



JUNIOR HIGH SCHOOL GIRLS BASKETBALL RULES (updated 2025)

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1. LEAGUE POLICIES

1.1 Eligibility

- a) A student athlete is eligible for participation in junior high school girls' basketball if they are enrolled in and attend a CSAA member school and meet all of CSAA's age, and grade requirements.
- b) It is the responsibility of the member school to ensure all of the eligibility requirements are met.
 - Please refer to "CSAA Student-Eligibility Guidelines" for further information.
- c) A student shall be eligible for CSAA JHS athletics at a maximum of 8th grade & 14 years old.
- d) Each team is allowed one (1) player who is 15 years old and does not turn 16 during the season, so long as said player is in grades 6-8. Players born before April 1, 2010 are ineligible.
- e) If it is determined that a school used an ineligible player in a league game, the game will be declared a forfeit and the win will be given to the opposing team.
- f) It is the responsibility of each member school to ensure each student athlete has undergone a physical examination within the last calendar year before participating in athletics.
- g) Any student transferring from one school to another during the season shall lose eligibility to participate in the present CSAA athletic event for the season.
- h) CSAA has the discretion, to waive all or part of the ineligibility based on evidence of hardship that's presented.

Purposes of "hardship" shall be defined as an unforeseeable, unavoidable, and uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student and/or his/her family.

- a) An affected student may request a waiver from the CSAA. Any student making such a request shall provide such documentation related to the claimed hardship as the CSAA may require.
- b) The following are examples of hardships. While all requests will be considered on the facts presented in the request, these examples are intended to describe the types of situations which meet the definition of hardship.
 - Death, the result of which requires a surviving student to change schools.
 - Divorce, the result of which requires a student to change schools.
 - Bona fide change in residence.

1.2 Uniforms

- a) All participating schools are expected to be in full uniforms by their first game.
- b) All teams must be in matching uniform, tops and bottoms, with unique numbers for each player.
 - Jersey numbers cannot switch from player to player. No exceptions.
 - Uniform jerseys must have 6-inch numbers on the back of the jersey.
 - If a team does not have matching uniforms before their first regular season game, they must inform the league beforehand.
- c) As a general rule, the home team should wear white uniforms. If a school does not have both home and road uniforms, it is the responsibility of the coaches to contact the league before the game to ensure that both teams do not show up at the game in the same color uniforms.
 - If away team does not have opposite color jersey from home team, they must bring pennies with numbers on it to every game.
- d) All t-shirts /compression shirts worn under the team jersey must be the same color for each player on the team.

- e) Arm sleeves, body suits and leggings are acceptable to be worn under uniform provided they do not contain any inappropriate images or language.
- f) All uniform issues will be discussed before the game with the coaches and referees. All reasonable attempts will be made to correct any violations.
 - Any uniform infractions found at the start of the game prior to tip off will result in a two (2) shot technical. No more than five (5) infractions (maximum of ten (10) free throws) will be assessed at one time before the start of the game.

1.3 Jewelry

- a) All earrings, facial piercings, body piercings, and bands must be removed before start of game.
- b) Glasses that are accepted:
 - Plastic framed glasses
 - Sports goggles
 - Providing they are strapped around the head sports goggles
- c) Glasses that are not permitted:
 - Lenses made of glass
 - Metal framed glasses
 - Any other type of eyewear that the referee/umpire deems could be dangerous.
- d) If jewelry must be worn for religious reasons:
 - Student must have a letter from their school (on school letterhead and signed by principal and their parent) outlining the request for an exemption.
 - Letters must be brought to every game throughout the season
 - If a student athlete is required to wear a religious band on wrist, it must be covered with athletic tape and/or sweat band.

1.4 Rosters

- a) Rosters are due by the team's 1st game of the season. This will be strictly enforced.
 - If a team roster is not submitted, the team will be able to play but will receive a forfeit loss until roster is submitted.
- b) All team rosters will consist of a maximum of fifteen (15) players and (2) team managers and must contain the following information:
 - Name of school
 - Names and telephone numbers of head coach and assistant coaches
 - Legal first and last name of each player
 - Grade, age, and year of birth (day not required)
 - Uniform number of each player
 - Signature of principal
- c) It is the responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges.
- d) Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.
- e) Roster changes will be approved or denied at the sole discretion of the Director of Athletics in accordance with the hardship provision (as defined in the "CSAA Student-Eligibility Guidelines")

1.5 Scheduling

- a) The season will generally start the first week of January and continue through end of March.

- b) Each participating school will play a 10-12game regular season.
 - All games postponed will be rescheduled by CSAA at a later date in the season.
- c) Games will be scheduled on any day of the week except Sunday. Games will not be scheduled on the following days:
 - Martin Luther King Jr. Day (3rd Monday of January)
 - President's Day
 - Mid-winter Recess
- d) Before the draft schedule is released, CSAA will request that each participating school submit seven (7) blackout dates to the league.
 - Games will not be scheduled on these blackout dates.
- e) It is the responsibility of each participating school to ensure that the blackout dates are inclusive of any foreseeable conflicts that the school may have with playing games on that day. These conflicts include (but are not limited to):
 - School-specific closings (half-days, early dismissal, open school night, etc.)
 - Parent/Teacher Conferences
 - School Plays/Concerts/Gym Events
 - School Trips
 - Vacations/absences of the coaches
 - Testing
 - High School entrance exams
- f) Schools will be expected to play on any day that is not listed as a blackout date. Any schedule conflicts presented to the league after the final schedule has been released will be reviewed and a final decision on whether to reschedule the game will be made at the sole discretion of the Director of Athletics.
- g) Blackout dates- Please keep in mind that if you cannot play on a specific day of the week (All Tuesdays) that specific day will be counted towards your blackout dates.
- h) All schools must be prepared to play Saturday games throughout the course of the season. Blackout dates consisting of all Saturday dates will not be accepted.

1.6 Playoff Tournament and Tiebreakers

- a) Teams will be ranked throughout the regular season based on division record. CSAA will determine playoff seeding after regular season is complete using the following criteria:
 - Head-to-Head result
 - Points allowed (points against)
 - Points for (points scored)
- b) A player must have participated in at least half of regular season games to be eligible for the playoffs. Exceptions will be made for injured players at the sole discretion of the Director of Athletics.
- c) No playoff game may end in a tie. If a game remains tied after the 3rd overtime period, subsequent one (1) minute overtime periods will be played until a winner is determined.
- d) Any team with an outstanding balance will be ineligible for playoffs until fees are paid to CSAA.
 - The fees must be paid one (1) day prior to your first playoff game.
 - Fees must be hand delivered to a CSAA member.

1.7 Filming

- a) Parents and spectators are allowed to film games from the stands

- b) Video recordings of the game are allowed by team managers. No player in uniform may record the game
- c) Submission of game films will only be allowed for review in the event of an altercation or a player injury due to a flagrant foul. Submission of game films will not be reviewed to protest referee judgment calls.

1.8 Cancellation of Games

- a) Any cancellations will be made by CSAA by 12pm.
- b) Rescheduling of games will be made by the league director and agreed upon by both schools.

2. GAME DAY POLICIES

2.1 Game Duration

- a) Games will consist of two (16) minute halves with running time.
 - The clock will run continuously during out of bounds plays and on the free throw line.
 - The clock will only stop on timeouts and at the referee's discretion.
- b) The clock will stop on all whistles during the last minute of the 1st half and the last two (2) minutes of the 2nd half.
- c) Each team will be given five (5) time-outs per game:
 - Three (3) full and two (2) 30-second timeouts.
- d) There will be a three (3) minute half-time break before the 2nd half starts.
 - Both teams will be allowed time to warm up before each half (time permitting). Dunking and grabbing the rim is not allowed during warm-ups and will result in a two (2) shot technical foul and a team foul.

2.2 Forfeits

- a) All forfeited games are entered into the standings as a 0-5 loss.
- b) A fifteen (15) minute forfeit time is allowed for all games. This will be strictly enforced by the referees.
 - All teams must have at least five (5) players to start an official game. Teams that have less than five (5) players by the designated forfeit time will forfeit the game.
- c) If a team cannot arrive at the game site on time, they must notify the league office of their estimated arrival time before the scheduled start time. Extra time (up to 15 minutes) may be allowed at the discretion of the Director of Athletics.
- d) Any team that forfeits late three (3) times in a season will be dropped from the schedule and will not be eligible for playoffs.
 - Any forfeit after 12pm is considered a late forfeit.
 - Fees will still have to be paid before the season is over.
- e) All teams that must forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.

2.3 Suspension /Ejection of Student/Coaches

- a) Any player ejected from a game must leave the immediate playing area.
 - Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- b) Any coach ejected from a game must leave the immediate playing area.

- If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- Coaches ejected from a game for unsportsmanlike behavior will face a minimum two-game suspension.

2.4 Equipment and Safety

- Each team is required to bring at least one (1) properly inflated, leather indoor basketball to each game.
- All JHS girls' games are to be played with a size 6 (28.5 inch) basketball.
- Each team will be consulted on the choice of game ball. If no agreement is made between the teams, the referees will make the final determination as to which ball is used for the game.
- Referees will go over any court-specific rules with the coaches before the start of the game (such as the extended back court line in certain gyms)
- No player will be allowed to play with a hard cast. A doctor's release note must be presented to the league before they can play again.
- An AED must be present in all buildings where games are played. CSAA mandates AED/CPR certification for all coaches.

2.5 Protests Protocol

- Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.
 - No protest of judgment calls may be entered.
 - Coach must verbally inform the referee of the protest before play commences or resumes. The referee will then make a notation in the scorebook that the game is being played under protest.
- Judgment calls include (but are not limited to)
 - Foul Calls – (block/charge)
 - Traveling violations
 - Goaltending
 - Boundary calls
 - Possession calls
- All protests of rules interpretations/athlete eligibility/scorebook keeping must be made in writing and emailed to the Compliance Officer (csaacompliance@gmail.com) within 24 hours of completion of the game.
- All written protests should include the following:
 - Date/time/location of the game
 - Names of schools involved
 - Names of referees
 - Reason for protest
 - Any relevant evidence pertaining to the protest
- The Compliance Officer will investigate all protests and will deliver a ruling within 48 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.
- A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

2.6 Sportsmanship Policy

- a) All teams are expected to show sportsmanship before and after each game. Coaches and players must line up and shake hands after each game. Exceptions to this rule are made for injured players after the coach informs the referees/game supervisor of the injury.
- b) Players must keep their jerseys on during the postgame sportsmanship line. If a player removes their jersey before the sportsmanship line, that player will be suspended for their next game. This will be strictly enforced
- c) Players who do not participate in the sportsmanship line will be suspended for their next game.
- d) Coaches who do not participate in the sportsmanship line will be suspended for their next two (2) games.
- e) Only coaches, players, and managers are allowed on the bench during the game.
 - Coaches and managers must be in team apparel/colors and players must be in uniform.
 - No spectators are allowed on the bench during the game.
 - All teams are responsible for removing their trash from the bench area after the game.
- f) Coaches are responsible for the actions of their players and spectators on and off the court.
- g) Foul language, obscene gestures, abuse of the referee and any other unsportsmanlike actions will not be tolerated from any coaches or players and may result in ejection or forfeiture of the current game, suspension from subsequent games and/or ejection from the league.
- h) Any player that is assessed a technical foul for unsportsmanlike behavior must immediately leave the game until they regain their composure.
- i) Any player or coach ejected from a game must immediately leave the gym. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- j) Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- k) Coaches ejected from a game for unsportsmanlike behavior will face a minimum two-game suspension.

2.7 Fighting/Altercations

- a) Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next game.
- b) Coaches are responsible for controlling their benches during an altercation. If a player leaves the bench to participate in an on-court altercation, that player will be ejected from the game and suspended for the next game.
- c) If more than one (1) player fights during or after a game, it is considered a team fight.
- d) If a team fight takes place a team can be suspended for one (1) game or the entire season.
 - During a team fight if one (1) player is reported to be out of control, that player can serve a suspension longer than the team suspension.
- e) After a review of the incident (which can include statements from the coaches, referees, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the Director of Athletics or Compliance Officer.
- f) CSAA reserves the right to suspend a player for a minimum of one (1) game and maximum of the entire season.

2.8 Spectators and Cheerleading Policies

- a) Each school should submit their gym spectator policy to the league before their first scheduled home game.

- b) A team technical foul will be given to fans or parents who disrupt the flow of the game at the referee's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the gym, the team that's being supported by the unruly fan will forfeit the game.
- c) Cheerleaders are an extension of the team and must also be accommodated at all home and away gym locations.
- d) Cheerleaders should only cheer under their own team's basket or designated area if available. Cheerleaders will switch baskets at halftime along with the teams.
- e) Cheerleaders are allowed to cheer during opponents' free throws.
- f) Cheerleaders are just like the players and can be ejected or suspended from a game for disorderly behavior at the referee or Game Supervisor's discretion.
- g) Half time is three (3) minutes long, and in the event that both schools have cheerleaders, one (1) minute performing time will be granted to each cheerleading team.

2.9 Sound and PA Announcements

- a) Pre-game music and music during time outs is allowed at the home team's discretion. CSAA expects all music and sounds to be in good taste with no profanity.
 - Cannot make fun of players, nor use nick names
- b) Play-by-play announcing is not allowed during league games and may only be used in exhibition or all-star games.

2.10 Scorebooks and Scoreboards

- a) The home team must provide staff to accurately keep the scorebook and operate the game clock.
- b) Each player must sign the official scorebook at the scorer's table for themselves before the start of the game.
 - Only a maximum of fifteen (15) players may sign the book for any individual game.
- c) If a player does not sign the scorebook for themselves, the team will be assessed a two (2) shot technical foul.
- d) If a player does not sign the scorebook and enters the game, the team will be assessed a two (2) shot technical foul.
- e) Both coaches must sign the official scorebook before the game.

3. GAMEPLAY RULES

3.1 Game Rules

- a) A team will not be allowed to warm up until the whole team is signed into the book.
- b) If a team is ahead by 20 or more points, the winning team cannot full court press.
- c) The mercy rule will be applied if a team is ahead by 20 points or more with 2 minutes left in the game. If a team is leading by 20 points with 2 minutes left in the game (or at any point thereafter), the game will end.

3.2 Possessions

- a) Game starts on a jump ball with alternating possessions after that.

3.3 Fouls/Techs

- a) A player will be disqualified from the game after five (5) personal fouls.

- b) If a team has only 5 eligible players left and a player fouls out, that player may remain in the game and the opponent will receive two (2) shots and possession of the ball every time that player commits a foul.
- c) After the 7th team foul, the 1 and 1 bonus for the opposing team for each half.
- d) After the 10th team foul, the double bonus for the opposing team begins for each half.
- e) All break away fouls will result in two (2) free throws and possession of the ball.
- f) All flagrant fouls will be considered technical fouls and will result in two (2) free throws and possession of the ball a player who receives two (2) flagrant fouls will result in ejection from the game.
- g) A player who has received an unsportsmanlike behavior technical and then commits a flagrant foul will be ejected from the game for accumulating two technical fouls.
- h) All technical fouls will count as personal fouls.

3.4 Other Penalties

- a) Five (5) second “closely guarded” rule will be enforced.
- b) Ten (10) second half court rule will be enforced in girls’ competition.
- c) Line violations on free throws will be enforced. Players may not enter the lane until the shooter releases the ball. The shooter may not cross the foul line until the ball hits the rim.

3.5 Overtime Periods

- a) If a game score is tied after the end of the 2nd half, a three (3) minute overtime period will be played. Each team will receive one (1) additional time out to use during the overtime period. The clock will stop on all whistles during the last minute of the 1st overtime period.
- b) If a game score is tied after the end of 1st overtime period, a two (2) minute overtime period will be played. The clock will stop on all whistles during the 2nd overtime period.
- d) If a game score is tied after the end of 2nd overtime period, a one (1) minute overtime period will be played. The clock will stop on all whistles during the 3rd overtime period.
- d) If a regular season game score remains tied after the 3rd overtime period, the game will be declared a tie.
- e) If a playoff game remains tied after the 3rd overtime period, additional one-minute periods will be played until there is a winner. The clock will stop on all whistles during the additional overtime periods.