

CATHOLIC BASKETBALL ASSOCIATION



Diocese of Orange
Office for Youth & Young Adult Ministry

Rule Book

REVISED OCTOBER 10, 2017

Rules and Regulations Players, Spectators and Referees must follow to be able to participate in the Catholic Basketball Association league.



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GENERAL OVERVIEW:

1. Start of Game:

- a. Players must check in before game starts with the stats person and have their picture taken within first two weeks of play.
- b. Home team leads in prayer and then tip off will begin.
- c. Game clock starts at designated game time regardless if teams are on time or late.
- d. All players must have their own jersey with their number in order to play.

2. Arriving late and Forfeits:

- a. If a team is not present:
 - The game clock will start at designated game time.
- b. 5 minutes are given for the team that is arriving late.
 - After 5 minutes the game is forfeited regardless if teams agree on still playing, referees are relieved of duties for that game.
- c. Forfeits:
 - Arriving 5 minutes late to the game.
 - Inability to have 4 players on the court.

3. Fines:

- a. \$70.00 fine paid ONLY IN CASH if discovered a player is not registered and is playing. Fine must be paid by the next game. Failure to do so results in automatic forfeits until paid.

4. Co-Ed Rule:

- a. Female players can sub in and out as they please.
- b. Games will be played 5v5 no matter if female player is present to play or not.

• Game Rules of Play:

1. Game Duration: Two 20 minute halves
2. Half Time: 3 minutes
 - a. In Example
 - 1st Half: 20 minutes
 - Half Time: 3 minutes
 - 2nd Half: 20 minutes
3. Overtime Duration: 2 minutes - Every dead ball time stops.
4. Double Overtime Duration: 1 minute - Time never stops. (Fouls roll over)
5. Shot Clock: 24 seconds
6. Shot Clock Reset: Field goal shot by offensive team hits rim or change of possession.
7. Game Stoppage: Game clock will only stop in last 2 minutes of 2nd half at every dead ball if point differential is 8 points or less.

8. Game Clock: Is continuous throughout the game even during free throws, except for above reason.
 9. Team Foul Limit:
 - a. 8 fouls per half (on 5th foul 1 for 1, on 8th foul 2 for 2) (Rolls over to overtime)
 10. Player Foul limit:
 - a. 5 fouls per player in entire game (Rolls over in overtime)
 11. Timeouts: Two 20 second time-outs per half
 - a. Used only by players on court (Must call timeout in court to advance to midcourt. If timeout is called while out of bounds it stays there)
 12. Overtime Timeouts: 1 full timeout (Fouls roll over – Players foul out at 5)
 13. Mercy Rule: The captain of the losing team may end the game early if they wish. This option is only available with 2 minutes left in the 2nd half with a 30pt+ point differential.
- Team Representation:
 1. Minimum of players is 10 per squad to register for the season.
 2. 4 players are needed on the court in order to start the game.
 - Scoring:
 1. Beyond the arc 3 points. (Applies to both Male/Female Players)
 2. Inside the arc 2 points. (Applies to both Male/Female Players)
 3. Points only count if the ball enters basket from the top not under.
 - Defenses allowed:
 1. Full Court press is allowed anytime.
 2. Man Coverage is allowed anytime.
 3. Zone Coverage is allowed anytime.
 - Player Stats:
 1. Player stats will be kept for points, fouls, rebounds, assists, steals, blocks, and turnovers.
 2. Team stats will also be kept for team fouls, team timeouts and team points scored.
 3. Stats will be kept up to date as best as possible during games.
 4. Please understand that some missed stats will occur and that it isn't our intention.
 5. In order to qualify for Most Valuable Player and Defensive Player of the Year, each player must be registered on IMLeague.

PLAYERS RIGHTS AND LIMITATIONS:

Eligibility in League:

Captain must be Catholic and registered to a Parish.

Age:

18-39 years of age and the league is co-ed.

(Form of identification must be provided with visible date of birth and picture to identify participant.)

Blood:

If a player is bleeding he must be escorted off the court and not allowed to play until bleeding is controlled. The referee makes the judgment if the player is able to continue to play.

Injuries:

The referee is allowed to stop play at any time to remove an injured player. If you are injured and choose to continue to play all rules still apply to you. If the game is stopped the injured player must leave the court.

Conduct:

Players must remain calm and orderly when not agreeing with the decision made by referees. Outbursts, purposely yelling or forms of misconduct will be rewarded with a technical foul. Disrespect to anyone will not be tolerated. If misconduct continues he/she will be removed from the premises.

Alcohol:

No person or player that brings alcohol or appears intoxicated will be allowed in the event.

Misconduct:

If any player or fan is involved in misconduct before/during/or after the event he/she will be suspended or ejected from the event. This includes the use of the Facebook page online.

Depending on the severity of the action the coordinator(s) can suspend he/she from multiple games or indefinitely from the season. Misconduct includes: fighting, cursing, taunting of ANY KIND, spitting, racial slurs, purposely yelling or screaming, etc....

Players:

A player can only play for one team during the season. They are not allowed to represent any other team within the Catholic Basketball Association (CBA). A player may only switch teams during the offseason.

Attire:

A team must have jerseys, shorts, and closed-toe shoes. They all must be matching colors and be numbered. No duplicate numbers allowed. Failure to have this will result in not participating

that day. The taping of numbers or writing of numbers with sharpie/pen will not be allowed at any time.

Uniforms:

All players on each team must have jerseys of a similar color with a permanent (NO TAPE) number on the front, back, or both. NO EXCEPTIONS! Players without similar colored uniforms or uniforms without numbers will penalize their team 5 points, per player, on the scoreboard prior to the start of the game. This rule will be enforced. There is a 2- week grace period at the start of the season before this rule is in effect. No player is permitted to wear the same number as another player on their team.

Jewelry/Eyewear:

Before entering the game a player must be checked in and be already in uniform. Goggles or specialized glasses are allowed but must be notified when captain submits team roster. All jewelry and headwear must be removed to be allowed to play. Pants, jeans, sweats, dress shoes and boots are not allowed.

Appeals:

An email must be submitted to identify a problem, party's involved, the reason for appeal and evidence. The OCCSL Coordinator will review the appeal. An investigation will take place and a ruling will be made in a timely manner. The email must be submitted in the format stated above to be accepted as an appeal or it will be discarded.

HEIGHT RESTRICTION:

The Catholic Basketball Association's league restriction is 6'1.

Purpose: Any player male/female regardless of height can compete in the league. If you are taller than the height restriction you are still allowed to play. But no more than 2 players taller than the height restriction are allowed to play simultaneously on the floor. This allows for any individual to play but not allow players to dominate the league purely on stature.

Penalty: Technical Foul against the 3rd player on the court.

Example: Lineup for Diocese of Orange

Kim 5'6 Robert 6'1 James 5'9 Kirk 6'4 Adel 7'0

Only Kirk and Adel are taller than 6'1 so they take up both slots but no more than two 6'1 players are allowed on the court.

CAPTAIN RIGHTS, LIMITATIONS, AND RESPONSIBILITIES:

Conducts:

The captain is responsible for the conduct of his/her fans, his/her teammates, and their own conduct. If the captain, member of the squad, or fan is unable to control himself/herself, they will be asked to leave. If they do not comply, the game will be forfeited.

Communication:

As captain, you are the voice of the team and can ask referees for more information in a respectful manner. They can answer your questions **at a particular time**, such as before a game, halftime, between timeouts, or after the game has concluded. They reserve the right to only speak to the captain. The coordinator will talk directly to the captain on decisions, changes, and any information that **must be relayed to your team**.

Appeals:

Appeals submitted from your team will be notified to the captain on progress and verdict.

RULES AND REGULATIONS:

Offensive fouls:

- Charging:
 - The offensive player moving into a defender hitting him/her in the chest while the defensive player has established a stationary defensive position with his/her feet set.
- Moving Pick/Screen:
 - The offensive player setting the pick moves to block the defender without setting his/her feet.
- (Offensive foul counts as a personal foul, not a team foul = Loss of Possession)

Defensive Fouls:

- Blocking foul:
 - A defensive player may not move into the path of an offensive player that has already started his shooting motion/path to the basket.
- Hand Checking:
 - A defender may not place and keep his hand on an opponent unless he/she is in the area near the basket with his/her back to the basket. A defender may momentarily touch an opponent with his/her hand anywhere on the court as long as it does not affect the opponent's movements.
- Push:
 - Contact that displaces an opponent.
- Illegal Use of Hands:
 - Opponent posting up defender may only use one foot and one bent forearm to defend. May not use two hands or extended arm to defend or it will be considered a foul.

- (All defensive fouls result in a personal and team foul = Inbound ball or free throw shots by offense)

Violations: (Result in Loss of Ball)

- *Inbounding.*
 - The team on offense has 5-seconds to inbound ball upon touching the ball or once the ball is given to the inbinder by the referee.
- *Half court:*
 - The team on offense must move the ball past the half court line within 8 seconds of inbounding the ball.
- *3-second rule:*
 - An offensive player may not be in the lane (paint) for more than 3-seconds. Resets when the ball hits the rim or when a player steps out of the lane (paint).
- *5-second rule:*
 - Offensive Player holding the ball for 5-seconds or longer without dribbling with a defender guarding him/her. (Arm's length between both players)
- *Traveling.*
 - Holding the ball and taking 2 or more steps.
 - Jumping with the ball and not shooting or passing the ball before you have come back down.
- *Carrying/Palming:*
 - Palm must always face down when dribbling otherwise violation is made.
- *Lane violation:*
 - When a free throw is attempted no one may enter lane until the ball has left shooters hand.
 - *The offensive player jumps early= shot is nullified.*
 - *The defensive player jumps early = shot is taken again if failed.*
- *Goaltending:*
 - Defensive player illegally interferes with the ball as it is coming down, touching the rim or net. (*Results in Points*)
- *Kicking.*
 - The defensive player kicks the ball to deflect the pass. Clock resets to 14-seconds.

Technical Foul:

When someone has spoken or behaved in an unsportsmanlike manner.

Includes: Racial slurs, unsportsmanlike conduct, a flagrant foul, punching or attempting to punch, excessive taunting, cursing at an official or player, throwing objects at anyone, throwing an elbow or excessive swinging of elbows, poking or putting one's hand in someone's eyes, overt gesture, constant complaining and purposely yelling or screaming at a player who is shooting.

Technical foul equals:

- Offensive Player = 2 free throws + possession
- One Technical = Personal + Team foul for player committing the technical foul.

Committing offender

- 1st Technical: 5-minutes game time out of play.
- 2nd Technical: Ejection and suspension of next game.
 - An ejected player is put under review for multiple suspension of games or removal from the league.

Accumulation of Technical Fouls: A total of 3 technical fouls = 1 game suspension.

DUNKING IS NOT ALLOWED ANYTIME DURING WARM-UPS, GAMES OR AFTER GAMES. A technical foul will be given to the player that dunked. If a player dunks during the game, no points will be scored, a technical foul will be assessed with the other team shooting 2 free throws and getting the ball out of bounds. If same player attempts a dunk, or dunks for the second time, he is automatically ejected from the game.

Flagrant Foul:

To be unsportsmanlike is to act in a manner unbecoming to the image of basketball and principles of the league. It consists of acts of deceit, disrespect of officials and profanity. The penalty for such action is a technical foul. Repeated acts shall result in expulsion from the game.

1. A flagrant foul-penalty (1) is unnecessary contact committed by a player against an opponent.
2. A flagrant foul-penalty (2) is unnecessary and excessive contact committed by a player against an opponent. It is an unsportsmanlike act and the offender is ejected immediately.

Offensive player receives 2 Free throws + possession

Committing Offender receives personal and team receives a team foul.

Personal Foul:

When a player fouls and is counted against you. After 5 personal fouls, the player is fouled out and can no longer play in the game. (Carries over to overtime)

Team Foul:

Fouls committed count against your team and eventually are penalized.

Penalty: Receive possession or possibly free throws.

REFEREE ETIQUETTE:

- Free Throw etiquette:
 - If ball is shot and does not touch rim, the opposite team receives possession
 - Only on final free throw.
 - Once an offensive player has been given ball no one may enter the lane.
 - Penalty: Awarded another free throw.
- Shooting fouls:
 - Free throw shots are given because of defensive fouls or undercutting the offensive player while in the act of shooting. This includes not allowing the shooter to properly land on his/her feet.
 - Men, when fouled, get two free throws and beyond the arc three free throws. Women, when fouled, get three free throws and beyond the arc four free throws.
- Kicked ball:
 - Offense retains possession and shot clock resets to 14-seconds if the shot clock was less than 14-seconds.
- Subbing:
 - Referee and scorekeeper must allow subs before players enter the court.
 - Penalty: Technical foul
- Jump Ball:
 - When both opposing players have secured hands on the ball.
- Free throws:
 - Once a player receives the ball, he/she has 8 seconds to shoot.
 - Penalty nullifies shot
- Out of bounds:
 - When the ball leaves the court of play.
- Clear Path foul:
 - Fouling a player in a clear breakaway will receive personal foul and offensive player receives 2 free throws + possession.
- Delay of Game:
 - If a player purposely impedes the progress of game he/she will receive a technical. This includes players making loud noises, clapping, and walking in late to the lane for free throws anything that may distract the shooter while shooting free throws.
- Injury foul:
 - If a player is badly injured while being fouled, he/she may sub out and not return for the rest of the game. Captain will choose replacement shooter for injured player's free throws. (A girl must replace injured girl).

***CBA Rule Book is subject to change at the discretion of the OCCSL Coordinator or Director of Youth & Young Adult Ministry. If changes do occur all captains will be notified immediately.*