

**North Shore Catholic Elementary School Basketball League
Rules and Regulations**

ARTICLE I: NAME

This organization shall be known as the North Shore Catholic Elementary School Basketball League (NSCESBL).

ARTICLE II: PURPOSE

The purpose is to enhance the mission of the schools by teaching children the game and giving them experience with teamwork and sportsmanship while developing their skills. All coaching procedures, and every coach's conduct, should reflect this purpose. Concern for players' readiness for high school athletics should not enter the coaching mindset.

ARTICLE III: ADMINISTRATION

Section 1. The league shall be governed by the principals of the schools within the North Shore area. Any disciplinary action for any egregious event will come under the jurisdiction of the principals.

Section 2. The officers of the league shall be league coordinator, treasurer, and head referee. The league coordinator will recruit a treasurer(s) and head referee, who may be the same person.

The duties of the officers are as follows:

League Coordinator

- Works out schedules
- Keeps league standings
- Sends out announcements/letters

Treasurer(s):

- Collects all league fees
- Keeps all financial accounts of league

Head Referee:

- Schedules referees for all games

ARTICLE IV: ROSTERS/FEE

A roster of all players for each team shall be submitted to the league coordinator before the first game of the season. The principal of the school will signify that all players (a minimum of eight) have met the eligibility requirements and will sign the roster. The league coordinator and treasurer shall set a league fee at the start of each season. All fees must be paid no later than November 15th of each year.

ARTICLE V: ELIGIBILITY

All players must not have completed the eighth (8th) grade in any school system or have reached their 15th birthday by September 1st. Players must attend the school they represent. Junior varsity players must not have completed the sixth (6th) grade.

Players may not be on both the junior varsity and varsity teams at the same time. Junior varsity players may play at the varsity level in an emergency when the varsity team will only have 7 (seven) or fewer players dressed to play. However, when this happens, JV players may only participate in 4 quarters of play per day, and being in a game for even a second in any one quarter constitutes having played in a quarter. Therefore, in any given night, if a player plays in 3 periods of the JV game, he/she is only then eligible to play in 1 period of the varsity game. Conversely, if any JV player plays in only 1 quarter of the JV game, then that player is eligible to play in 3 quarters of the varsity game. While official's scorers are charged with the responsibility for keeping track of how many quarters each player participated in, it is the ultimate responsibility of the head coach of each team to ensure compliance with this rule.

No players may play in this league and participate in high school basketball at the same time. Final decision regarding eligibility will be with the principals of the schools.

ARTICLE VI: LEAGUE AMENDMENTS / PLAYING RULES

All playing rules are per the National Federation of High School (NFHS) and Massachusetts Interscholastic Athletic Association (MIAA) playing rules unless specifically amended herein. All rules herein shall be applied to both the boys and girls league unless specifically noted within the Section.

1. Each team shall be accompanied by an adult coach or, in their absence, by an adult representative at all game and practice sessions. No team will be allowed to begin a game or practice unless their coach or adult representative is in attendance.
2. Teams shall be ready to play at least ten (10) minutes prior to game time. They shall leave the floor immediately following the game.
3. Teams must have (at least) like jerseys with numbers meeting size specifications of the association. If worn, undershirts must be the same color for the entire team. If the uniform shirts of both the home team and the visiting team are the same color, the home team is responsible for changing uniform color or wearing scrimmage vests or 'pinnies.' Players are required to keep the jersey tucked in and the shorts

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pulled up above the hips. Players are recommended to change into their basketball shoes after arriving at the gym in order to keep the gym floor dry and safe. No jewelry is allowed.

4. Each player who is dressed and listed in the scorebook **must participate in the game**. A team violating this will forfeit the game.
5. The scorebook furnished by the home team shall be considered the official book. The official scorer shall use this book only. The official scorer and the official timekeeper **MUST BE AN ADULT** (including playoffs). It is recommended that each team keep their own scorebook.
6. Games will be played in quarters. Junior Varsity games will consist of four (4) seven (7) minute quarters (stop time). Varsity games will consist of four (4) eight (8) minute quarters (stop time). There shall be a time out between quarters, lasting for five (5) minutes. During time outs and between quarters, the cheerleaders shall use the court.
7. Each team will be allowed five (5) time outs per regulation game, and one (1) additional time out for each overtime period played. A time out will not be granted until player control is clearly established or the ball is "dead."
8. Overtime shall be three (3) minutes for both Varsity and Junior Varsity. There shall be two (2) overtime periods only. If the score is still tied after the two (2) overtime periods, the game will end in a tie and each team will be awarded one (1) point in the standings.
9. At the Varsity Level, one & one shall begin after a team reaches its seventh (7th) team foul in each half. There will be two (2) shots when a team reaches its tenth (10th) team foul in each half. At the Junior Varsity Level, there shall be no one & one. Once a team reaches its tenth (10th) team foul in the half, two (2) shots will be awarded. Technical fouls on a player count as a personal/team foul. When a player reaches five (5) personal fouls, that player is removed from the game. It is the responsibility of the official scorer to notify the referee when a team reaches their seventh (7th) team foul, tenth team (10th) foul and when a player reaches their fifth (5th) personal foul.
10. It shall be the responsibility of the home team to email the official score to the league coordinator. Failure to call in the official scores may result in a forfeit of that game.
11. Coaches who receive two direct technical fouls in the same game will be ejected from the game by the official. Head coaches shall also be charged with an indirect technical foul for any technical foul assessed to their team. Coaches who receive three indirect technical fouls, or one direct and two indirect technical fouls shall be ejected from the game by the official. The coach may also be suspended from coaching the next two (2) games and the school principal may administer additional penalties.
12. **Coaches may not to run the score (no press) up beyond twenty (20) points of the opposing team.** Officials shall warn coaches if in their opinion they feel a team is running up the score and officials can direct coaches to pull off full court press once a team leads by 20 or more.
13. At the JV level, there shall be no press allowed until the final two minutes of the game. As soon as a change in possession occurs, the defending team shall retreat to their side of the half court line until the

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ball is advanced over the half court line by the offense. Any attempt by the defense to disrupt a fast break by the offense while still in their backcourt area shall result in a warning to the offending team and assessment of a delay of game technical foul for repeated violations.

14. Mouth guards are recommended, but not required for all players. A player who has any amount of blood on his/her uniform or body will be directed to leave the game until the situation is corrected.
15. Three-point baskets shall be allowed at the Varsity Level only. There shall be no three-point baskets in the Junior Varsity Level.

ARTICLE VII: CANCELLATION OF GAMES

The cancellation of games due to inclement weather is determined by the NSCESL Athletic Event Cancellation Policy (appendix A). All cancellations shall be called into the head referee immediately so that the officials assigned to the game can be notified.

ARTICLE VIII: CHANGING GAME DATES

Game dates will not be changed without notifying the league coordinator and the head referee.

ARTICLE IX: START OF PRACTICE SEASON

The principal of each individual school shall determine the starting date of the practice season.

ARTICLE X: SPECTATORS ON COURT

There shall be no basketball playing allowed by spectators, prior to games, during time outs, at half time, or after games. Spectators are not allowed to bring basketballs into the gym. Coaches are responsible for the behavior of the spectators at the game. Any spectator causing problems at the gym will be reported to the head coach. Failure of a team to control its spectators at a game site is grounds for forfeit if so desired by the officials in charge of the game.

ARTICLE XI – PLAYOFFS / DIOCESAN TOURNAMENT

At the conclusion of the regular season, the varsity level will have a playoff tournament. The top 4 teams in the final standings shall advance to the playoff tournament with semi-final games between the 1st and 4th place teams and 2nd and 3rd place teams. The winner of each shall advance to the championship. At the conclusion of the league playoffs, two teams will qualify for the diocesan tournament. Those two teams will consist of the 1st place team during the regular season and the playoff tournament winner. If those two teams are the same, the 2nd place team from the regular season shall qualify as the 2nd state tournament team.

The following system shall exist to break any ties related to the final league standings (for all ties, regardless of how many teams are tied):

- 1) Head to head record
- 2) Aggregate score in head to head game games
- 3) Points allowed on the road in head to head competition
- 4) Points allowed at home in head to head competition
- 5) Points scored on the road in head to head competition
- 6) Points scored at home in head to head competition
- 7) Total points allowed for the season
- 8) Coin Flip

Last amended – October, 2008

North Shore Catholic Elementary School Leagues Athletic Event Cancellation Policy

Possible scenarios:

Result:

School cancelled – both teams

Games cancelled

School cancelled for home team, school NOT cancelled for visiting team

Games cancelled (gym rental issue)

School NOT cancelled for home team, school cancelled for visiting team

Games cancelled

Inclement weather intensifies after school is in session and either school cancels after school activities.

Games cancelled

Inclement weather intensifies after school is in session

Discussion between principals and/or designated representatives to decide if games should be cancelled. If possible, a cancellation should be made before the end of the school day.

Inclement weather on weekend (Saturday/Sunday games)

Discussion between principals and/or designated representatives to decide if games should be cancelled.

In the event of a cancellation, Head League Referee Ken Foster must be contacted by the home team.

League Referee Assignor: Ken Foster, (H) 978-532-2964, (W) 978-720-5728, Email:

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