



WINTER PROGRAM

MANUAL

Great American Basketball League

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General Policies

Philosophy/Mission.

The Great American Basketball League was founded in 1974. As a program of the GABL Youth Sports Foundation, Inc., it provides youth with an opportunity to play basketball in a competitive and learning environment. Since its inception, the league has been guided by its dedication to high standards and teaching skills, sportsmanship and fair play, and by its commitment to every participant to play in each game. The league considers its activities to be a service to the community and acknowledges that its success is dependent upon the generous donation of time and expertise by volunteers from the community.

The mission of the league is to provide year-round opportunities for youth of all skill levels to play basketball in a competitive and learning environment, as well as:

- Promote fitness, health and skill development;
- Build team and cooperative learning;
- Teach character, sportsmanship and citizenship.

Points of Emphasis

Minimum Playing Time-The minimum playing time rule is one of the fundamental principles of the GABL program. Coaches make a commitment to follow this rule when registering as a volunteer coach.

Ineligible Players-In order to be eligible to play in a GABL game or participate in practice, a player must be on the roster of the team for which he or she plays. In order to be considered on the roster of a team, the player must have finalized registration online with the GABL league office and have paid the appropriate fee. This policy applies to all league games and practices.

Scorekeepers/Timekeepers-Each team is responsible for providing one person to serve as scorekeeper or timekeeper for each game. These individuals become members of the officiating crew of the game and must remain neutral for the duration of the game.

Sportsmanship-Head coaches are responsible for the conduct of assistant coaches, players and fans during each game. Fans are prohibited from talking to game officials during halftime or after the game.

Uniforms and Equipment- No jewelry (e.g., watches, rings, bracelets, earrings) is allowed to be worn.

Responsibilities of the Head Coach

- a. Teach sportsmanship and league philosophies to participants, fans and parents.
- b. Review and discuss all league rules with players and parents.
- c. Properly supervise all practice sessions and use of gymnasiums.
- d. Provide a scorekeeper or timekeeper for each game.
- e. Accurately enter the player names and numbers on the official score sheets for each game.
- f. Oversight of the conduct of the players, coaching staff and fans during the game.
- g. Select assistant coaches who exercise good sportsmanship

******The head coach is the only coach allowed by rule to communicate with officials during the course of a game. An assistant coach may be designated by the head coach as acting head coach, but in doing so, the head coach loses the ability to communicate with the officials.

******Official scorekeepers and timekeepers are to remain neutral in carrying out their duties. Head coaches shall instruct the individual chosen to serve as the team's official scorekeeper or timekeeper to maintain an appearance of neutrality while sitting at the scorer's table and not to cheer for the team or yell to players on the team.

Team Rosters

- a. Final team rosters must be filed by the head coach with the league office by the date determined by the Basketball Committee. All players must be on a roster to be eligible to play in any games or participate in practices. Players must have a completed registration and have paid the appropriate fee to be considered on a roster.
- b. A player may be added to a team roster following filing to the league only by approval of the league office.

Uniforms and Equipment.

- a. All teams shall have a matching set of jerseys with appropriate numerals. Matching shorts are not necessary. In a conflict situation, the home team will wear over-jerseys provided by the league. Home team will wear light color jersey (white if available).
- b. The game ball should be provided by the home team. The away team may provide the game ball if agreed upon by both head coaches.
- c. NFHS rules leave to the discretion of the official whether a player may wear a hard cast; however, it is the league's position that a player is ineligible to play while wearing a hard cast due to the possibility of additional injury to the player or other players.
- d. No jewelry (e.g., watches, rings, bracelets, earrings) is allowed to be worn.

Disciplinary Program.

- a. Each head coach is directly accountable for his/her own conduct, and the conduct of his/her assistant coaches, players, parents and supporters.
- b. Unsportsmanslike conduct on the part of coaches, players or fans is subject to disciplinary action as may be determined by the Basketball Committee.
- c. Failure to abide by GABL rules, particularly as they apply to player participation and to the objective of the zone defense rule, may result in suspension of the head coach and/or forfeiture of the game in question.
- d. Any coach or player ejected from a game will automatically be suspended for the next game as a minimum penalty.
- e. A second ejection of a player or coach will result in suspension for the remainder of the season.
- f. Any flagrant action following the completion of a game will result in a minimum automatic one-game suspension for the player, coach or fan involved. Further penalties may be assessed at the discretion of the management committee.
- g. Coaches and fans will serve suspensions off premises. Players may dress in street clothes and sit on the team bench.
- h. Any coach who uses an ineligible player (a player who has not registered and paid the applicable fee) may be suspended for the remainder of the season.
- i. Coaches who violate the playing time rule will be warned on the first violation by the league office. The second violation will result in the forfeiture of the game and suspension of the coach for one game by the league office. A third violation will result in the suspension of the coach for the remainder of the season.

Awards. Ties at the end of the regular season will be broken for the purposes of distributing league awards using the following criteria in the order listed:

- (1) Head-to-Head record. (best won-lost-tied percentage in games played between/among the tied teams, if any)
- (2) Best won-lost-tied percentage in games played against common opponents of all tied teams, if any)
- (3) Fewest points allowed against common opponents of the tied teams, if any.
- (4) If still tied, all teams receive the appropriate awards.

Additions and Revisions. Any addition or revision to the league's policies requires a majority vote of the GABL Foundation Board of Directors.

Game Management.

- Schedules. Game schedules are final when established. Any schedule changes will only be made to correct errors, or on approval by the league office.
- Supplies and Equipment. The league furnishes electronic scoreboards, first aid kits and over-jerseys for games at each gymnasium site.
- Awards. Awards will be given to all 1st -2nd grade participants, 3rd grade awards will be given to the top 2 teams per division based off of regular season standings. 4th-8th grade awards will be given to regular season first and second place division winners and awards will be given to post season tournament first and second place winners.
- Playing Time. In all grades 1st-8th, Every player that is dressed for a game must play a minimum of 15 total minutes. (Except for health, injury or discipline exceptions. These exceptions must be brought to the attention of the opposing head coach prior to the game.)
- Forfeits. Game time is forfeit time. However, a forfeit may not be called without approval from the court supervisor. A team must start a game with a minimum of four players, but may finish with less than four players due to fouls or injuries.

Winter League Rules

Unless modified below, all play will be governed by the National Federation of State High School Associations Rulebook.

1. **Basketballs.** 1st-2nd grade boys/girls as well as 3rd grade girls will use a 27.5 size basketball; 3rd grade boys and 4th-7th grade boys/girls will use a 28.5 size basketball.
2. **Jerseys.** Home team wears light color jerseys (white if available.) Visiting teams wears dark color jerseys.
3. **Goal Height.** 1st-2nd grade boys and girls will play on an 8ft goal, 3rd grade boys and girls will play on a 9ft goal and all 4th-8th grade will play on a 10ft goal.
4. **Game Clock.** Each game will consist of two, 20-minute halves, with a running clock except during the last two minutes of the game. In the final two minutes of the game and any overtime periods, the clock will stop in accordance with Federation rules. For all grades, the clock will continue running in the final two minutes of the game if one team is ahead by 15 points or more.
5. **Halftime.** Halftime will be 3 minutes in duration.
6. **Overtime Periods.** Overtime period will be 2 minutes in duration. A second overtime is sudden death (first team to score)
7. **Timeouts.** There will be two full timeouts per half, with no carry-over. There will be one additional time-out per overtime period.
8. **Jump Ball.** All games will begin with a jump ball.
9. **Pressing/Defense.** 1st-3rd grade: no full court pressing or zone is allowed at any point during the game. No trapping outside of the lane, however, a defender may "help" a teammate when the opposing team drives to the basket. Double teaming is only allowed in the lane. In 4th grade-8th grade: Pressing/Zone defense is allowed except when a team is ahead by 15 points or more.
10. **Special Rules.** 1st-2nd grade lane violations will be called at 5 seconds; Free throw line for 1st-4th grade will be set at 12ft. One person or stack offense in 1st-3rd grade is prohibited. (This rule is at the discretion of the officials and is to eliminate one on one offense.) A warning will be issued to the head coach and a second or subsequent attempt will result in a technical foul. This rule does not apply to inbound plays. The three point goal is applicable in 1st-3rd grade and players are allowed to steal the basketball both off of the dribble and a pass once the ball crosses the half court line.