

Grand Rapids Area Catholic Elementary Athletic Council

2018-2019 Basketball League

Rules at a Glance

Rule	5th & 6th Grades (D and C Divisions)	7th & 8th Grades (B and A Divisions)
NFHS rules unless exception noted	Yes	Yes
Practice Time (per week): Preseason Regular season (after 1st game) Time Limits	4.5 hours / 3 practices 4.5 hours / 3 practices 2 hours per practice	4.5 hours / 3 practices 4.5 hours / 3 practices 2 hours per practice
	Coaches are encouraged to cut time for practice and number of practices when there is an opportunity.	
Practice First Date	Monday, November 5	Monday, December 3
Minimum Playing Time	6 minutes per game	6 minutes per game
Timeouts Per Game	three - 60 second (full) two - 30 second (30 sec) total of 5 timeouts per game	three - 60 second (full) two - 30 second (30 sec) total of 5 timeouts per game
	<p>Warning horn will sound at 45 seconds for the 60 second timeout and 15 seconds for a 30 second timeout. Teams shall return to court ready to resume play at the end of timeout.</p> <p>Only 5 players on court at the time of a 30 second timeout may be on the court during timeout. Remaining bench players must remain out of bounds.</p> <p>Coach or players may call a timeout. Coach must signal for request of full or 30 second timeout to the official at the time of the request. Failure to do so will result in a full timeout charged, if available.</p>	

Length of Quarter	6 minutes	8 minutes
Length of Halftime	5 minutes	5 minutes
Overtime Period	3 minutes	3 minutes
	Each team will be awarded an additional full timeout per OT period. There will be as many overtimes as needed to determine a winner.	
Playing Time Sheet	Coach must present completed playing time sheet to scorer's table at least 5 minutes before game time. Must contain names (first and last) and numbers of players - to be listed in numerical order.	
Pressing	No pressing allowed, No back court defense allowed (exception - last minute of game with score of 10 points or less)	Yes - all presses allowed Unless there is a 20 point lead, then no press is allowed.
Frontcourt Defense	Must play man-to-man, within 6 feet of opposing player when defender is outside of 3 point arc. Strictly man-to-man above arc. Teams may play zone defense inside the 3 point arc. Failure to comply will result in a warning (one per team), then an indirect bench technical.	Man-to-man, zone, traps Everything allowed except with lead of 20 or more points, then strictly man to man defense.
Free Zones at Halfcourt	Defensive player must be past the bottom of the center circle (6 feet) until offensive player establishes possession in the front court with both feet and the ball. This includes players without the ball. Failure to comply will result in a warning (one per team), then an indirect bench technical.	None

Free Throw Distance	13 feet	15 feet
Bonus (free throws)	After 7 fouls, one and one After 10 fouls, two free throws	After 7 fouls, one and one After 10 fouls, two free throws
Mercy Rules		After 20 point lead, no press, no zone, no traps, no double teams - for all players, with or without the ball. Failure to comply will result in a warning (one per team), then an indirect technical. If lead falls below 20 points, press then allowed.
	For a lead of 40 points or more, running clock will go into effect. Clock will only stop for timeouts and injuries. If lead falls to 30, regular clock stoppage will resume.	
Ball Size	Boys & Girls - 28.5	Girls - 28.5 Boys - 29.5 (full size)
3 Point Shot	Yes	Yes
Coach's Box	6 feet from baseline to 6 feet from half court line	6 feet from baseline to 6 feet from half court line
Uniform Compliance	Coach is responsible for uniform compliance: no jewelry, shirts tucked in, uniform must be worn as manufactured, undershirts must be same or similar color of main color of shirt - neat, clean, not frayed. If shorts are worn under uniform, must be compression or spandex, and cannot exceed length of uniform shorts. Failure to comply will result in one warning per team, then indirect bench technical. All other uniform rules not mentioned here are also in effect and is the coach's responsibility to comply, have their team in "uniform compliance".	
Free Throw Rebounding	Players in blocks, on release. Shooter and players outside of arc, when ball hits rim or backboard.	

Coaches' Rules	<p>Head coach may stand to call timeout, confer with coaches/players, attend to an injured player, replace a disqualified player, respond to an outstanding play, and coach players. Coach(es) may not disrespect officials, object to a call, or incite crowd reactions. Failure to comply will result in a technical foul, directly to the head coach, regardless of coach or player. Official's judgment will decide if warning or technical is warranted. Only three coaches on bench during the game, the head coach and two assistants. Head coach is responsible for all bench personnel, including coaches and players.</p>	
Blood Rule	<p>Player with blood on skin and/or uniform of any amount must be removed from the game until bleeding has stopped or blood is removed. Affected player must be covered and affected uniform shall be removed. Coaches are encouraged to have extra uniforms available. Player may only return after clock has been stopped for substitution. Coach may use a "buy in" timeout to have player re-enter the game after a timeout. Only the team calling timeout can "buy in" timeout.</p>	
10 Second End of Game Rule	No longer in effect	Does not apply
Last Minute of Game Rule	<p>In the last minute of a game (4th quarter or overtime) with a score of 10 points or less, any defense is allowed. This includes full court press. When score is greater than 10 points, no press allowed and regular clock stoppage.</p>	Does not apply