



Catholic Athletic League Handbook

Basketball

Basketball

- **BB-1: Team Composition**
 - **BB-1.1:** Basketball is offered in the following divisional alignments for both Parishes and Schools, separated by Boys and Girls (as assigned at birth):
 - **Cadet Division:** Grades 9 and 10
 - **Grammar Division:** Grades 7 and 8
 - **Junior Division:** grades 4, 5, and 6
 - **Junior Instructional:** Grades 3 and 4 with a maximum of two 5th graders.
 - **BB-1.1.1:** A player may play up one grade level, but may not play down a grade level.
 - **BB-1.2:** It is strongly suggested that a roster have a minimum of ten (10) players for each team. Rosters submitted of eight (8) or fewer players must be reviewed and approved by CAL Administration
 - **BB-1.3:** Each team must have a rostered Head Coach and at least one rostered assistant coach.
 - **BB-1.3.1:** Teams must have at least one registered and approved adult of the same sex as the players at all team activities
 - **BB-1.3.2:** All adults assisting with the team must have completed the appropriate Youth Safety Awareness and BCI activity as assigned by the Diocese of Providence (see G-1.1)
 - **BB-1.4:** A team composed of 50% or more of players in the highest grade level in a division must participate in Division 1.
 - **BB-1.5:** A parish or school may not have multiple teams in Division 2 without having a team participating in Division 1.
 - **BB-1.6:** The CAL Administration will combine Division 1 and Division 2 teams for regular season play into the same division if there are too few teams to support separated divisions. Additionally, the CAL Administration will combine both School and Parish teams for regular season games. All teams in these combined divisions will be separated if necessary for Diocese of Providence CAL Playoffs and Division 1 team representation in the NECYO competition.
- **BB-2: Game Play and Equipment**
 - **BB-2.1:** All games in all divisions will be governed by the rules of the National Federation of State High Schools Association (NFHS) when these rules are not in conflict with a CAL Specific rule
 - **BB-2.2:** Each team at all levels will have 4 time outs of equal length for the game. 1 additional time out will be awarded for each overtime period played.
 - **BB-2.3:** Length of Games:
 - **Junior:** four quarters of 6 minutes each
 - **Grammar:** four quarters of 7 minutes each
 - **Cadet:** four quarters of 8 minutes each
 - Each division will play overtime periods of 2 minutes each until a winner is determined. (See section JI for specific Junior Instructional rules)

- **BB-2.4:** All-Play Participation Rules: Starting with the first game of the regular season and continuing throughout the season and all playoff games, all Diocese of Providence CAL league teams **MUST** play all healthy, uniformed players in each game according to the rules laid out within this section of the official CAL Basketball specific rules.
 - **BB-2.4.1:** The following minimum playing time applies to the following divisions of play:
 - **Junior:** 3:00 minutes
 - **Grammar:** 3:30 minutes
 - **Cadet:** 4:00 minutes
 - **BB-2.4.2:** At all CAL games in all CAL associated Gym Locations, the game clock should be set to reflect these playing periods beginning with the start of the game and continuing until both teams have completed the mandatory minimum playing time requirements
 - **BB-2.4.3:** All healthy uniformed players (up to a number of 12) must play the minimum of a full continuous playing period during the first half. Every player entering the game for the first time must enter at the beginning of the playing period and **a minimum of one new player (who has not yet entered the game) must enter the game in each consecutive period**, until all players have completed their minimum play requirements.
 - **BB-2.4.4:** If a player leaves a playing period due to injury and is later able to re-enter, that player must play a subsequent full playing period. If unable to re-enter until the second half, the player must play the equivalent of a full, continuous playing period on the clock. The substitute for the injured player must still complete their own, full minimum playing period. The opposing coach, scorers table and officials should be made aware of the re-entry and noted time of entry.
 - **BB-2.4.5:** If a player arrives late to the game and is unable to complete their required all play period in the first half, they will not be eligible to participate in the game.
 - **BB-2.4.6:** All teams with 13 or more rostered players present will have the ability to have additional playing periods into the second half to complete their required minimum playing time requirements. **A minimum of one new player (who has not yet entered the game) must enter the game in each consecutive period**, until all players have completed their minimum play requirements.
 - **BB-2.4.7:** The end of a playing period that does not coincide with the end of a quarter, will be administered as an official's time out. The team in possession of the ball shall retain possession at the beginning of the next playing period. The ball shall be put back into play with a throw-in at the spot on the sideline nearest the point of the last possession. If a shot is taken and missed as time expires, the defending team will obtain possession of the ball. If the all-play period is aligned with the end of a quarter, the ball will alternate possession in alignment with NFHS rules.
 - **BB-2.4.8:** Athletic Coordinators shall monitor the compliance of the teams and coaches within their organization. Violations are a breach of sportsmanship and are subject to suspension, forfeiture or disqualification.

- **BB-2.5: Mercy Rule** – The following rules will apply for all teams in all divisions of play when achieving a lead of 20 points. Teams with a lead of 20 or more points cannot revert back to a “regular” style of play until the lead has decreased below 15 points.
 - **BB-2.5.1: Junior Divisions:** A team with a lead of twenty (20) points or more must play defense with each player having at least one foot in the lane. After a change in possession, the team with the lead must walk the ball up the floor, unless pressured by the defensive team in the back-court.
 - **BB-2.5.2: Grammar & Cadet Divisions:** A team with a lead of twenty (20) points or more must play defense with each player having both feet inside the 3-point line. After a change in possession, the team with the lead must walk the ball up the floor, unless pressured by the defensive team in the back-court.
 - **BB-2.5.2.1:** If the lead increases to thirty (30) points or more must play defense with each player having at least one foot in the lane.
 - **BB-2.5.3:** The penalty for non-compliance with this rule will be first a warning, then a technical will be called on the offending team for each violation. The technical foul will be issues as a team technical.
- **BB-2.6:** The scheduled Home team must be able to supply the game ball. Both teams should provide a scorekeeper to the official scorer's table. The scheduled Home team will maintain the official score book for any reference by the game officials.
- **BB-2.7:** All girls divisions and boys Junior divisions will use the official women’s basketball (28.5) as defined by the NFHS. All Grammar and Cadet boys divisions will use the official men’s basketball (29.5) as defined by the NFHS.
- **BB-2.8:** Official team numbered uniforms must be worn by all active players at each game. Approved team numbers must follow the guidelines outlined by the NFHS guidelines. (Legal numbers are: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55. A team member list shall not have both numbers 0 and 00.) Violation of uniform guidelines may result in a bench technical to begin the game.
- **BB-3: Playoffs and Post-Season Eligibility**
 - **BB-3.1:** Basketball teams with a winning percentage of .500 or better and in the top four of their division will be eligible to participate in the Diocese of Providence playoffs
 - **BB-3.1.1:** The CAL Administration reserves the ability to adjust playoff eligibility requirements for divisions that have teams from outside the Diocese of Providence, divisions that are combined for regular season play with both school and parish based teams, divisions that are split into a north and south for regular season play or other reasons that the CAL Administration sees fit.
 - **BB-3.2:** Diocesan playoffs shall be rescheduled or postponed only if weather conditions interfere. These decisions will be made by the CAL Administration and are final. It is the responsibility of the competing teams to appear for scheduled games or face forfeiture.
 - **BB-3.3:** Seeding for the CAL Diocesan Playoff tournament will be based on win percentage. If a tie occurs for seeding position the following tie breaker criteria will apply until all eligible teams are seeded:
 - 1 – Percentage of wins based on regular season record
 - 2 – Head-to-Head competition

- 3 – Record against the top finishing team
- 4 – Record against the next and subsequent finishing teams
- 5 – Coin flip for seeding only – for a tie for entry see BB-3.3.1
- BB-3.3.1: If a tie for the last eligible position in the playoff tournament, a “play-in” game will occur prior to the start of the diocesan tournament to determine the last seed. Both teams must make every available effort be available at an agreed on date and location. If a neutral site location is not available, than a coin toss will determine host team location if available.

Junior Instructional (JI) Specific Rules

- **JI-1:** The instructional level in CAL Basketball play is a developmental level. Therefore, league standings will not be kept. There may be a tournament held at the end of the season in which the pairings will be done so randomly
- **JI-2:** All-Play Participation Rules: Each instructional level team must play all healthy uniformed players in each game for a total of 6 minutes
 - **JI-2.1:** Each player must play a minimum of 1 three (3) minute playing period in **BOTH** the first-half and second-half of play. Only exceptions will be due to injury (see BB-2.4.4)
- **JI-3:** Defense is restricted to inside the 3-point line.
 - **JI-3.1:** Starting February 1st, the players will be allowed to play defense up to the half-court line.
- **JI-4:** There will be a delay of game count by the official (5 seconds) against the offense for holding the ball outside the 3-point line and not initiating an offensive attempt to score.
- **JI-5:** In the event of a tie at the end of regulation play, **ONLY** one overtime period will be played.