V. PROTESTS

Protests must be filed within 24 hours after completion of the game, in writing, to CAL Sports Academy's email address – Corey@calsportsacademy.com.

VI. CONDUCT

The penalty for fighting, or flagrant conduct such as profanity is ejection from the present game and the following game. Any ejection will constitute a one game suspension. On the 2nd offense the player or coach is suspended from the program. Problems with coaches or spectators: First - Warning or technical foul Second - Technical foul or ejection- Officials Judgment Third - Removal from Gym or Program without refund.

VIII. GAME POSTPONEMENT A. For Inclement Weather - The league commissioner will notify all players and coaches of game postponement due to inclement weather. Games will not be rescheduled after the official schedule has been published.

IX. AWARDS

League Trophies: 1st & 2nd Place
Medals: 3rd and 4th Place

X. Regular Season Playing Rules

1. Game will be played on a 9ft. 6in. basket.
2. Two 20 minutes halves with a running clock. Clock will stop on all dead balls in the final two minutes of each half.



2011 CAL SPORTS ACADEMY BASKETBALL LEAGUE RULES

3. Each team will receive two 30-second time-outs per half. Time-outs can be carried over into the second half.
4. Substitutions are unlimited but must be made during a dead ball and must be official.
5. Two technical fouls in one game will result in an ejection and player will be considered for suspension of the next game.
6. Two ejections will result in disqualification from league play for the rest of the season.
7. Two shot free throw for technical fouls.
8. All teams must have at least four players to begin a game.
9. No jewelry can be worn during game play.

XI. Offense

1. Any offensive player is allowed 5 seconds in the lane.
2. All double dribbling and traveling will result as a turnover.

XII. Defense

1. No double teaming. Man-to-man defense only.
2. No full court pressing until the final 2 minutes of each half. However, the defense is allowed to start defending once the offense passes the free throw line.
3. The defense can steal the ball from the ball handler if the ball is not protected.
4. Shot blocking is allowed as long as the shooter is not fouled.

XIII. Fouls

1. A player who commits five (5) fouls (including technical fouls) is not allowed to participate for the rest of the game.

XIV. Unsportsmanlike Conduct Technical Fouls

1. The following shall result in an unsportsmanlike conduct technical foul:
 - a. Disrespectfully addressing or contacting an official.
 - b. Using profanity or vulgarity
 - c. Taunting, baiting or ridiculing



**2011 CAL SPORTS ACADEMY
BASKETBALL LEAGUE RULES**

2. Ejection from a game will result in a \$25 fine and a letter of apology to his/her team. League Director will assess all incidents and determine if the coach can be reinstated.

XV. Playing time

1. All players must play a minimum of 10 minutes per game during regular season.
2. All players must play a minimum of 5 minutes per game during play-offs and championship games.

