

**CDC High School and 6<sup>th</sup>-8<sup>th</sup> Girls Basketball**  
**General Rules**

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1. IHSAA rules apply with the exception of the following:
2. **Games will consist of 2 halves of 22 minutes each. All halves will utilize a running clock.** A regulation clock will be utilized during the last minute of the game only.
3. A minimum of 4 players on each team is necessary to begin the game.
  - a. If a team cannot field 4 players, the game will be declared a forfeit.
  - b. If, due to normal foul outs and injuries a team is reduced to less than 4 players, the game will continue to be a regulation game and may be played to its normal conclusion with the remaining players.
  - c. If a team drops below 4 players due to any other reason (player schedules, ejections, etc) the game WILL be declared a forfeit.
  - d. If a forfeit occurs, games can be played with “substitute” or “pick-up” players as long as those substitutes are officially registered in the CDC High School league (the other team can loan players or other players can be picked up) Basically, any time “substitute” players from other CDC High School teams are used, the game is forfeited.
4. To avoid a forfeit, the coach can utilize players from OTHER CDC leagues (8<sup>th</sup> or 9<sup>th</sup> graders). Anyone who plays in a game must be registered in a CDC league.
5. Three (3) timeouts will be allowed per game. Each timeout will be 60 seconds in length.
6. Halftime is 1min 30secs in length.
7. The clock will continue to run during the shooting of free throws unless a timeout is called. If a timeout is called, the clock will start once the ball is considered live.
8. The clock will stop only for the following reasons:
  - a. Player substitutions.
  - b. Time out called by a player or coach.
  - c. Player injury.
  - d. Referee timeout.
9. ***If a team is up by 20 points you cannot press at anytime. (UPDATED 1/2018)***

**Substitutions**

10. Substitutions will take place only at approximately the 16:30, 11:00, and 5:30 clock points in each half- call them “sessions” or “eighths”.
11. The referee will stop the clock as near as possible to the exact time. The clock may stop anywhere +/- 1minute from the pre-determined time. The clock will stop only long enough to make the substitutions (approximately 10 seconds).
12. If a player is substituted for an injured player, the time the replacement player is on the court counts towards his allowed playing time.

### Playing Time

13. Playing time **is REQUIRED to be equal**. All players must play a minimum of  $\frac{1}{2}$  of a game (22 minutes). Quarters discussed below are two sessions or two eighths Required times are as follows:
  - a. If a team has nine (9) players, then 5 players play 2.0 quarters (4 sessions/eighths), 4 players play 2.5 quarters
  - b. If a team has eight (8) players, then all players must play 2.5 quarters.
  - c. If a team has seven (7) players, then 5 players play 3.0 quarters, 2 players play 2.5 quarters
  - d. If a team has six (6) players, then 4 players play 3.5 quarters, 2 players play 3.0 quarters
14. There is one exception to the equal playing time rule. If one team has 6 or fewer players and one team has 8 or more players, then the team with the higher amount of players can play players more than the maximum allowed in rule 12 as long as ALL players play a minimum of two (2) quarters. This rule is also applicable if a team has 5 players vs a team with 7.
15. If a player shows up late for a game there is still a minimum playing time requirement.
  - a. If the player arrives to the bench prior to halftime, he must still receive a minimum of  $\frac{1}{2}$  of a game playing time.
  - b. If a player arrives to the bench after the start of the second half, he must receive at least  $\frac{1}{4}$  of a game of playing time.

### Overtime

16. Overtime is 2 minutes in length.
17. There will be a regulation clock during the last minute only of overtime.
18. Each team will receive 1 timeout per overtime.
19. Each game will have a maximum of 1 overtime period during the regulation season.
20. During the playoffs, games will continue until a winner is determined.

### Technical Fouls - this area addresses aggressive play and spot flare-ups

21. Technical fouls may be called on a player or coach either by the game referee or a high school league commissioner.
22. A player or coach may be ejected from the game at any time at the discretion of the referee or commissioner. Called technical fouls are not required.
23. Any coach receiving a technical foul will be required to sit out the remainder of the game AND the next game. A second technical foul will result in expulsion from the league for the remainder of the year including playoffs. Additionally, any coach receiving 2 technical fouls in a season will not be allowed to coach in the league the following year. Reinstatement of the coach into the league after the year suspension will be determined by commissioner review.
24. Any player receiving his second technical foul during a single game receives an automatic ejection for the remainder of that game.
25. Any player that is ejected from a game will sit out the next game as well. A second ejection **may** result in expulsion from the league for the remainder of the year including playoffs. Reinstatement of the player into the league will be determined by commissioner review.

**Malicious Unsportsmanlike Behavior-** This addresses negative actions and behaviors that are more repeated, ongoing and intentional. Included in this definition are things like 1) cursing and vulgar gestures directed at others (players, coaches, teams, parents, etc); 2) physical and verbal taunting, ball throwing, displays of anger; 3) aggressive or ongoing criticism of referees, the other team, other players and fans; 4) repeated intentional

aggressive fouls; and 5) derisive and constant displays of poor sportsmanship like non-stop negative or sarcastic comments from the bench, players, coaches, assistant coaches, scorekeepers AND fans. This is not a full list, but examples EACH PLAYER, COACH and FAN should NOT participate in. The focus of this section is to “de-escalate” and “defuse” ...stop and deal with the situation before it escalates

26. **STOP/WARN/REMOVE - this is the de-escalation process**

a) It is the responsibility of the players and coaches to **focus on positive play** and that if they want to question an official, they do so respectfully. Coaches need to ensure that all who are supporting the team whether they are assistant coaches on the benches fans around the court, scorekeepers, etc. are also maintaining a positive approach. This is an ongoing expectation.

b) It is the responsibility of the referees to call the game, but to not respond to comments and criticisms by making comments about players and/or coaches, or trading comments back and forth with players or coaches or fans. They have a right to explain to the coach what they saw and why they made the call. Their role is to keep the game under control and **“facilitate” a fun and positive game.**

c) Referees and coaches both need **to make efforts to “de-escalate” and “defuse”** aggressive situations by calmly and respectfully discussing the specifics of a negative situation that is brewing. If necessary, **STOP the game to do so, WARN all of the expectations** and then move on. Disagreements will happen...insults, harassment and intentional malicious behavior should not.

d) **REMOVE** - Once a warning has been issued, if the referees observe further **“malicious unsportsmanlike behavior”** they will issue a **technical foul** as they would **per IHSAA rules** and that will be marked down by them on the **scoresheet as “intentional”** and the coach will be notified of the reason it was called. This includes “double technical” where two players are cited.

e). On the **first “intentional” technical foul** called on a player(s), that **player(s) will be removed from the game for the rest of their current playing rotation.** If it happens in the last half of the rotation, they will be held out for their next rotation as well. This is intended to be a “de-escalation” effort...An opportunity to get a player to calm down before something else happens. An “intentional” technical foul is still a technical foul as discussed in the technical foul rules above. If there is a **second technical foul of any kind called, that player will leave the game and will be suspended from play the next game and if there is any further display of “malicious unsportsmanlike behavior” from that individual, the suspension may be extended. It does not matter what sparked the situation...what matters is how they respond.**

f) **Coaches will have the same option of substituting a player** for the rest of their current rotation when they believe the player needs a cooling off period. Discuss it with the other coach and the ref and let them know you want a “cooling off” substitution. A **player who cannot control themselves will forfeit their opportunity to “equal playing time”.** We do not want this to happen often, but we want to make sure that we support the coach’s effort to get a “disruptive force” off the floor if necessary. Bottom line, “malicious unsportsmanlike behavior” only escalates negative situations and we want to do all we can to stop the behavior as soon as we can. **If an “intervention” is necessary, do it.**

To help you implement the equal playing time requirement, here is a table that can be used to allocate playing time player

Player Names	# of Players at Game				First Half Time				Second Half Time			
	9	8	7	6	1A	1B	1C	1D	2A	2B	2C	2D
#1	2.5	2.5	3.0	3.5								
#2	2.5	2.5	3.0	3.5								
#3	2.5	2.5	3.0	3.5								
#4	2.5	2.5	3.0	3.5								
#5	2.0	2.5	3.0	3.0								
#6	2.0	2.5	2.5	3.0								
#7	2.0	2.5	2.5									
#8	2.0	2.5										
#9	2.0											