

Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC) Basketball

7th/8th Grade League – “A” and “B” leagues

GRACEAC Website – www.graceac.com

GRACEAC Hotline – (616) 456-9563

GRACEAC Twitter - @graceacsports

Updated February 4, 2021

1. The 7th and 8th 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 6th and 7th grades for the “B” Division and in 7th and 8th grade for the “A” Division. 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 Handbook 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 unless otherwise noted.
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 teams in a pregame prayer. (Suspended due to Covid Guidelines). During this time teams shall face each other before game at their free throw line and pray before game.
7. Teams and coaches will meet immediately following the game to shake hands in demonstration of good sportsmanship. (Suspended due to Covid Guidelines)

Mergers

8. Any school or schools requesting a merger should do so any time after August 1st by referring to the following guidelines:
 - a. Each school must make every effort to form a team with their own students before requesting or offering to merge with another school. Players may play one grade up. For example, 7th graders may play in the “A” Division. 6th graders may play in the “B” Division. 5th graders may play in the “C” Division. A 6th grader may not play in the “A” Division.

- b. A school considering a merger should reference the GRACEAC merger policy. The merger policy can be found on the GRACEAC website at www.graceac.com.
- c. 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.
- d. 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 7th/8th 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 (2) 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. 6th graders may play in the 7th grade league, but not in an 8th grade league or a 7th/8th grade combination league).
- 12. To ensure total participation, it shall be mandatory that each student athlete participate the minimum time per game of six (6) minutes. Failure for a coach to adhere to this rule will result in a report to the GRACEAC Commissioner for review.
- 13. When a player becomes injured during the course of a game and is deemed unable to continue, 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 the score table personnel with a completed playing time sheet 5 minutes before scheduled game start. Playing time sheet shall contain players listed in numerical order, first and last name. The score keepers shall notify each coach of the official playing times for their players during halftime and quarter breaks.
- 16. It is the responsibility of the head coach to make sure that each student athlete meets the required minimum playing time.

Game Rules

17. Each game shall consist of four quarters at eight minutes each, with a five minute halftime. Overtime shall be 3 minute additional playing time. Each Team shall have a minimum of 6 minutes of warm up pre game. Games shall not start before scheduled game time.

18. Each team will receive four sixty second (full) timeouts per game. A warning horn will sound at the 45 second point of the time out. Both teams shall enter the floor on the warning horn and be prepared to play at the 60 second conclusion of the time out.

19. If there is a tie after four quarters, there will be an overtime of three minutes. Each team will receive one additional 60 second 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. If a team is up by 20 points or more, they shall not press in the back court. In the front court they shall not double team or trap a player, with or without the ball. Each offensive player must be guarded by one defensive player only. The defense may collapse on an offensive player driving to the basket. The defense must immediately return to a man to man defense. When the score returns to less than 20, they may resume pressing, double teaming or trapping. Failure to comply with this rule will result in a bench warning. The second occurrence will result in a bench indirect technical foul. The opposing team will be awarded two free throws and possession of the ball at half court.

21. When a team is ahead in the second half by 30 points or more points, a running clock will go into effect. If the lead is reduced to 20 points, regular clock stoppages will be in effect. A running clock will run during free throws, but will stop during time outs, including injury time outs.

22. 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.

23. Free throws are from 15 feet. Aside from the free throw shooter, the offense shall have 2 players in the lane; the defense will have 4 players. The two spaces closest to the free throw shooter shall be left unoccupied. The bottom spaces must be occupied by the defense. 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 be awarded for common fouls on the 7th, 8th and 9th team fouls and two (2) free throws will be awarded beginning with the 10th team foul in each half.

24. The 7/8th grade girls' games will use a size 28.5 basketball. The 7/8th grade boys' games will use a size 29.5 basketball. Game ball shall be MHSAA or NFHS stamped to be official. Hosting gym shall provide all warm up and game balls. Teams and spectators shall not be allowed to bring basketballs into gyms. Non players may not shoot baskets between half, quarters and games. Gym is reserves for coaches, players and cheerleaders only.

25. The scorer's book at the scorer's table shall be the official book of the game.
26. No jewelry may be worn during a game. Any unforgiving material (i.e.; plastic or metal) may not be worn during games, ie cast or finger splints). A technical will be charged to a team that does not conform to this rule.
27. Players wearing t-shirts under their basketball jerseys shall be the same color as the most dominant color of the uniform. If a player wears shorts under their basketball uniform they shall be compression shorts (spandex) above the knee and the same color as the dominant color of the uniform. There is not rule governing shorts, socks or shoes. Players jersey and under shirt must comply with rule. Coaches will be responsible for the uniform compliance of all their players.
28. 3 POINT RULE – 3 point rule will be in effect in the A and B Divisions. All schools hosting A and B games must have a permanent marking for the 3 point line.
29. Only players, coaches, and cheerleaders may be on the court during the pre-game warm-ups, time-outs, quarter breaks, half time break, and the end of the game. All fans and spectators must be kept off the floor. No shooting baskets will be allowed by any non player.

Coaching Guidelines

30. 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.
31. The bench may only be occupied by the Head Coach, 2 Assistant Coaches and the players.
32. The head coach is responsible for the conduct and behavior of substitutes, disqualified squad members, and all other bench personnel, including assistant coaches.
33. 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 time out 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 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.

34. 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.

35. Coaches may only approach the scorer's table during a time-out.

Player Safety and Injuries

36. 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 before practicing again.

37. 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

38. Coaches 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.

39. 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 2-4-21. Rules are in effect as written. CC