



Lincoln Catholic Athletic League Basketball Rules

All Catholic Athletic League Rules will be followed, as well as the following:

1. Conduct of player:
 - A. The conduct of all involved coaches, officials, spectators, as well as player should be characterized by Catholic principles.
 - B. The conduct of players at practice and games shall be sportsmanlike at all games. Any players that continue to conduct themselves in a manner unbecoming that of a good sport shall be deemed ineligible to play in the next game.
 - C. Unsportsmanlike conduct shall include, but shall not be limited to: unnecessary yelling, swearing, insulting language and gestures, and uncomplimentary remarks of any player, on or off the bench.
 - D. In the case of unsportsmanlike conduct from a coach, team or parent, the game in question may be forfeited or a probation/discipline action be taken at the discretion of the League Director.
 - E. A school Pastor, Principle, A.D., will have the right to enforce this rule and will notify the League Director. An email will then be sent to the Parish Pastor, and all others that need to be informed.
2. No jewelry is to be worn on the court.
3. Compression shorts which are unadorned and of a single color similar to the predominate color of the shorts may be worn.
4. T-shirts under basketball jersey uniform may be white or similar to the uniform color. The game officials will not make any ruling on t-shirts.
5. The visiting team will wear 'pennies' (colored jerseys) when needed.
6. Each team should have one head coach.
 - a. The head coach may not be a current high school student or younger.
7. Coaches must bring their own balls to each game for warm-ups.
8. Team counts & rosters must be submitted to the League Director by the date and time requested. Beginning in the 2019/2020 school year, there will be no exceptions made for late submissions. If an Athletic Director fails to submit his/her school's roster by the deadline, said school will not be allowed to participate in the season's activities.
 - a. All players' names, uniform numbers and grade must be on the roster.
9. All eligible players must participate in each competition. Each player present for a game and eligible to play, must play in that game for a time equal to at least one quarter of play. All coaches must equalize playing time throughout the season in each sport. It is up to the coach of each team, and the coach alone, to see that each player has played in each game, with equal playing time throughout the season. A forfeiture of a game will result with non-compliance of this rule.
10. If a school accumulates more than one team in a sports season, an athlete may only participate on one of the teams. The League Director may grant special permission in extenuating circumstances. Athletic Directors must contact the League Director by 2:00

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pm of that school day with the request. If the request is granted, the Athletic Director must choose an athlete of equal or lower skill level of the athlete who cannot compete in that night's game.

11. The Athletic Director shall work with the team coaches to determine equal division of players, based on individual skill level, when a team must be divided.
12. It is not mandatory to split any groups/teams.
13. Concerning a team that does not show: if a team does not give sufficient notice (by 2:00 p.m. on a school day) to the League Director, its school will be billed for the cost of the officials, as well as an additional \$100 fee.
14. If a school's team does not have a sufficient (legal) number of players at the start of the scheduled game, that game will be declared a forfeit. That school will be billed the reimbursement of officials for that game to the hosting school. An unofficial game may still be played, as long as each team's coach and referees are in agreement of the circumstance.
15. The rules and team rosters must be at the scorer's table for all games.
16. All gyms must obtain adults or high school seniors for the scorer's table.
17. Each quarter, half time, and warm ups are six (6) minutes long. The clock stops on all whistles. Adjustments to the warm up time may be made at the gym supervisor's discretion.
18. Time-Outs: Two (2) full time-outs (1 minute each) per half. Unused time-outs in the first half may NOT be carried over to the second half. In the event of overtime, one (1) full time out can be used. Unused time-outs from the second half may NOT be carried over to overtime. If a second overtime period is needed, no additional time-outs will be given. Time-outs may NOT be carried over from the first overtime period.
19. Overtime: Three (3) minutes. Maximum of two overtime periods. If tied at the end of two extra periods, a tied contest results.
20. The women's regulation size basketball will be used for all grades (28.5).
21. Three (3) point shots count for all grades.
22. Full Court Press:
 - A. 7th grade: full court press is only allowed in the second & fourth quarters, as long as the team is not leading by 20 points or more.
 - B. 8th grade: may full court press at any time, unless a team is leading by 20 points or more.
23. Mercy Rule: 20 point lead in the 2nd half; the clock runs, except on injuries & time-outs. If a team comes back to 15 points behind, the clock will stop at all whistles.
24. Technical Fouls:
 - A. Athletes: If a player receives a technical foul, he/she will be removed from competition for the remainder of the half. If a player receives an additional technical foul in the same game he/she will be suspended for the remainder of the season.
 - a. If throughout the course of the season an athlete receives two (2) technical fouls, he/she will be suspended for the remainder of the season.

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- B. Coaches: If a coach receives a technical foul, he/she will be automatically ejected from the game and asked to leave the school grounds. Refusal to leave school grounds, will result in said coach being permanently suspended from the Catholic Youth Sports League.
 - a. If a coach receives two (2) technical fouls, in one season, he/she will be suspended from coaching for the remainder of the school year. A written request to coach, in the future, will need to be proposed to the League Director and accepted before reinstatement is had.
 - C. Parents & Spectators: If a parent or student in the stands receives a technical foul, he/she will be ejected from the game and asked to leave school grounds. Refusal to leave school grounds will result in a permanent suspension from all Catholic Youth Sports competitions.
 - D. Every technical given must be reported to the League Director by the hosting school's Athletic Director within 24 hours.
 - a. The League Director will then notify, in writing, the school's Administrator and the parish Pastor, as well as inform them of the consequences and the future expectations for the individual.
25. Each team **MUST** be equipped with a first-aid kit at all times.
26. There shall be no competition or practice under the following situations.
- A. Prior to the beginning of the season.
 - B. Sundays (for Lincoln Catholic schools).
 - C. During the Thanksgiving and Christmas vacation.

Violations will result in forfeiture:

- 27. At the conclusion of each game, the handshake rule will be mandatory for all players and coaches.
- 28. Payments for referees need to be handled promptly at, or before, half time of the last contest.
- 29. The National Anthem / Pledge of Allegiance Policy will be upheld.
- 30. All other Nebraska High School rules apply.

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