

# RCAB Basketball Rules

2024' – 2025'

## **I. Schedules**

All teams agree to follow the league schedule.

Games should be postponed before 3:00 PM on game day and only in the event of inclement weather. The Coordinator, in conjunction with school Principals and Administrators, will determine when games need to be canceled. If a Principal or Administrator determines games should be cancelled, they must inform the Coordinator by phone. Then, after informing the Coordinator, they need to make sure all teams involved are informed.

When a team is unable to play a game for reasons other than inclement weather, that team needs to get the Coordinator's approval first. After receiving approval, the team requesting the game change will notify the opposing team no less than 24 hours in advance of the scheduled game time by phone. Then follow-up with an e-mail to everyone involved.

Should a team or school fail to make notification of postponement within 24 hours, such team will be responsible for payment of all appropriate fees and forfeit the game.

Any postponed game must be rescheduled within 7 days of the original date by mutual agreement of the teams. The Coordinator will adjudicate any rescheduling problems. Upon mutual agreement of rescheduled game the Coordinator will send out a confirmation e-mail to everyone involved.

All teams are required to fully complete their schedules each season and must make all attempts to do so.

The regular season normally starts the first week of December, with the season ending the Friday before February break. the playoffs will be the first week in March depending upon the Archdiocese Championships start date and the NECYO tournaments.

## **II. Officials & Games**

The league will observe MIAA rules unless otherwise noted in CYO/RCAB rules.

No game shall start before teams observe opening prayer. This can be done at sideline before game, or both teams may join for group prayer.

The league observes a Zero Tolerance policy in regards to any parents, players, coaches, etc who acts or behaves abusively or violently during any league sanctioned event.

The Officials Assignor will assign all officials for all contests with the Coordinator approval. No non-league Referees should be used at any time.

It's recommended that each school appoint an Administrator to oversee their basketball teams, gym operations on game nights, collect Referee payment information, etc. The school appointed Administrator will act as the communication link between SSPSL and the School's Principals; otherwise, it would be up to the 7 & 8 grade coaches to perform this function.

Spectators are not allowed to bring basketballs into a gym. There shall be no basketball playing allowed by spectators, prior to games, during time outs, at half-time, or after games.

A size 28.5 basketball will be used for all 3-4 and 5-6 level games as well as 7-8 girls games.

A size 29.5 will be used for boys 7-8 level games.

Teams shall be ready to start play 10 minutes before the game's scheduled start time. The first game of the night will start at its scheduled start time.

The home team must provide at least one adult score keeper or clock operator to be seated at the scorer's table.

The home team will provide a visual scoring device and appropriate game ball.

No player may compete in multiple grammar school conferences.

Number of games to be played during the regular season will be based upon the number of weeks the season runs which is normally somewhere between 9 to 11 weeks. Each conference may have a different number of scheduled games which can be anywhere from a minimum of 10 to a maximum of 16 games.

Any school wishing to enter two teams in the same conference/division must submit separate player rosters. Players on these teams will not be allowed switch teams during the current season, including playoffs.

3-point shots will be allowed in every game played in gyms with a three-point line.

Half-time will be 5 minutes in length with players remaining in the bench area. A total of 4 time-outs per game. One (1) time-out will be allowed for each overtime.

Teams will shoot two free throws for common fouls when in the bonus. This change to Rule 4-8-1 eliminates the one-and-one scenario and sets new foul limits each quarter for awarding the bonus free throw.

In addition to awarding two foul shots for all common fouls, teams will reach the bonus when their opponent commits five fouls in each quarter and team fouls will reset at the end of each quarter. Overtime periods are extensions of the 4th quarter and therefore fouls are not reset.

A change or addition to the scorebook will result in a technical foul being charged to the offending team. Only 1 technical foul can be charged per team even if there are multiple infractions.

No new player can enter the game after the halftime break.

Exception would be changing a number because of blood on a shirt.

## **Conference Structure**

### **7-8 Grade Conference**

7-8 grade game consists of four 8-minute stop time quarters

7-8 grade game overtime period length will be 4 minutes.

7-8 grade teams cannot press full court or double team while leading by more than 15 points in a league regular season game. If the team's lead drops below 15 points, the team can resume pressing and double team until it is again up by that margin.

### **5-6 Grade Conference**

5-6 grade game consists of four 7-minute stop time quarters

5-6 grade overtime period length will be 3.5 minutes.

5-6 grade teams cannot press full court until the second half and overtime or if leading more than 15 points.

If the team's lead drops below 15 points, the team can resume pressing.

5-6 grade Each player in the book must enter the game, each half, for a minimum of 2 minutes. Recommended that each player has equal playing time.

### **3-4 Grade Conference**

3-4 grade game consists of four 7-minute stop time quarters

3-4 grade game is man to man except for in the paint.

3-4 grade overtime period length will be 3 minutes.

3-4 grade teams cannot press or double team, at any point throughout the game.

3-4 grade Each player in the book must enter the game, each half, for a minimum of 2 minutes. Recommended that each player has equal playing time.

## **III. Eligibility**

All players must be full time students at the Parish School or Catholic school.

All students must be in school in the day of the game to participate that evening, if a student is out of class or the school administration says a student cannot play, they will not be allowed to participate in games that night.

Any student in grades 3, 4, 5, 6, 7, or 8 may participate.

7th and 8th grade students who are at or under the age of 15 before December 31st of the year the season begins are eligible to play in the 7th and 8th grade conference. 5th and 6th grade students are also eligible to play in the 7th and 8th grade conference.

5th and 6th grade students who are at or under the age 13 before December 31st of the year the season begins are eligible to play in the 5th and 6th grade conference.

3rd and 4th grade students who are at or under the age 11 before December 31st of the year the season begins are eligible to play in the 3rd and 4th grade conference.

Any coach or player ejected during a game is ineligible to participate in at least the next scheduled game, regular season or tournament.

Anyone ejected more than one game maybe subject to suspension for all remaining games as determined by the SSPSL Board.

The RCAB board will adjudicate any questions on eligibility before the player competes.

No player may play in more than one (1) game in a single day. In the event of a league emergency, which absolutely requires the playing of two (2) games in a single day, at least four (4) hours must elapse between the starting times of games.

Any coach who allows an ineligible player to compete is ineligible to participate in at least the next scheduled game, regular season or tournament.

#### **IV. Rosters**

Rosters are to be filled out and signed by the Athletic Director and Principal, scanned in by the school, sent to the Area Coordinator and then submitted to the Director of Basketball.

Each team will carefully prepare and submit an official roster of players, not to exceed twenty (20) names, for each team competing in the league.

All rosters must be submitted to the coordinator before the first game of the season. There is then a 3-game grace period to add to your roster, after the third game, no additions can be made to the roster. (except for school transfers)

The league Coordinators and Director of Basketball shall not hand over the full roster to the other team. If there is a dispute, the Coordinator and Director of Basketball will cross reference rosters.

When a player is designated a number with their name at the beginning of the season, that player's number stays with that player throughout the season, there are no jersey swaps allowed.

#### **V. Protests**

Protest of rule interpretations during actual game conditions must be made orally with the game officials at the point of the alleged misinterpretation. The game must be completed for a protest to be valid.

All protests must be submitted by email within 24 hours of the conclusion of the contest and the SSPSL Board will adjudicate said protest. A non-unanimous decision may be brought before the Archdiocese Board for final decision.

#### **VI. Uniforms**

Each team shall provide itself with appropriate uniforms (shirt and shorts), clearly numbered front and back with legal numbers in the same color.

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The following numbers are legal 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55. A team member list shall not have both numbers 0 and 00.

Team jerseys shall include the team member's number, which shall be at least 6 inches high on the back and at least 4 inches high on the front and not less than 3/4 inch in width excluding the border.

The home team and visiting team shall wear opposing color jerseys.

For a complete listing of uniform requirements see NFHS basketball rules under Rule 3, Section 4.

## **VII. Financial Responsibilities**

Each team will submit a \$200.00 per team League and Archdiocesan entry fee to the Coordinator by means of a check made payable to "RCAB" prior to the start of the season.

The home team is responsible for paying the Official's game fee during the regular season.

Official's fees are \$55.00 / game / referee. For the South Shore / Middlesex and North Shore are different

In the event that there is only one official for the game(s), then fee would be increased by one half (1/2).

During the league playoffs league representatives will run all gyms and admission fee may be charged.

## **VIII. Game Results**

The teams will e-mail final game score to the Area Coordinator within 24 hours of the completion of a game or both teams could receive a loss. E-mail should include School names, date, conference/division level (7-8 Grade, 5-6 Grade, 3/4 Grade, Junior), team (boys/girls), and scores.

Only regularly scheduled league games will count in the standings for playoff and tournament placement.

## **XI. Post Season Play**

The league post-season play will be after the regular season ends.. All teams will make the playoffs with ties being broken first by head to head records, then records against other playoff teams, then least amount of points scored against. If necessary a one game playoff will be played, the league Coordinator will determine if the situation requires this; otherwise, a coin

flip will be the last tiebreaker. Brackets will be determined by number of teams competing in postseason.

The structure of the league tournament is as follows:

### **Quarterfinals**

Neutral Site

### **Semifinals**

Neutral Site

### **Finals**

Neutral Site

For 7/8 Grade the team with the best regular season record will get an Automatic Bid to the Archdiocese Championship Tournament as the Division Team One (unless the team declines). Division Team Two will be determined by the winner of the Championship. If the Championship winner is the Automatic Bid team, then the other team in the Tournament Finals will be selected to be Team Two.

In the event that three teams are requested from any division, the Automatic Bid team will be selected as Division Team One, the Championship Winner will be Division Team Two, and Team Three will be decided by a onetime playoff game between the Semi-Final losing teams. In the event that a team declines to move on, or one of the two Division Finals participants are also the Automatic Bid, then a playoff game between the next highest ranked teams (according to the standings), that isn't already selected, will be chosen to represent the Division.

For 5/6 Grade, the winners of the post season tournament for each league will play for the RCAB title. The title game will rotate among the three leagues (North Shore, Middlesex, SSPSL) to host.

The two leagues that are not hosting will play a semifinal game to determine who plays in the finals of the RCAB. Host league's representative will automatically play in the finals.

For 3/4 grade, the SSPSL title game will be considered the RCAB champion.

## **IX. All-Star Game**

If there is an All-Star Game it is normally on the last Sunday of February school vacation week.

The All-Star coaches will be determined based upon the standings when the player selections were completed which is normally the first weekend in February. The first and second place team coach will be offered the All-Star coaching position. If for any reason the first and second place team coach is unavailable on the All-Star game day then the position will be offered third place team coach, etc, etc.

### **Game Guidelines**

1. All-Star players should have an equal amount of playing time.
2. Players need to be checked into and out of the game and tracked in the official scorer's book.

Each All-Star player will be charged \$10.00 for the All-Star shirt. Schools that are paying for their player's shirts may mail in a check made out to SSPSL. Players will receive a trophy for participating in the All-Star game.

### **Selections**

Based upon each School's record at the time of the All-Star player selection each coach will receive a form informing him/her of the number of players their school will be sending to the All Star game. Each School will have at least one player on the All-Star team and a maximum of three players selected to play in the All-Star game. Coaches will receive a complete list of players selected as soon as the player selection process has been completed. Ties will be broken first by head-to-head records, then records against other possible playoff teams, then a coin flip will be the last tie breaker.

### **Teams**

Two 7-8 Grade Boys, two 7-8 Grade Girls teams, two 5-6 Grade Boys teams, two 5-6 Grade Girls teams, two 3-4 Grade Girls teams, two 3-4 Grade Boys teams

Each team's structure is based upon the standings at player selection time with team 'A' being made up of teams in position 1-3-5-7 etc and team 'B' 2-4-5-6 etc.

## **X. Other**



RCAB runs a basketball program the covers full time students in grades 3, 4, 5, 6, 7, or 8 attending Parish/Catholic schools.

The RCAB reserves the right to make changes to the rules during the season, which in his/her judgment is in the best interest of the league.