



CPSAL HS Varsity Basketball Rules & Regulations

1. *Uniforms*

- 1.1. All teams must be in matching uniform, tops and shorts, with unique numbers for each player.
- 1.2. Jersey numbers cannot switch from player to player. No exceptions.
- 1.3. Teams can bring extra jerseys to games that are not assigned to any other players. These are considered blood jerseys; in case someone gets blood on their jersey and needs to change.
- 1.4. If a team does not have matching uniforms before their first regular season game, they must inform the league beforehand.
- 1.5. As a general rule, the home team should wear white uniforms.
- 1.6. Athletes may wear any color sneakers and athletic socks that they choose provided they do not contain any inappropriate images or language.
- 1.7. 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.
- 1.8. Arm sleeves, bodysuits and leggings are acceptable to be worn under uniform provided they do not contain any inappropriate images or language.
- 1.9. 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



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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

2. Participation

- 2.1. Students in 8th grade may participate in Varsity competition.
- 2.2. If a student in 8th grade participates in Varsity High School Basketball competition for a school that participates in Junior High School competition, that student is eligible to participate in Junior High School competition as long as the programs are not in the same season.
- 2.3. In order to be eligible to participate in CPSAL activities a student must be enrolled in and attend a member school.
- 2.4. Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.
- 2.5. Transferring students cannot be added to rosters during a season.
- 2.6. Transferring students gain eligibility at the beginning of the next season. For example, if a student transfers during the middle of the fall season, they gain eligibility for the start of the winter season.



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- 2.7. A student shall be eligible for High School competition in grades 9th, 10th, 11th, and 12th.
- 2.8. A student who is 20 years old or turns 20 during the school year, is not eligible for any sports.
- 2.9. A student is eligible to participate in the CPSAL interscholastic sports program immediately upon lawful registration and entry into a New York School that offers such a program, provided the student meets the standards as set forth by the Eligibility Rules and Regulations.
- 2.10. Any transferring student who was on an active roster at another school at any time during the year prior to the date of transfer, shall be ineligible to represent the school transferred to, in that sport, for a period of one year from the date of transfer, unless the student can demonstrate that the transfer is the result of an official change of residence by his/her parents or legal guardians or the result of a legal change in guardians.
- 2.11. If a student was on a team's active roster in a sport in any high school (public, parochial or private), that student may not participate in the same sport during the same season, for any other team.
- 2.12. A student may participate on one or more teams but only for the school in which he/she is a full-time student.



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3. Jewelry

3.1 All earrings, facial piercings, body piercings, and bands must be removed before the start of the 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.

3.2. If jewelry is for Religious reasons:

- Child must have a letter from their school
- Letter must have school letterhead 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.

There are absolutely no exceptions to these rules, player will immediately not be allowed to play if caught violating these rules.



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4. Rosters

- 4.1. Rosters are due by the team's 1st game of the season. This will be strictly enforced.
- 4.2. If the roster is not submitted, the team will be able to play but will receive a forfeit loss until roster is submitted.
- 4.3. All team rosters will consist of a maximum of twenty (20) players and must contain the following

information:

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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 Athletic Director.

- 4.4. It is 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.

- 4.5. Rosters may consist of a maximum of twenty (20) players but only a maximum of fifteen (15) players may dress for any individual game.



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4.6. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league game.

4.7. A team roster is capped at 24. **ONLY** 20 active players are allowed.

4.8. If a team's roster drops below 6 active players during the season, that team will be allowed to add up to 2 players as long as the team hasn't played half of their season games prior to the addition.

5. *Scheduling*

5.1. The season will generally start the first week of December and continue through the middle of March.

5.2. 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
- Christmas Day

5.3. Teams are responsible for submitting their blackout dates the week after the Preseason meeting. The preseason meeting will be held in the middle to the end of November. Schools are entitled (7) blackout dates (not including the CPSAL Holiday blackout dates. The league will not schedule games on these blackout dates.

5.4. 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.



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5.5. 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):

- a. School-specific closings (half-days, early dismissal, etc)
- b. Testing (mid-terms, interim assessments, SATs, etc)
- c. Parent/Teacher Conferences
- d. School Proms/Dances
- e. School Trips
- f. Graduation dates
- g. Vacations/absences of the coaches

5.6. 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.

5.7. 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.

6. *Playoff Tournament and Tiebreakers*

6.1. CPSAL will determine the playoff dates and seeding once the regular season is complete using the following criteria:

- a. Wins/losses
- b. Head to Head
- c. Point against
- d. Points for



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- e. Points for minus points against
- 6.2. 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.

7. *Filming*

- 7.1. Teams are allowed to film their own games and not allowed to film games that they are not participating in.
- 7.2. No soliciting or receiving another team's film for any reason.
- 7.3. If the above rules are not followed, a one game suspension/forfeit will be enforced.
- 7.4. Parents and spectators are allowed to film.
- 7.5. Filming will only be allowed for review in case of an altercation or a player gets injured.

8. *Cancellation of Games*

- 8.1. Any cancellations on game day will be made by CPSAL by 1pm.
- 8.2. Games canceled in less than 48 hours of game day will not be rescheduled and result in a forfeit for the rescheduling team. CPSAL reserves the right to reschedule a game based on unavoidable emergencies determined by the Commissioner.



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9. Gameday Policies

9.1. Game Duration

- a) Games will consist of four (4) eight (8) minute quarters 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 five (5) 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.

10. Forfeits

- 10.1. All forfeited games are entered into the standings as a 2-0 loss.
- 10.2. A fifteen (15) minute forfeit time (Starts 15 minutes after the scheduled start time of the game) is allowed for all games. This will be strictly enforced by the referees unless extra time is authorized by Commissioner or other league staff.
- 10.3. All teams must have at least (5) players to start an official game. Teams that have less than five (5) players by the designated forfeit time will forfeit the game. Team must have their 6th player by halftime or it will go down as a 2-0 forfeit loss and if they are leading at halftime. If the other team is winning, the score will count as the final score.



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- 10.4. If a team is fifteen (15) minutes late, they will lose 2 time outs (1 full and 1 30 seconds).
- 10.5. Any team that forfeits three or more games in a season will not be eligible for playoffs.
- 10.6. All teams that must forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.

11. Suspension /Ejection of Student/Coaches

- 11.1. Any player ejected from a game must leave the immediate playing area.
- 11.2. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- 11.3. Any coach ejected from a game must leave the immediate playing area.
- 11.4. 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.
- 11.5. Coaches ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.

12. Equipment and Safety



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- 12.1. Each team is required to bring at least one (1) properly inflated, NFHS approved, leather indoor basketball to each game. The size must be 29.5.
- 12.2. 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.
- 12.3. 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)
- 12.4. 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.
- 12.5. An AED must be present in all buildings where games are played. CPSAL mandates AED/CPR certification for all coaches.

*A list of approved game balls for boys and girls varsity basketball can be found at:

www.nfhs.org/AuthenticatingMark/

13. Protests Protocol

- 13.1. Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.
- 13.2. NO PROTEST OF JUDGEMENT CALLS MAY BE ENTERED.**
- 13.3. The coach must verbally inform the referee of the protest before play commences or resumes.



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a) Judgment calls include (but are not limited to):

- Foul Calls – (block/charge)
- Traveling violations
- Goaltending
- Boundary calls
- Possession calls

13.4. 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.

13.5. All protests must be completed on the proper Protest form or sent through email to the commissioner.

13.6. All protest forms are on CPSAL website (cpsal.org) under documents.

13.7. The league will investigate all valid 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.

14. Sportsmanship Policy

14.1. All teams are expected to show sportsmanship before, during, 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.

14.2. 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 warned. Continued violation of this rule may result in a 1 game suspension.



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- 14.3. Players who do not participate in the sportsmanship line may be suspended for their next game.
- 14.4. Coaches who do not participate in the sportsmanship line will be suspended for their next game.
- 14.5. Only coaches, players, and managers are allowed on the bench during the game.
- 14.6. Coaches and managers must be in team apparel/colors and players must be in uniform.
- 14.7. No spectators are allowed on the bench during the game.
- 14.8. All teams are responsible for removing their trash from the bench area after the game.
- 14.9. Coaches and ADs are responsible for the actions of their players and spectators on and off the court.
- 14.10. 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.
- 14.11. Any player that is assessed a technical foul for unsportsmanlike behavior must immediately leave the game until they regain their composure.
- 14.12. 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.
- 14.13. Players ejected from a game for unsportsmanlike behavior will face a minimum one (1) game suspension.
- 14.14. Coaches ejected from a game for unsportsmanlike behavior will face a minimum two (2) game suspension.



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15. Fighting/Altercations

15.1. 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.

15.2. 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.

15.3. If more than one (1) player fights during or after a game, it is considered a team fight.

15.4. If a team fight takes place a team can be suspended for one (1) game or the entire season.

15.5. 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.

15.6. 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 league commissioner.

15.7. CPSAL reserves the right to suspend a player for a minimum of one (1) game and maximum of the entire season.

16. Spectators and Cheerleading Policies



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- 16.1. Each school should submit their gym spectator policy to the league before their first scheduled home game.
- 16.2. 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. Schools are responsible for keeping spectators in control.
- 16.3. Cheerleaders are an extension of the team and must also be accommodated at all home and away gym locations.
- 16.4. Home team cheerleaders should cheer on the Home team sidelines or designated area if available.
- 16.5. Home team cheerleaders cannot cheer on the away team's sideline/bench. Away team cheerleaders cannot cheer behind the home team's bench.
- 16.6. Cheerleaders cannot perform, cheer, boo or any other action to throw off the shooter during free throws attempts.
- 16.7. 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.
- 16.8. Half time is three (5) minutes long, and in the event that both schools have cheerleaders one (1) minute performing time will be granted to each cheerleading team.

17. Sound and PA Announcements

- 17.1. Pre-game music and music during timeouts is allowed. All music and sounds should be in good taste and profanity free.



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17.2. Play-by-play announcing is allowed and encouraged during league games. Must be appropriate and cannot make fun of players.

18. Scorebooks and Scoreboards

18.1. The home team must provide personnel to operate the scoreboard and keep the official scorebook.

18.2. It is encouraged that each player must sign the official scorebook at the scorer's table for themselves before the start of the game.

18.3. Only a maximum of fifteen (15) players may sign in the book for any individual game.

18.4. For each player's name that is not written in the scorebook, the team will be assessed a two (2) shot technical foul

18.5. It is encouraged that both coaches must sign the official scorebook before the game.

18.6. 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

19. GAMEPLAY RULES

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



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19.1 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, the team will continue to play with 4 players. Teams can continue to play until all eligible players have fouled out.
- c) After the 5th team foul, the opposing teams get 2 shots.
- d) All break away fouls will result in two free throws and possession of the ball.
- e) 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 flagrant fouls will result in ejection from the game.
- f) 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.
- g) Clock stops on technical foul shots.

20. Overtime Periods

20.1. The clock will stop on all whistles during the overtime periods.

20.2. 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 two (2) additional time outs to use during the overtime period.



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20.3. If a game score is tied after the end of 1st overtime period, a two (2) minute overtime period will be played. Each team will receive one (1) additional time out to use during the 2nd overtime period.

20.4. If a game score is tied after the end of 2nd overtime period, a one (1) minute overtime period will be played. Each team will receive one (1) additional time out to use during the 3rd overtime period.

20.5. If a regular season game score remains tied after the 3rd overtime period, the game will go down as a tie.

21. Other Penalties

21.1. Five (5) second "closely guarded" rules will be enforced.

21.2. 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.