

CITRUS ACADEMIC AND ATHLETIC LEAGUE BASKETBALL RULES

Time:



- Games will consist of **4 ten minute quarters**. The clock **will remain running** at all times **except for time-outs and the last minute of the game**. During the **last minute** the clock will stop **during free throws, time-outs and balls out of bounds**. Overtime periods will be three (3) minutes long in duration with each team receiving one time out per overtime period. Time-outs do not carry over from previous overtime periods.
- Quarter breaks will be two (2) minutes and halftime will be five (5) minutes.
- Each team will receive 2 time-outs per half. Time-outs **do not carry over** from the first half.

Fouls:

- A **player fouls out** of the basketball game upon receiving their **5th personal foul**.
- On the **7th team foul** of the half, the opposing team enters the bonus (shoot 1 and 1 free throws). On the **10th team foul** of the half the opposing team enters the double bonus (shoots 2 free throws)
- Besides the person shooting the free throw, only 2 other team members may remain in the free throw area. The other 2 players must remain beyond the 3 point line or top of the key.
- **Flagrant fouls** will result in a **technical foul; the opposing team will receive 2 free throws and then get the ball out of bounds**. **Flagrant fouls** may result in **ejection (referees discretion)**.
- **Technical Fouls** – Will be issued to a team for elongated verbal confrontations, obnoxious fan behavior and any other actions taken by a player, coach or fan whom is disrupting the pace of the game. **Technical fouls** may result in **ejection (referees discretion)**.
- Incidental contact between two opponents should be considered as incidental contact when it does not interfere from normal movements. A foul should not be called in this case.
- An intentional foul should be called on fouls used to keep the clock from starting. These fouls are when the defenders create contact away from the ball or not playing the ball. An intentional foul should be called when a player causes excessive contact with an opponent.
- Personal foul(s) against a player and/or number inaccuracy calls must be disputed from the time the foul occurs and before the foul is recorded in the score book. Elongated disputes will result in a delay of game penalty.

Violations:

- **5 seconds for inbounding** the basketball is enforced always.
- **3 seconds in the key** is enforced always.
- **Delay of Game** – First occurrence will a warning will be issued. The second occurrence will result in a technical foul against the team. **The opposing team will receive 2 free throws and then get the ball out of bounds**. Examples: Spit water on courts, elongated substitutions, verbal disputes not handled in a timely manner, etc.

Game Play:

- Field goals scored during game play are worth two (2) points each. Only courts with a permanent three (3) point line visible on the court will be allowed to count field goals as three (3) point baskets.
- Free throws made are worth one (1) point each.
- Each team will be allowed two (2) score keepers at the score table. Extra personnel will be sat on the bench.
- Score keepers will be responsible to record participating teams score, fouls, time-outs, etc.
- Roster size is dependent on the number of total uniforms a team has for their student-athletes. No switching of uniforms at any time. Violations will result in a technical foul against the coach.
- Substitutes must be made at the scorer's table. Coaches have a maximum of ten seconds to substitute players or a delay of game penalty will be called.
- A ball that touches a player or official is the same as the ball touching the floor at that location.

- A ball handler who dribbles from the backcourt towards the frontcourt is considered in the frontcourt only when both feet pass the half court line. Teams have **10 seconds** to establish frontcourt possession when a ball is inbounded inside the backcourt.
- Basket interference occurs once the ball is in, on or within the basket and a player touches the ball, net or any part of the basket.
- Basket interference also occurs when the ball is touched while it is in the cylinder region (circumference of the rim extended to the sky) above the rim.
- Basket interference also occurs if a player puts any portion of their body up through the bottom of the cylinder of the net to hit the ball.
- When a free throw attempt is missed the ball will not be live for play until the ball hits the rim. The ball must hit the rim.
- Blocking is illegal when it impedes the movement of the opponent when they have the ball or if they do not have the ball.
- Charging is illegal when there is contact caused by pushing or moving into a player's torso.
- Closely guarded constitutes an offensive player in possession of the ball and a defender/opponent is within 6 feet of them.
- When a player attempts a shot and one of their teammates commits a foul, there is no continuous motion if the shot has not been released. If the ball has been released and is in flight, there should be a continuous motion on the play.
- A dribble is allowed if the ball is batted into the air, only if the ball is allowed to hit the floor before the ball handlers' hands.
- Guarding an opponent is the act of placing the body in the path of an offensive player or ball handler. The maximum distance away from a player is 6 feet and there is no minimum distance as long as contact is not made to impede the offensive player.
- Legal guarding stance is when a defender has both feet on the floor and they are facing the ball handler.
- Screen setting; High School Rule-Screener may face in any direction, time and/or distance as long as they are stationary.
- When screeners approach a defender from the front or side, the screener can be anywhere as long as no contact is made.
- When screeners approach a defender from behind, the **screener needs to give the defender a distance of one normal step backward without contact.**
- **When screening a moving defender, screener must allow enough time and distance for defender to avoid the screen.**
- High School Rule-The principle of "vertically" needs to be preceded by a legal defensive guarding position.
- From a legal defensive stance, a player may jump up vertically (occupying their vertical plane).
- A defenders arm may be raised (within their vertical plane) as the defender is on the floor or if they jump in the air.
- If a defender moves any part of their body outside of their vertical plane causing contact, it should be called a foul.
- Jump ball only at the start of a game. After that, all simultaneous possessions will be determined by the possession arrow.
- No athlete will be allowed to participate in a game if he/she is wearing a harden cast or brace of any kind. Only athletic/soft braces are permitted for use during game play.
- Coaches are **required** to officiate during regular season games or are required to provide an official to represent the school. The maximum number of officials for any single game on the court is three (3).
- Indoor Rainy Day Game Play: If only two (2) courts are available during a rainy day at an indoor facility, only "A" teams will play games that day.
- Tournament @ SMS (hosted by SMS) format will consist of a winners and losers bracket format with the 4th and 5th and the 3rd and 6th seeds playing first at 9:30am. Losers of these games will be done for the day. 1st and 2nd seeds receive a bye for the first round and the lowest seed will play the highest seed in the semifinals. Overtime will consist of 3 minutes. Should the score be tied at the end of the first overtime period, the highest regular season record team will be declared the winners except in the championship games.

EXPONENT RULES:

- All students that participate in CAAL will be classified (Height and Weight Measured) two times per year.
- Classifications need to be completed prior to the start of the first game of the football/volleyball season and before the start of the first game of the basketball season.
- Newly enrolled students need to be classified as soon as possible.
- Students may participate in a higher classification, but must remain at that classification for the duration of that sports season.
- EXPONENT CALCULATIONS:

EXPONENTS	HEIGHT	AGE	WEIGHT	EXPONENT
1	53 Inches	10 Years	61 - 65 Pounds	1
2	54 Inches	10 Years 6 Months	66 - 70 Pounds	2
3	55 Inches	11 Years	71 - 75 Pounds	3
4	56 Inches	11 Years 6 Months	76 - 80 Pounds	4
5	57 Inches	12 Years	81 - 85 Pounds	5
6	58 Inches	12 Years 6 Months	86 - 90 Pounds	6
7	59 Inches	13 Years	91 - 95 Pounds	7
8	60 Inches	13 Years 6 Months	96 - 100 Pounds	8
9	61 Inches	14 Years	101 - 105 Pounds	9
10	62 Inches	14 Years 6 Months	106 - 110 Pounds	10
11	63 Inches	15 Years	111 - 115 Pounds	11
12	64 Inches	15 Years 6 Months	116 - 120 Pounds	12
13	65 Inches		121 - 125 Pounds	13
14	66 Inches		126 - 135 Pounds	14
15	67 Inches		136 - 145 Pounds	15
16	68 Inches		146 - 155 Pounds	16
17	69 Inches and Up		156 Pounds and Up	17

Lightweight (B) and Heavyweight (A) Classifications:

Lightweights (B) (Class C and D) = 1 - 29 Exponents
Heavyweights (A) (Class A and B) = 30 and Up Exponents

Example:

Height = 60 inches = 8
Age = 12 years 6 months = 6
Weight = 123 pounds = 13
TOTAL = 27 Exponents = Lightweight

Citrus Academic and Athletic League Code Of Conduct

Alta Vista



Terra Bella



Pleasant View



Springville



Strathmore



Woodville



We, in the Citrus Academic and Athletic League, believe that middle school athletic competition should be fun but that it must also be a significant part of a sound educational program. We believe that those who coach student-athletes are, first and foremost, teachers who have a duty to assure that their sports programs **promote important life skills and the development of good character**. We believe that the essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). We believe, further, that the highest potential of sports is achieved when teacher-coaches consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well-being of our student-athletes. This Code of Conduct applies to all full-time and part-time coaches involved in our sports league.

I understand that in my position as a coach, I must act in accord with the following code:

Trustworthiness

1. **Trustworthiness** – Be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.
 - a. **Integrity** – Model high ideals of ethics and sportsmanship and always pursue victory with honor; teach, advocate, and model the importance of honor and good character by doing the right thing even when it is unpopular or personally costly.
 - b. **Honesty** – Do not lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct.
 - c. **Reliability** – Fulfill commitments; I will do what I say I will do; be on time.
 - d. **Loyalty** – Be loyal to my school and team; put the team above personal glory.
2. **Primacy of Educational Goals** – Be faithful to the educational and character-development missions of the school and assure that these objectives are comprised to achieve sports performance goals; always place academic, emotional, physical and moral well-being of athletes above desires and pressures to win.
3. **Counseling** – Be candid with student-athletes and their parents about the likelihood of getting an athletic scholarship or playing on a professional level. Counsel them about the requirement of many colleges preventing recruitment of student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
4. **College Recruiters** – Be honest and candid with college recruiters about the character and academic abilities and interest of student-athletes.

Respect

5. **Respect** – Treat all people with respect all the time and require the same of student-athletes.
6. **Class** – Be a good sport, teach and model class, be gracious in victory and accept defeat with dignity; encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
7. **Taunting** – Do not engage in or allow trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
8. **Respect Officials** – Treat contest officials with respect; do not complain or argue with official calls or decisions during or after an athletic event.
9. **Respect Parents** – Treat the parents of student-athletes with respect; be clear about your expectations, goals and policies and maintain open lines of communication.
10. **Profanity** – Do not engage in or permit profanity or obscene gestures during practices, sporting events, on team buses, or any other situation where the behavior could reflect badly on the school or the sports program.
11. **Positive Coaching/Officiating** – Use positive coaching/officiating methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Be prepared for your coaching/officiating duties regularly by being prepared (have a whistle, score sheet, line up, etc.) and punctual. Refrain from physical or psychological intimidation, verbal abuse, and conduct that are demeaning to student-athlete or others.
12. **Effort and Teamwork** – Encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork, and winning with character.
13. **Professional Relationships** – Maintain appropriate, professional relationships with student-athletes and respect proper teacher-student boundaries. Sexual or romantic contact with students is strictly forbidden as is verbal or physical conduct of a sexual nature directed to or in view of student-athletes.

Responsibility

14. **Life Skills** – Always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible.
15. **Advocate Education** – Advocate the importance of education beyond basic athletic eligibility standards and work with faculty and parents to help student-athletes set and achieve the highest academic goals possible for them.
16. **Advocate Honor** – Prominently discuss the importance of character, ethics and sportsmanship in materials about the athletic program and vigorously advocate the concept of pursuing victory with honor in all communications.
17. **Good Character** – Foster the development of good character by teaching, enforcing, advocating and modeling (T.E.A.M.) high standards of ethics and sportsmanship and the six pillars of character.
18. **Role-Modeling** – Be a worthy role-model, always be mindful of the high visibility and great influence you have as a teacher-coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all I want my student-athletes to be.
19. **Personal Conduct** – Refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of student-athletes or other situations where my conduct could undermine my positive impact as a role model.
20. **Competence** – Strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques, and first-aid and safety.
21. **Knowledge of Rules** – Maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.
22. **Positive Environment** – Strive to provide a challenging, safe, enjoyable, and successful experience for the athletes by maintaining a sports environment that is physically and emotionally safe.
23. **Safety and Health** – Be informed about basic first aid principals and the physical capacities and limitations of the age-group coached.
24. **Unhealthy Substances** – Educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol, tobacco and recreational or performance-enhancing drugs.
25. **Eating Disorders** – Counsel students about the dangers of and be vigilant for signs of eating disorders or unhealthy techniques to gain, lose or maintain weight.
26. **Physicians' Advice** – Seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.
27. **Privilege to Compete** – Assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right and that they are expected to represent their school, team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models. Student-athletes must achieve and maintain a GPA of 2.0 during the current sport(s) season(s) they are participating in. Schools may have additional requirements which are on a district by district basis.
28. **Self-Control** – Control my ego and emotions; avoid displays of anger and frustration; don't retaliate.
29. **Integrity of the Game** – Protect the integrity of the game; don't gamble. Play the game according to the rules.
30. **Enforcing Rule** – Enforce this Code of Conduct consistently in all sports-related activities and venues even when the consequences are high.
31. **Protect Athletes** – Put the well-being of student-athletes above other considerations and take appropriate steps to protect them from inappropriate conduct.
32. **Access** – Help make your sport accessible to all diverse communities.
33. **Improper Commercialism** – Be sensitive to and avoid unwholesome commercialism including inappropriate exploitation of my name or the name of the school and undue financial dependence on corporate entities. Make sure any affiliation or association with a corporate entity is approved by school and district officials.
34. **Game Results** – Athletic Directors will email game results of both the A and B teams games to the league commissioner no later than the following Tuesday after the games have been played.

Fairness

35. **Fair and Open** – Be fair in competitive situations, selecting a team, disciplinary issues and all other matters; and be open-minded and willing to listen and learn. All athletic teams are to be comprised of only students enrolled in grades 6th through 8th grade (exception being the track teams which may include 5th grade students). "A" or "Varsity" teams can be comprised of 6th through 8th grade athletes regardless of exponents. "B" or "Junior Varsity" teams can be comprised of 6th through 7th grade students only and must meet the league exponent criteria designated by the league rules.

36. **Exponents** – Exponents for student-athletes will be measured at the start of the school year before the first athletic contests take place and will be re-measured before the start of the basketball season annually. See exponent chart for details.
37. **Game Management** – Coaches are required to officiate all games throughout the regular season. The exception to this is if an outside official(s) have been retained and are aware of the league rules and code of conduct, than the coaches have the option to allow the third party official to take over the games officiating duties which will allow the coaches to coach only (should this be accepted, the coaches understand that the official has all officiating powers and responsibilities and must abide by the decisions made by the third party official as long as it is within the rules of the Citrus Academic and Athletic League. No spectators are allowed on team benches or sidelines at any time (players/coaches/school personnel only). No one other than coaches and/or athletic directors may approach any officials/score keepers at any time. Spectators whom do not comply will be removed from the game and/or the game will be ended and a forfeit will be awarded to the opposing team. No drinks on playing courts or fields at any time (sidelines only) or a delay of game violation will be the result.
38. **Cancelled Games Outcomes** – Ideally games will be cancelled twenty four (24) hours in advanced (10 am the day of as last resort/emergency). Games cancelled due to inclement weather or for administrative reasons result in a no game played. Discipline cancellations result in a forfeit and win for the opposing team.

Caring

39. **Safe Competition** – Put safety and health considerations above the desire to win; never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
40. **Caring Environment** – Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

Citizenship

41. **Honor the Spirit of Rules** – Observe and require student-athletes to observe the spirit and the letter of all rules including the rules of the game and those relating to eligibility, recruitment, transfers, practices and other provisions regulating interscholastic competition.
42. **Improper Gamesmanship** – Promote sportsmanship over gamesmanship; don't cheat. Resist temptations to gain competitive advantage through strategies or techniques (such as devious rule violations, alteration of equipment or the field of play or tactics designed primarily to induce injury or fear of injury) that violate the rules, disrespect the highest traditions of the sport or change the nature of competition by practices that negate or diminish the impact of the core athletic skills that define the sport.

Complaints/Incidents/Games Played Under Protests

43. **Complaints/Incidents** – Individuals apart of the league such as coaches, officials, scorekeepers and administrators will have twenty four (24) hours to write up and submit a formal complaint/incident to their schools site athletic director whom after their initial review and resolution will then have it submitted to the league committee for review. All other parties with a complaint/incident must report with a write up within twenty four (24) hours to their schools site athletic director which should be resolved in-house and only in extreme circumstances will be submitted to the league committee for review. Once a complaint/Incident is written up and submitted, the other involved parties will have forty eight (48) hours to respond with a formal write up of their account of the complaint/incident. Both formal written accounts will be reviewed by the league and necessary actions, disciplines, etc. will be determined on a case by case basis which may include but are not limited to removal of attendance privileges of league games/events, suspension and/or termination of participation in league and/or more formal discipline including police/legal action.
44. **Complaints/Incidents Disciplinary Actions** – Individuals apart of the league such as coaches, officials, scorekeepers and other personnel will be given three (3) opportunities to correct behavior and/or actions throughout the duration of a single season. After the third incident, the individual(s) will be relieved of the responsibilities for the duration of that season and will not be asked back for a minimum of the next full season. Repeat offenders of two (2) consecutive alternating disciplined years will be subjected to a five (5) year suspension from all activities in the league. Conduct detrimental to any person(s) beyond a reasonable/rational verbal dispute of the rules will result in more severe consequences including but not limited to, game(s) suspensions and/or termination of participation within the Citrus Academic and Athletic League. The League Committee will use a majority vote to determine consequences for offenders and repeat offenders on a case by case basis based on a thorough, efficient and time appropriate investigation. Consequences may include but are not limited to removal of attendance privileges of league games/events, suspension and/or termination of participation in league and/or more formal discipline including police/legal action.

45. **Games Played Under Protest** – Games played under protest are when a team is in violation of one or more rules and chooses not to comply with the rules as stated in the current approved rule book as validated by the Citrus Academic and Athletic League Committee. Games played under protest will receive a swift and thorough investigation and the team whom violated the rules regardless of reason will vacate any win(s) of the contest(s) and the win will be awarded to the other team. A game is only considered to be played under protest if a coach before the game begins announces such to the opposing coach and the on-site athletic director(s). Example: Playing a team whose player(s) are wearing metal cleats. Immediate Solution Example: Student-athlete removes cleats and plays or student-athlete does not play or team forfeits the game if neither of the other options is utilized.

By accepting any participating position or attending any game/event within the Citrus Academic and Athletic League, I have read, understand, acknowledge and will abide by at all times the requirements of this Code of Conduct. I will act in accordance with this code daily. I understand that school (and district) officials as well as league officials will and should expect that I will follow this code. Should I fail to comply with any aspect of this code in any capacity, I understand that my school (and district) administrators as well as and/or league committee officials may ask me to resign or terminate me of league participation duties and/or attendance of games/events and/or take appropriate action against me.