



# HIGH SCHOOL D1AA GIRLS VARSITY BASKETBALL RULES

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## **1. LEAGUE POLICIES**

### **1.1 Eligibility**

- a) A Girls student athlete is eligible for participation in High School Varsity 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) For participation in Girls Varsity High School Basketball competition, a student shall only be eligible to participate if and only if:
  - The student is currently enrolled in grades 9-12 up until their 20<sup>th</sup> birthday.
  - The student who will reach the age of 20 before or during the basketball season (before June 1 of the current school year), cannot participate.
- d) Students in 8<sup>th</sup> grade may participate in Varsity competition.
  - If a student in 8<sup>th</sup> grade participates in Varsity High School Basketball competition the student is not eligible to participate in Junior High School competition, the programs are in the same season.
- 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 teams must be in matching uniform, tops and shorts, with unique numbers for each player.
  - Jersey numbers cannot switch from player, to player. No exceptions. Teams can bring extra jerseys to games, that is not assigned to any other players. These are considered blood jersey; in case someone gets blood on their jersey and needs to change.
  - If team does not have matching uniforms before their first regular season game, they must inform the league beforehand. The only way a team can be exempt from the uniform policy, will be to order uniforms from the CSAA vendor "Side Street".
- b) As a general rule, the home team should wear white uniforms.

- c) Athletes may wear any color sneakers and athletic socks that they choose provided they do not contain any inappropriate images or language.
- d) All t-shirts/compression shirts worn under team jersey must be the same primary color of the team jersey. All 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, Game Supervisor and referees. All reasonable attempts will be made to correct any violations. Any uniform infractions found after the start of the game will result in a two (2) technical foul shots. No more than four (4) infractions maximum of eight (8) free throws will be assessed at one time before the start of the game.
  - No team or personal fouls will be given for uniform infractions.

### 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 is for Religious reasons:
  - Child must have a letter from their school
  - Letter must have school letter head and signed by principal
  - Child must have a letter from their parent as well
  - Letters must be brought with the child to every game throughout the season
  - If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

### 1.4 Rosters

- a) Rosters are due by team's 1<sup>st</sup> game of the season. This will be strictly enforced.
  - If roster are not submitted, 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 fourteen (20) 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 from principal
- c) Only a maximum of 15 players may dress for any given game.
- d) 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. 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) League rosters should be emailed to league sports email before the 1<sup>st</sup> league game.

### *1.5 Scheduling*

- a) The season will generally start the second week of January and continue through the middle of March.
- b) 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 (3<sup>rd</sup> Monday of January)
  - President's Day
  - Mid-winter Recess
  - Christmas Day
- c) In late December, before the final schedule is released, CSAA will request that each participating school submit ten (7) blackout dates to the league office (not including the CSAA Holiday blackout dates). The league will not schedule games on these blackout dates.
- d) 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.
- e) It is the responsibility of each participating school to ensure that the blackout dates are inclusive of any foreseen 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, etc)
  - Testing (mid-terms, interim assessments, SATs, etc)
  - Parent/Teacher Conferences
  - School Proms/Dances
  - School Trips
  - Graduation dates
  - Vacations/absences of the coaches
- 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 Tuesday's) that specific day will be counted towards your blackout dates.

### *1.6 Playoff Tournament and Tiebreakers*

- a) CSAA will determine the playoff dates and seeding once the regular season is complete using the following criteria:
- Division record
  - Head to Head
  - Point against
- b) A player must have played in at least half of the regular season games to be eligible for the playoffs. Exceptions will be made for injured players (Doctor's note must be provided) at the sole discretion of the Director of Athletics.
- c) 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.

- d) No playoff game may end in a tie. If a game remains tied after the 3rd overtime period, subsequent 1 minute overtime periods will be played until a winner is determined.

### *1.7 Filming*

- a) CSAA does have policies and restrictions on filming of league games and future opponents.
- b) Video recordings are allowed by A.D's or coaches only to record their own games.
  - A.D's and coaches that violate this policy will forfeit two (2) games.
- c) Parents and spectators are allowed to film.
- d) Filming will only be allowed for review in case of an altercation or a player gets injured.

### *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 RULES**

### *2.1 Game Duration*

- a) Games will consist of four (4) eight (8) minute quarter with stop time.
- b) The game clock will stop on all whistles.
- 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.
- e) After a time out in the last minute of the 4<sup>th</sup> quarter, the ball can be advanced to half court as long as the ball is not advanced before the time out. Substitution can be made before the 1<sup>st</sup> free throw or after the 2<sup>nd</sup> free throw.

### *2.2 Forfeits*

- a) All forfeited games are entered into the standings as a 11-10 loss.
- b) A fifteen (15) minute forfeit time is allowed for all games. This will be strictly enforced by the referees unless extra time is authorized by Director of Athletics.
  - 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 is fifteen (15) minutes to twenty (20) minutes late and the team that is on time agrees to play the game, the game will consist of Four 6minutequarters and halftime will be consider as a full timeout.
- 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

- a) Each team is required to bring at least one (1) properly inflated, NFHS approved, leather indoor basketball to each game.
- b) 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 decision as to which ball is used for the game.
- c) 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)
- d) 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.
- e) An AED must be present in all buildings where games are played. CSAA mandates AED/CPR certification for all coaches.
- f) 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.
- g) A list of approved game balls for boys and girls varsity basketball can be found at:  
[www.nfhs.org/AuthenticatingMark/](http://www.nfhs.org/AuthenticatingMark/)

#### 2.5 Protests Protocol

- a) 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.
- a) Judgment calls include (but are not limited to):
- Foul Calls – (block/charge)
  - Traveling violations
  - Goaltending
  - Boundary calls
  - Possession calls
- b) All protests of rules interpretations/athlete eligibility/scorebook keeping must be made in writing and emailed to the Director of Athletics within 24 hours of completion of the game.
- c) All protest must be completed on the proper Protest form.
- All protest forms are on CSAA website under rules.
- d) The “Game Conflict Investigator” will investigate all protests and will deliver a ruling within 24 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.
- e) 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, during, and after each game. Coaches and players must lineup and shake hands before and 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.
- 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, profanity, obscene gestures, abuse of the referees and any other unsportsmanlike actions will not be tolerated from any coaches or players and may result in a technical foul, ejection from 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 (1) game suspension.
- k) Coaches ejected from a game for unsportsmanlike behavior will face a minimum two (2) 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 2 games at minimum.
- 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.
- f) CSAA reserve 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) Home team cheerleaders should cheer on Home team sidelines or designated area if available.
- e) Home team cheerleaders cannot cheer on the away team's sideline/bench. Away team cheerleaders cannot cheer behind the home team's bench.
- f) Cheerleaders cannot cheer or boo during free throws attempts.
- g) Cheerleaders are just like the players and can be ejected/suspended from a game for disorderly behavior at the referee or Game Supervisor's discretion.
- h) 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. CSAA expects all music and sounds to being 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 personnel to operate the scoreboard and keep the official scorebook.
  - CSAA will only provide game supervisors for weekend games.
  - All school personnel working the table must wear school logo polo or dress shirt.
- b) Only head coaches involved in the game should approach the scorer's table in the event of any disputes. Fans, parents, and school staff (other than the AD) are not allowed to approach the scorer's table and can result in the issuance of technical fouls or forfeiture of the game at the discretion of the referee.
- c) 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 in the book for any individual game.
- d) If a player does not sign the scorebook for themselves, the team will be assessed a two (2) shot technical foul.
- e) If a player does not sign the scorebook and enters the game, the team will be assessed a two (2) shot technical foul.
- f) Both coaches must sign the official scorebook before the game.
- g) Each team must keep an accurate scorebook of the game play to resolve any discrepancies with the official scorebook. The scorebook is considered part of the official record of the game and must be provided to the league in order to resolve any protests.
- h) All teams must create a MAX PREP Account. All teams are responsible for doing their own statistics and inputting them on Max Prep no later than 48 hours after their game.

## **3. GAMEPLAY RULES**

All game play will follow rules outlined by the National Federation of State High School Associations Basketball Rule Book ([www.nfhs.org](http://www.nfhs.org)) for boys competition, and by the NCAA Rule Book ([www.ncaa.org](http://www.ncaa.org)) for girl's competition with the following modifications/exceptions/clarifications:

### *3.1 Fouls*

- 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 7<sup>th</sup> team foul, begins the 1 and 1 bonus for the opposing team.
- d) After the 10<sup>th</sup> team foul, begins the two (2) shot double bonus.
- e) All break away fouls will result in two 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 player who receives two 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) Clock stops on technical fouls shots.

### 3.2 Overtime Periods

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

### 3.3 Other Penalties

- a) Five (5) second "closely guarded" rule will be enforced.
- b) Lane 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.