

Lincoln Catholic Athletic League Basketball

BASKETBALL RULES- Last Reviewed: October 19th, 2022

All Catholic Athletic 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 Christian 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. 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.
4. Away team will wear 'pennies' (colored jerseys) when needed.
5. Each team should have a head coach and an assistant coach. The head coach may not be a current high school student or younger.
6. One (1) head coach, and one (1) assistant coach will receive a pass to get into the games. Only the coach, spouse, and children may use the pass.
7. Coaches must bring their own balls to each game for warm-ups.
8. School team counts must be submitted to the League Director on the date and time requested. If late during the first 24 hours, a penalty fee of \$50.00 will be billed to that school, payable to: Catholic Bishop's League. If late during the next 24 hour period, an additional fine of \$50.00 will be billed to that school. If the team count is submitted later than a 48 hour time period from the requested deadline date and time, that team will not be allowed to participate in the season's activity.
9. All players' names, uniform numbers and grade must be on the roster.
10. Team rosters must be submitted to the League Director on the date and time requested. If late during the first 24 hours, a penalty fee of \$50.00 will be billed to that school, payable to: Catholic Bishop's League. If late during the next 24 hour period, an additional fine of \$50.00 will be billed to that school. If the team roster is submitted later than a 48 hour time period from the requested deadline date and time, that team will not be allowed to participate in the season's activity. Extensions may be granted at the discretion from the League Director.
11. 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

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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.

12. 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 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.
13. 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.
14. You must have at least 14 players to split into two (2) teams for basketball. It is up to the Athletic Director, with the League Director, to determine how many teams you need to split into. NOTE: It is not mandatory to split any groups/teams.
15. 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.
16. 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.
17. The rules and team rosters must be at the scorer's table for all games.
18. All gyms must obtain adults or high school seniors for the scorer's table. Students and/or children who sit around the scorer's table during games must not distract the scorer.
19. 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.
20. 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.
21. Overtime: Three (3) minutes. Maximum of two overtime periods. If tied at the end of two extra periods, a tied contest results.
22. The women's regulation size basketball will be used for all grades (28.5).
23. Three (3) point shots count for all grades.
24. Full Court Press:
 - A. 7th grade: full court press is only allowed in the last 3 minutes of each half, 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.
25. No fast break when leading by 20 points or more.
26. Mercy Rule: 20 point lead in the 2nd half; the clock runs, except on injuries, time-outs, and shooting fouls. If a team comes back to 15 points behind, the clock will stop at all whistles.
27. Technical Fouls:
 - A. Athletes: Only one (1) unsportsmanlike technical foul is allowed per player per game. The player that receives the unsportsmanlike technical foul will be removed from the game and not allowed to

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play further in that game. Should a player receive a second (2) unsportsmanlike technical foul within the same season, he or she will be ruled ineligible for the remainder of that season. Coaches and/or Athletic Directors must report each technical foul to the League Director within 24 hours of occurrence.

- B. Coaches: Technical fouls assessed to a coach shall be administered in accordance with the current high school rule book. (Catholic League Exception: Coach allotted 2 direct and 3 indirect technical fouls per season). If any coach is ejected and refuses to leave the game site or re-enters the game site during or after the contest, he or she will be ruled ineligible to coach for the remainder of the season. Athletic Directors must report all technical fouls to the League Director within 24 hours of occurrence. Coaches shall be ineligible to coach the rest of the season upon a 2nd unsportsmanlike (direct) technical foul.
- C. Parents & Spectators: Technical fouls assessed to a spectator shall be administered in accordance with the current high school rule book. If any spectator is ejected and refuses to leave the game site or re-enters the game site during or after the contest, he or she will be ruled ineligible to attend contests for the remainder of the season. Athletic Directors must report all technical fouls to the League Director within 24 hours of occurrence. Spectators shall be ineligible to attend contests for the rest of the season upon a 2nd technical foul.

28. Each team MUST be equipped with a first-aid kit at all times.

29. There shall be no competition or practice under the following situations. Violations will result in forfeiture:

- A. Prior to the beginning of the season.
- B. Sundays (for Lincoln Catholic schools).
- C. During the Thanksgiving and Christmas vacation.

30. At the conclusion of each game, the handshake rule will be mandatory for all players and coaches.

31. Payments for referees need to be handled promptly at, or before, half time of the last contest.

32. The National Anthem / Pledge of Allegiance Policy will be upheld.

33. All other Nebraska High School rules apply.