

Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC) Basketball

5th/6th Grade League – “D” and “C” leagues

GRACEAC Website – www.graceac.com

GRACEAC Hotline – (616) 456-9563

GRACEAC Twitter - @graceacsports

Updated February 4, 2021

1. The 5th and 6th grade basketball leagues shall consist of Catholic parish school teams and Christian school teams that are members of the Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC). Players must be in the 5th or 6th grade. Players must be enrolled students in the GRACEAC Member School or members of a Parish.
2. Invitational and league tournaments will follow all regular season game rules.
3. All other GRACEAC Manual Rules and Regulations apply. (* denotes references to the GRACEAC Handbook).
4. All other game rules will be according to the National Federation for High Schools (NFHS) Rules for Junior Highs.
5. The roster of players and coaches shall be listed in TeamSnap and considered the official team roster. Changes to this roster may not be changed or altered without the GRACEAC Commissioner’s approval.
6. The coaches will bring all players to center court and lead the group in a pregame prayer. **(Suspended Covid Guidelines till further notice.)**
7. Opposing teams and coaches will meet immediately following the game to shake hands in demonstration of good sportsmanship. (Suspended due to Covid Guidelines. **Coaches and players shall face each other at their Free Throw Line extended for a pregame prayer.**)

Mergers

8. Any school requesting a merger should do so any time after October 16 by referring to the following guidelines:
 - A. Schools shall not practice together prior to approval of their merger request by the GRACEAC Athletic Director. Violations shall be reported to the GRACEAC Athletic Director.
 - B. A principal or athletic director may request a merger. Coaches must seek approval through their school principal or athletic director for a merger request. Coaches may not request a merger.

Practice

9. Practices may begin for both the 5th/6th grade girls on Monday, January 6th.

10. All teams are limited, per week, to:

Preseason: 4.5 hours – 3 practices

Season: 4.5 hours – 3 practices

Practice time shall be limited to two hours per day. Coaches are encouraged to cut time for practice and number of practices when there is an opportunity. (* Rule G)

Game Eligibility and Minimum Playing Time

11. Student athletes may play one grade up (i.e. 5th graders may play in the 6th grade league, but not in a 7th grade league). 7th grader may play in 7th grade league but not 8th grade league.

12. To ensure total participation, it shall be mandatory that each student athlete participate a minimum time of six (6) minutes per game.

13. When a player becomes injured during the course of a game and is deemed unable to continue, then the minimum playing time for that player is not required.

14. Anytime a player is injured and returns to play, the playing time minimum must be met.

15. Coaches shall provide a playing time sheet to the Score Table 5 minutes before game time. Playing time sheet shall list players in numerical order with first and last name. The scorekeepers shall notify each coach of the official playing times for their players during halftime and at the quarter breaks.

16. It is the responsibility of the coach to make sure that each student athlete meets the required minimum.

Game Rules

17. Each game shall consist of four quarters at six minutes each with a five-minute halftime. Teams are to warm up pregame at the bench opposite their bench. Teams shall remain on their half during warm ups pregame and halftime. IE-teams shall not run around gym pregame. Teams shall be allowed 6 minutes of pregame warmup. Games shall not start before scheduled game time.

18. Each team will receive 4 -(four) 60 (sixty) second (full) timeouts per game. Timeouts shall end with a 45 second warning horn, Players are expected to be on the court, ready to play by 60 second end of time out.

19. If there is a tie after four quarters, there will be an overtime of three minutes. Each team will receive one full timeout to use during overtime. There will be as many overtimes as needed to determine a winner. Fouls and timeouts from the fourth quarter will carry over to overtime.
20. At least five minutes before the scheduled starting time, each team shall supply the scorer's table the first name, last name, and number of each squad member who may participate. The list shall be in numerical order.
21. You may not play a full court press (exception – last minute of game, 4th quarter or overtime, with a score differential of 10 points or less. See rule #31)
22. Teams may play any type of defense inside the 3 point arc line. Zones, traps, double teams, man to man are legal. Defense outside the 3 point arc line is strictly man to man only. No zone, zone traps or double teams are allowed outside the 3 point arc line. Only exception occurs during last minute of the game (4th quarter or overtime) when there is 10 points or less. In last minute of game or OT, any type of defense is allowed for the length of the court, front and back court, including full court press, half court press, half court traps, double teams, zone, zone traps, etc.
23. Three point shots made will be counted in the 5th/6th grade level.
24. Defender(s) must remain 6 feet from the half court line to allow the offense to cross half court. This includes offensive players without the ball within six foot safe zone.
25. Free throws are from 13 feet. All gyms hosting C and D Division games must have a permanent 13 foot free throw marking. No tape. No free throw shall be attempted after time has expired at the end of the 4th quarter or any extra period unless the point(s) will affect the outcome of the game. Bonus (1 and 1) will begin for common fouls on the 7th, 8th and 9th team fouls and two free throws will be given beginning with the 10th team foul in each half.
26. A 28.5 basketball will be used for all games. Game balls must be MHSAA or NFHS stamped to be an approved basketball. The hosting gyms shall provide practice and game balls. Spectators or arriving teams shall bring their own basketball.
27. The scorer's book at the scorer's table is to be the official book of the game.
28. No jewelry may be worn during a game.
29. If players wear t-shirts under their basketball jerseys, it must be the same color as the most dominant color of the uniform. If a player wears shorts under their basketball uniform, they must be compression shorts (spandex) above the knee and the same color as the dominant color of the uniform. T-shirt must match the uniform shirt and the spandex must match the uniform shorts. There is no rule for shorts, socks or shoes. Coaches will be responsible for the uniform compliance of all their players.

30. When a team is ahead by 30 or more points in the second half a running clock shall take effect. Regular stoppage shall not be implemented until the lead goes to 20 points. The clock will run during time outs and free throws. Clock will stop for injuries.

31. Back Court Press will be allowed in the last minute of the game (4th quarter or overtime) with a score differential of 10 points or less. Any defense is allowed in the last minute of a game with score differential of 10 points or less in the front court or back court with a score differential of 10 points or less in the last minute of the game or overtime.

32. Only players, coaches and cheerleaders may be on the bench/court during the pre-game warm-ups, time-outs, quarter breaks, half time break, and end of the game. All fans and spectators must be kept off the floor. Non players (spectators, game staff, etc, may be on the court between half, between quarters and game to shoot baskets.

Coaching Guidelines

33. The coaching box shall be outlined outside the sideline of the court on which the team benches are located. The area shall be bound by a line two inches wide and shall be six feet long.

34. The bench may only be occupied by the Head Coach, two Assistant Coaches and the players.

35. The head coach is responsible for the conduct and behavior of substitutes, disqualified squad members, and all other bench personnel.

36. Coaches must remain seated on the bench at all times except to:

A. Confer with bench personnel and players within the confines' of the bench area during a charged time out or the intermission between quarters and extra periods.

B. Rise and stand in front of their seat to signal players to request a time out or to call a time out.

C. Request a full timeout from personnel at the scorer's table in order to; prevent or rectify a timing mistake, scoring mistake, or an alternating possession mistake; to confirm playing time for players; time-outs remaining; or fouls per player.

D. Attend to an injured player when beckoned onto the court by an official.

E. Replace or remove a disqualified or injured player directed to leave the game.

F. Coaches may rise in front of their seats to spontaneously respond to an outstanding play by a member of their team or to acknowledge a replaced player(s), but must immediately return to their seat.

37. Bench personnel shall not:

A. Disrespectfully address an official.

- B. Object to an official's decision by rising from the bench or using gestures.
- C. Incite undesirable crowd reactions.

38. Head Coach may only approach the scorer's table during a time-out, which includes half time and between quarters.

Player Safety and Injuries

39. An unconscious or apparently unconscious player, as determined by the game officials, will be removed from the game by the official. The player may not return to any game or practice, without written authorization from a physician (M.D. or D.O.). This authorization must be given to:

- A. the game official prior to the player's return, if for the same game. .
- B. the Athletic Director practicing again.

40. A player who is bleeding, has an open wound, or has an excessive amount of blood on the uniform must leave the game. The game official will stop the game and allow the coach one full minute to bring in a substitution. The affected player must sit out until the next time stoppage before returning to the game. Excessive bleeding or an excessive amount of blood is any amount on the uniform or skin that can be transferred to a player, opponent, or official. The player may not return until the bleeding has stopped, and if necessary, the affected area covered. If the player has an excessive amount of blood on the uniform, the uniform must be changed. Coaches are encouraged to have extra shorts, jerseys, socks, etc. for the player to change into. Inexpensive numbered t-shirts can be used as long as they are of a similar color as the game jersey.

Inclement Weather

41. Schools will be notified of cancelled games due to inclement weather if decided prior to the end of the school day. If school is cancelled, games may still be played. Coaches or athletic directors should call the GRACEAC hotline (456-9563) for further information regarding game status. If a game is cancelled due to inclement weather, the contest shall be played at a time and court mutually agreed on by the league president and coaches.

42. Coaches, parents, and officials are encouraged to use GRACEAC's new alert system via text and email. To register for text messages to your cell phone, simply text "hotline" to 84483. Standard text messaging rates may apply. You can register to receive email alerts online by clicking [here](#). To discontinue alerts, simply respond to a RainedOut.com text or email with "STOP". These alerts will automatically be posted on our Twitter account as well, so we encourage you to follow us @graceacsports.

Rules revised 1-13-20. Rules are in effect as written. CC