

North Suburban Parochial School League

2019-20 Basketball Rules

NFHS rules are applied unless otherwise stated.
All rules printed or not are subject to interpretation by the NSPSL ADs and the League Director.
Home team should have a copy of these and NFHS rules at the scorers table during games.

NSPSL Rules of emphasis

I Lopsided scores are a reality in every sport. As a faith based league, coaches are asked to show grace when the score differential becomes large. There are many ways to be creative and still allow for your team to grow and work hard, without running the score up. Please show compassion for your brothers and sisters in Christ, even though for the moment they are your opponents.

1. Our conference guidelines regarding no full court press with a 15 point lead or more is a great tool when scores are lopsided. A coach can choose to take this a step further and not pick up a ball handler at half court, thus allowing the opponent to enter in and set up an offense.
2. When a team is ahead by a large margin, a coach could ask his/her team to make a pass to each student/athlete on the floor before you take a shot.
3. When up by a large margin, a coach could ask his/her team to refrain from shooting three point shots.
4. When up by a large margin, a coach could ask his/her team to make no fast break layups. Slow the ball down and allow the defense to set up. A coach could take this a step further and ask his/her team to not attempt steals when a large margin exists.
5. When up by a large margin, a coach could allow opponents ball handler to cross mid court before having defense pick him or her up
6. Play as many students as you can in a game changing your player combinations can help as well.
7. Run a few of your sets plays for someone to score that may not have a chance to score in a game.
8. Always do what is right in the area of Sportsmanship.
9. 1 Corinthians 6:7

Rules of emphasis continued:

2- Coaches are strongly encouraged to visit the MSHSL web site and view the section on "CONCUSSION PROTOCOL" located on the home page under "popular links" on the right hand side of the web page.

www.mshsl.org

3- Bench personnel shall not stand at the team bench while the clock is running and must remain seated EXCEPT

*A- See below

B- Players may stand when reporting to the scorers table to check in.

C-During a charged time out

D-To spontaneously react to an outstanding play by a team member or to acknowledge a replaced player, but must immediately return to his or her seat.

*(A)- The NSPSL does not have an adoption allowing coaches to stand at any time during a game except in the situations described in B, C and D.

Penalty

After one warning, if a coach is in violation of the rule, he/she will receive a technical foul. If a player is in violation, that player will receive a technical foul and the coach will also receive an indirect technical foul.

A second technical foul issued for this or any other violation results in the violating coach, player or bench personnel to receive an automatic ejection from a contest, and the next scheduled contest as well.

4- No jewelry can be worn while playing or warming up. Taped jewelry is not allowed.
No hard casts of any kind, including wrapped or taped with padding are not allowed.

5- With 3 minutes remaining on the 10 minute warm up clock, the officials, coaches from both teams and team captains should meet for a pregame conference to briefly go over ground rules.

6- Student Athletes shall not be prohibited from participation in the NSPSL because of advanced training and experience received from previous or concurrent participation on outside teams.
This includes participation on traveling teams and on high school teams, among others.

7- Site management is not responsible to care for student athletes after the games. PLEASE make sure your coaching staff is last to leave after all players have been picked up.

Teams can start games with four players

Technical fouls:

Opponent is awarded two (2) points and the throw-in at mid-court.

Coaches and players who receive 2 technical fouls in the same game will also be disqualified from the next scheduled game. See last page for tournament rules regarding technical fouls.

Game Length

Varsity – Two fourteen minute halves
JV and B Squad – Two twelve minute halves
Half time is 5 minutes for all levels.

Teams should receive at least a ten minute warm up time prior to each game. If BOTH coaches agree to a shortened time, then the official may start the game early. Officials may NOT dictate a shortened warm up time. It is very difficult to stay on schedule at tournaments. Teams waiting for a game to end so that they may begin warm ups, are asked to make sure and be stretching and loosening up while waiting, so that the warm up time may begin immediately following the end of the preceding contest. Tournament director may ask coaches to agree upon a shortened warm up time to help stay on schedule, and coaches are asked to please comply with this if at all possible. An agreed upon warm up time should be determined asap following the preceding contest.

Overtime- 3 minutes with an additional full time out added, followed by successive one minute periods with no additional time outs given until the game is decided.

RUNNING TIME shall occur when a team has a lead of 20 points or more.

This occurs at the 7:00 mark of the second half for Varsity .

This occurs at the 6:00 mark of the second half for B squad and JV.

At all levels, if the score falls below 15 points, then running time shall cease until the margin returns to 20.

Full Court Press

Varsity- Full court press may be used except by a team which leads by 15 or more points

Junior Varsity- No full court press in first half. Full court press may be used in the second half except by a team which leads by 15 or more points.

B Squad – No full court press may be used until the final two minutes of the game and any overtime periods. No full court press anytime by a team which leads by 15 or more points.

Add to the wording regarding “no full court press “ rules to include that the definition of no full court press is that a defensive player must not engage a ball handler until the ball handler has 3 points (2 feet and the ball) across mid court.

It is ok to defend fast break and outlet passes. Defense must still fall back on missed baskets unless offense pushes the ball.”

Free Throws:

For B league girls, the free throw line will be moved up 3 feet. Girls may shoot from anywhere behind the line. The top blocks of the lane shall remain empty. ADs should make sure line is marked before girls games begin.

B Squad GIRLS ONLY -Defenders lining up during free throw attempts shall occupy the bottom three blocks leaving the top blocks open.

Time Outs:

Each team will be allowed two full [60 second] timeouts per half, and one 30 second time out to be used anytime during the game. All time outs not used in the second half are carried over if the games go into overtime, plus one full time out added.

Full time outs not used in the first half will be lost.

Officials should not shorten time outs. Table workers should have a stop watch.

Warning horns-

There will be two horns at every time out.

The warning horn during a full time out will sound at the 45 second point of the time out.

The warning horn will sound at 15 seconds of a 30 second time out.

The final horn for both shall sound when the time out ends, and teams must be on the court and ready for play at that point.

During a 30 second time out, players must remain standing and on the court. Players are not to sit during a 30 second time out.

Equipment and Uniforms

1. Game balls used should be as follows:

Boys Varsity and JV – regulation men’s size official ball, wide track with NFHS stamp .

Boys B league and Girls – regulation women’s size (28.5) wide track with NFHS stamp.

2. Uniforms – All players are to have uniforms of same color/style with numbers on jerseys. Note – The NSPSL does NOT require teams to tuck in jerseys or to have same color under shirts. Guidelines for this are left up to each individual school.

3. Pullovers/Bibs - If teams have similar color uniforms, home team must provide bibs, and they will be worn by the visiting team.

4. First Aid - Each team must have a first aid kit, including proper equipment for blood clean up. The home team is not responsible for providing first aid materials.

5. Home site must provide an accurate timing device and visible scoreboard.

T-shirts and under shirts worn under the jersey do NOT need to be the same color as the jersey. This NFHS rule was amended by our schools to allow for the wearing of any color and protocol is to be dictated by each school if they want to enforce it or not.

Also, we do NOT make teams tuck in their jerseys. This NFHS rule was amended by our schools to allow for jerseys to remain UN-tucked. Again, coaches have the freedom to make the decision regarding his or her teams protocol, same as with the under shirts.

Eligibility

To be eligible for NSPSL participation a player

1. Must be a student enrolled in a member school. Exception – Home schooled students involved with the church or school associated with that member school are allowed.
2. May only play for the school in which they are enrolled unless basketball is not offered as a sport at that school. Then a player may participate at another member school.
3. Must be meeting their school's academic eligibility requirements.
4. Must be in 5th through 8th grade. (The NSPSL does not allow participation below the 5th grade level)

Note: eligible students shall not be prohibited from participation because of advanced training and experience received from previous or concurrent participation on outside teams. This includes participation on traveling teams and on high school teams, among others.

Penalty for using an ineligible player: Forfeit of game.

Team Classification:

Varsity – Typically 8th grade or a schools “tryout team”.

Junior Varsity – Typically 7th and 8th grade. No more than three 8th graders may be on the court at any time.

B-Squad – Typically 5th and 6th grade.

7th graders can be used at the B Squad level but only three 7th graders may be on the court at any one time.

The NSPSL does not allow 4th graders or below to participate.

*To be eligible for the post-season tournament, players must have played in at least half of their team's regular season NSPSL games. Exceptions due to injury or illness, will be made as approved by League Director. 8th graders may move up to varsity from JV upon completion of the JV season.

If a team has three or more 8th graders they must play at the varsity level. Exception allows for a school with three eighth graders to petition the league to play down. Schools with three or more seventh graders who wish to play down at the B Squad level must also petition the league to play down. Petition must be made no later than one week before scheduled due date of team info to the league.

Once a team has a varsity or if school petition to “play down” was accepted, the number of 8th graders allowed on JV is waived, but only three 8th graders can be on the court at any time.

In B-Squad, only three 7th graders can be on the court at the same time.

Team classification - continued

Junior Varsity and B-Squad are non-competitive conferences.
Our varsity level is our competitive conference.

JV and B-Squad should remain developmental leagues.

Players from lower level teams may move up to higher level teams upon completion of their season. Those players are eligible to play in the upper level tournament as long as they have participated in one half of the regular season games for their lower level team. . Exceptions for injury and other shall be determined between league director and school involved.

A lower level player may move up to a higher class team during the regular season under the following guidelines:

If an upper level team is below eight players due to illness/injury, a lower level player(s) may be used to fill the upper level roster up to eight players for that game, and be eligible to return to the lower level team

A player who begins the season on an upper level roster may not move down

A school with two NSPSL teams in the same class (Varsity, JV or B) may not use players between the two teams. Teams doing so will forfeit game and may result in suspension of coach.

Rosters are due to the league office no later than 11/18/2019

. Roster must include, player name, jersey number and grade and be sent using league template..

Game Officials:

1. **Referees** are league employees and are assigned by league director. If no referees show up , the home team should try to provide the best replacements possible so game can be played. If only one official shows up, game will be played with one official.
2. **Official Scorer and clock operator** – Each home school should provide two competent persons (preferably adults) to keep their scorebook and run the clock and scoreboard. Home book is official. Visitor’s scorebook may be designated by official as the official book upon consent by home site. The final score in the official book is the final game score.

Score Reporting:

Officials call in scores

Protests

The NSPSL does not allow protests of contest results in any sport.

Supervision/Sportsmanship:

Coaches and Ad's are responsible for the conduct of their players and fans. Please keep perspective on what our mission is. The impressions young people get from adult role models will last long after the game results are forgotten.

TECHNICAL FOULS will be issued at the game officials discretion. A second technical foul in the same contest requires automatic ejection from the game and the site, and also a one game suspension. Coach and/or players receiving a second technical foul must sit out the next scheduled game. If a second technical is given in the same contest during tournament play, the coach and/or player is done for the remainder of the tournament.

Game Schedules:

1. Games are scheduled by the League Director. Any changes to the schedule must be made through the league director at least 72 hours before original scheduled game. In case of bad weather, league director will postpone games, and notify schools and officials by 1:30pm on school days. For tournament postponements, league director will notify ADs and officials, and then ADs must contact students and coaches.

**Schools are not to contact each other regarding cancellations. This must come from the league office only.
2. When one school request to reschedule a game but can come to no agreement with opposing school for a new date, school requesting change will forfeit game.
3. When a school request a game to be rescheduled and it goes from a two game night to one game night, school requesting change is responsible for payment of official's, as it cost more for officials to do a single game.
4. Teams will be allowed a 15 minute "grace time" after the scheduled game time before the contest becomes a forfeit. After game time, late team must start play when a coach and five players are present.
5. Teams must have an adult coach (18 years or over) to begin game. In the absence of a coach, a parent or other adult from the same school may be designated as acting coach. If no coach can be found team forfeits game.

Postponements and cancellations

All weather related cancellations will be made no later than 1:30pm by the league director. The league director will ask for input on weather and road conditions from all ADs and notify ADs by phone and e-mail no later than 1:30pm on game days. Game officials and/or site managers will make all decisions after 1:30pm.

All contests cancelled or postponed will be made up the following Friday unless an alternate date is agreed upon by both schools. If an alternate date is agreed upon, but interferes with the pre scheduled start of a tournament, than the game make up date must remain the following Friday of the postponed contest.

All tournament games postponed due to weather or any other circumstance shall be played the NEXT DAY unless both schools agree upon an alternate date AND if the tournament bracket supports an alternate date.

If you have a requested day off that falls during the tournament we will try to work around it but the general rule is that the league tournament dates supersede individual school dates.

The site directions to a contest, indoor or outdoors, is official and shall not be changed without advance notice. If a site becomes unavailable or unplayable due to weather or any other circumstance, the game will be made up the following FRIDAY unless BOTH schools agree to an alternate date. If a site needs to be changed and a school can give 48 hours notice, than the league director shall make every opportunity to communicate the changes and enable the contest to be played on the scheduled date.

Other:

Visiting teams should not bring balls to opponents' gym. Host team shall provide balls for warming up.

Visiting teams should bring first aid supplies. The host school is not required to provide first aid supplies such as ice packs.

Host school is not responsible for attending to student athletes after the game. Coaches should remain until the last child from his/her team has been picked up.

It is up to the host school to secure the best possible equipment, facility and/or field for league games. Protests will not be heard concerning non-regulation fields, facilities and equipment.

Concussions

Any player who sustains an injury to the head, or any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as headaches, confusion, dizziness or balance problems) shall immediately be removed from the contest and shall not be permitted to return to play without written consent from an appropriate health care professional.

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