
Appendix B

Central Loudoun Basketball League Rules

2009-2010 Season

(Revised and approved 11/5/09)

1. PURPOSE

These Central Loudoun Basketball League (CLBL) Rules are written to ensure a balanced blend of sportsmanship, recreation, skill development and competitive activity in keeping with the CLBL Bylaws, which state the purpose of the CLBL is: "To provide the opportunity for children and youth to enjoy the cooperation of teamwork, the competition of the sport, and the value of improving skills through teaching the game of basketball. The CLBL shall firmly implant in the youth of the community the ideas of good sportsmanship, honesty, loyalty, and courage, in order to promote good citizenship. The supervisors of the youth activities shall be committed to the principle that the attainment of exceptional athletic skill or the winning of games is secondary and that molding the youth participants into good future citizens is of primary importance." Anyone attempting to negate the intent of these rules and/or policy of the CLBL Bylaws shall be denied the right to participate in the CLBL program.

1.1 RULES CHANGES

A Rules Committee that shall be established by the Board will propose changes to these rules. Its recommendations must be finalized and voted upon by the Board prior to November 10 each year. No further changes to the playing rules will be implemented until after the completion of the season (including tournament games), unless the CLBL Board of Directors determines such changes to be critical to successful completion of the season in progress. Routine changes after November 1 will be voted upon by the incoming Board on or after July 1.

At the conclusion of the season, the Chair of the Rules Committee will report at the next Board meeting on the effect of any rule changes and suggest areas to be studied for the next season.

2. PREVAILING RULES

Games shall be played in accordance with the current National Federation of High Schools Basketball Rules and the Virginia High School League Handbook, except for changes specifically stated in these CLBL Rules. A summary of these CLBL rules, for use by coaches and referees, is available in Appendix C. The Director of Equipment should ensure a laminated copy of the rules summary is available at every game site for use in familiarizing the referees with our rules and for use by the coaches to resolve disputes.

2.1 GAME SCHEDULING

The number of games to be played by each league, game days, starting dates, tournament schedule, etc., will be determined by the CLBL Board of Directors for the house league and by the Loudoun County Travel League Board for the travel league. The CLBL Board of Directors will supervise scheduling of all games. Games will normally be played on Saturdays and Sundays; however, some games may be played on weeknights as determined by the CLBL Board of Directors.

2.2 SEASON COMMENCEMENT DATES

Travel practices usually begin in mid to late October, as scheduling permits.

House practices usually begin in early November, as scheduling permits.

Games for Travel and House usually begin in early December, as scheduling permits.

Check www.cbl.org for commencement dates each season.

2.3 PRACTICE RULES

CLBL teams may practice no more than twice per week (House teams no more than 2 hours per week, Travel teams no more than 3 hours per week). Coaches may organize a practice other than during the assigned practice time and location only if one of the practices scheduled that week is cancelled. CLBL may, but is not obligated to, modify practice schedules in order to provide equal gym access to all teams. Coaches or teams that violate this rule (or any other rule) are subject to disciplinary action by the CLBL Board of Directors.

2.4 GAME CANCELLATION AND MAKEUPS

Games will not be played when Loudoun County Public Schools in the CLBL school district boundaries are closed for the day or are dismissed early because of inclement weather or other emergencies. Such games may or may not be made up, as scheduling permits.

2.4.1 GENERAL CANCELLATION POLICY

If in doubt during periods of inclement weather, please call the Loudoun County Department of Parks, Recreation and Community Services (PRCS) cancellation line at (703) 777-0456.

CLBL uses the school facilities at the complete discretion of the individual schools and the Loudoun County Public School system. Therefore, CLBL must honor all blackout intervals. Blackout information will be forwarded to coaches as quickly as possible and posted on the CLBL web site.

The Director of Scheduling coordinates all cancellations (and resulting rescheduling). CLBL coaches and parents shall **NOT** contact individual schools or PRCS regarding cancellations.

2.4.2 GAME RESCHEDULING

Games may not be rescheduled for any reason except by the Director of Scheduling. Requests to reschedule a game must be lodged in writing or by e-mail 7 days prior to the date the game is scheduled. All other rescheduling requests will be honored only if approved by the CLBL President. Valid reasons for rescheduling include:

- A school related event that would result in a team being unable to field the minimum number of players to start a game.

Games will not be rescheduled because a coach and/or the assistant are unable to attend the game. In this case, the coach must arrange a substitute. The league will identify experienced coaches or former coaches who would be willing to step in if the coach is unable to identify an appropriate substitute. These substitutes will have undergone the normal background checks.

2.5 OFFICIATING

For all League games, two game officials contracted by CLBL will be assigned to officiate. The League President may allow exceptions to this.

In the event that no referee appears within 15 minutes after the scheduled game time, or after termination of a preceding game, whichever is later, the game should begin as soon as possible with volunteer referee(s) agreed to by the opposing coaches. Coaches are encouraged to attempt to play the game in such instances. The results of the game will be official. Once an official referee does arrive, the game is to be turned over to him/her. The home coach should inform the League President if referees are late or do not show up at all.

2.6 SCHOOL FACILITY CONTROL

Players may neither wear jewelry nor chew gum during games or practices. Food and drinks are prohibited in the gyms by school rules, except water in a

capped container. No radios or valuables may be brought to the gym. CLBL use of the school facilities is jeopardized by violation of this rule. In order to preserve CLBL use of the facilities, coaches must ensure all players and spectators are aware of this rule. Coaches must also enforce this rule.

The Loudoun County PRCS Facility Attendant is in charge of the school facilities and will interpret all rules and regulations of PRCS pertaining to the use of the facilities.

2.6.1 GYM OPENING TIME

When possible, gyms will be open 15 minutes prior to the start of the first practice or game. The PRCS Facility Attendant, the custodian or the school administration may adjust this opening time at their full and unilateral discretion.

2.6.2 TEAM CONDUCT PRIOR TO SCHEDULED GAME

Teams waiting to play their games should be seated in the stands until time for their game. No basketballs other than the team balls are allowed in the gym. No shooting at the baskets is permitted during time-outs or intermissions. Before each game only the teams warming up for that game should be shooting at the baskets.

2.6.3 TEAM SUPERVISION

Each team must be supervised by his coach or responsible adult while in the schools. Coaches **MUST** be present when players arrive for games and practices. Coaches **MUST** stay until all players have been picked up after games and practices.

2.7 HOME TEAM DESIGNATION

The home team will be designated on the schedule. Normally, the home team will be the team on the right side of the schedule. For example, 1 vs. 2 means team 2 is designated as the home team.

2.8 SCORE TABLE ASSIGNMENTS

No member of the team's coaching staff may serve as their game's scorebook keeper or timekeeper. It shall be the responsibility of each coach to provide knowledgeable individuals to perform these duties. If coaches cannot agree on score table assignments, the home team will provide a scorebook keeper and the visiting team a timekeeper.

No person under the age of 18 shall be allowed to serve as the official scorebook keeper or timekeeper unless approved, in advance, by the League President. The CLBL Board shall maintain a list of those individuals under the age of 18 who are approved by the League to perform these tasks (e.g., students wishing to fulfill community service obligations, etc.). The list should be available to

coaches by email, posting on website, and/or listed in the book in the game site boxes.

The scorebook at the table is considered the official record of the game.

Scorekeepers and timekeepers are officials of the game and must act accordingly. This includes refraining from coaching or cheering from the scorer's table. Those violating this rule, upon official notice from the Board of Directors, will no longer be allowed to perform duties at the scorer's table.

2.9 GAME TIME LIMITS

Games will be played by quarters. The length of each quarter will be:

- 6 minutes for all Boys and Girls House League games- 5th grade and below.
- 7 minutes for all Boys and Girls House League games – 6th through 8th grades.
- 8 minutes for all Boys and Girls High School League games.

Overtime will consist of one 3-minute period during the regular season. Games that are tied after one overtime period shall end in a tie.

Note: During overtime, there are no playing time restrictions.

2.9.1 WARM-UP TIMES

Teams should be ready to play 5 minutes before their scheduled game time. Under normal scheduling circumstances, 10 minutes will be allowed for warm-ups between games and 5 minutes between halves. In cases where game day schedules get delayed, warm ups may be less than 10 minutes, but no less than 3 minutes in any case. Referees may designate the length of warm-ups and halftime.

2.9.2 ALLOWABLE TIME-OUTS

A maximum of three full (one minute) time-outs and two 30-second time-outs are allowed per team per game. One additional full time-out will be given to each team per overtime period. During overtime, teams retain their unused time-outs from regulation play.

2.10 FORFEIT PROCEDURES

A game will be declared a forfeit if:

1. A team is not ready to play within 10 minutes after the scheduled game time or after termination of a preceding game, whichever is the latest.

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2. A team cannot field a minimum of 5 players within 10 minutes after the scheduled game time or after termination of a preceding game, whichever is the latest. Once the game has started with five players, it may be finished with any number of players.

A game may be declared a forfeit by the CLBL Board of Directors if the head coach or any League official files an official protest after the completion of the game and it is upheld for the following:

1. A team plays an ineligible player.
2. A team does not adhere to playing time requirements.
3. A team violates CLBL rules and/or policies.

See section 2.12 for information on protesting games.

2.11 SCORE REPORTING PROCEDURES

The coaches of both teams participating in any given game are required to submit scores to the League Commissioners as part of the formal game report within 48 hours of the completion of each game. League Commissioners are responsible for posting the scores and submitting game reports to the appropriate website.

2.12 PROTESTS

2.12.1.1 LIMITATIONS

No protests on game situations (official judgment) are allowed. If a ruling is believed to conflict with the National Federation of High School Basketball Rules, these CLBL Rules or a question of eligibility is involved; a coach may protest a game. Any protest should include as much supporting documentation as possible (videotape, scorebook, etc.).

2.12.1.2. GAME PROTEST REQUIREMENTS

Notification of the intent to protest, if known, MUST be stated by the protesting coach at the time of the infraction. The referees, scorekeeper, the timekeeper and the opposing coach must be notified at the time as well. Protest specifics should be noted in the scorebook. The Head Coach filing the protest must notify the League President by phone or email within 24 hours of the completion of the game of their intent to file a protest. In cases where infractions are not clear until after games (e.g., ineligible player, playing time violation, etc.), a coach or League official may protest within 48 hours by following these guidelines.

2.12.1.3 PROTEST SUBMISSIONS

A written protest (e-mail acceptable) must be submitted to the League President within 48 hours of the completion of the game. The appropriate Director of

Coaches must notify the opposing team. The opposing team's written response must be submitted to the appropriate Director of Coaches within 48 hours of notification of the protest.

2.12.1 4 PROTEST INFORMATION REQUIREMENTS

Each protest (or response) must contain the following information:

1. Date, time and location of the game.
2. Names of officials, scorekeeper and timekeeper (if known).
3. The rule of infraction.
4. The name(s) of the player(s) in question.
5. The decision and conditions that led to the protest.

Protest notifications can be made via the "Contact CLBL" button on the CLBL website (www.CLBL.org)

2.12.1.5 REVIEW PROCEDURES

The appropriate Director of Coaches will review all information provided and come to a recommended ruling. A recommended decision must be rendered by the Director of Coaches to the full Board within 72 hours of the receipt of the response from the responding team. If not possible to convene the Board, the Executive Committee may hear the protest in lieu of the Board. An appeal is granted upon a majority vote of the Board (or Executive Committee) upholding the protest. The coaches from both teams should be notified of all decisions rendered by the Board (or Executive Committee) by the appropriate Director of Coaches. This decision is final and binding.

2.13 PROCEDURES FOR DETERMINATION OF LEAGUE STANDINGS

For all divisions except 3rd Grade, win/loss records will be kept during the year which will be used to seed teams for playoffs. In the event of a tie in the standings, the following criteria will be utilized to determine seeds:

1. Head-to-head record
2. Record vs. common higher-seeded opponents
3. Record vs. common opponents
4. Coin toss

Where final standings determine a trophy recipient and the coin toss is the tie-breaker, both teams will receive a trophy.

At the 3rd Grade level, seedings in the end-of-season tournament shall be established by random draws.

2.14 COACHES

2.14.1 HEAD COACH'S QUALIFICATIONS

Each team will be assigned a Head Coach approved by the CLBL Board of Directors. A prospective Head Coach must apply in accordance with CLBL's registration process. A Head Coach must be at least 18 years of age. Teams must have someone 18 years of age or older at each game and practice.

2.14.2 COACHING STAFF

Each Head Coach may select up to two individuals to serve as an Assistant Coach or Manager. The CLBL Board of Directors must approve these individuals. In addition to the players, only these three individuals may sit on the bench during a game.

2.14.3 COACHES' RESPONSIBILITIES

CLBL coaches may not modify league rules (including playing time rules) without approval in advance from the CLBL President. The CLBL Board may suspend or expel members of the coaching staff from the league for violation of CLBL rules the CLBL Code of Conduct or the Loudoun County PRCS Code of Conduct. See section 5 for conduct penalties.

CLBL coaches are required to report technical fouls assessed to any player, coach or spectator during their games to the appropriate CLBL League Commissioner within 48 hours of the game. CLBL coaches are required to report ejections of any player, coach or spectator to the League President within 24 hours of the end of the game. Failure to report technical fouls or ejections, particularly in an effort to "hide" the offense, will be addressed appropriately by the CLBL Board of Directors, and may include probation, suspension or dismissal. This responsibility lies with both coaches of the game where the technical foul(s) took place.

2.15 PLAYERS

2.15.1 PLAYER COMMITMENT

Parents and players must be aware of the commitment that is being made by registering and playing in the League. Players are expected to attend all practices and games for the duration of the season. Basketball is a team sport and every player on every team is an important contributor to their respective team. Parents are asked not to "over commit" their children or sign up if their child cannot participate fully. While injuries, illness, family emergencies and so on may occur during the course of the season which will impact a player's ability to participate, players should not miss practices and games because of commitments to other recreational/developmental endeavors such as other sports, the arts and so forth. Players who miss numerous practices and/or

games may be penalized by their respective coach through a reduction in playing time in accordance with Paragraph 3.1.1, suspension, and possible removal from the team roster. For Travel League players, within a 10-game season, missing more than three practices and/or two games will be considered excessive. Again, parents and players are asked to make this commitment fully.

2.15.2 PLAYER ELIGIBILITY

All participants in CLBL must be residents within the CLBL school district boundaries, or attend a school within the boundaries, as defined by Loudoun County PRCS. The League President may grant exceptions, only when arduous circumstances would arise from not abiding by PRCS district boundaries. The Director of Registration is responsible for ensuring the eligibility and qualification requirements are met by the registrants.

2.15.3 PLAYER LIMITS ON PARTICIPATION

A player may participate on only one CLBL team during the season. Travel team players may not play on a House team. Travel team players may be active on another roster (e.g., AAU, YBOA) but should make their CLBL team the priority. Anyone playing for any High School team in Northern Virginia (freshman, junior varsity or varsity) is not eligible to play on a CLBL team (high school, travel or house).

2.15.4 PLAYER CONDUCT ELIGIBILITY

Players suspended from school are not allowed to practice or play games until such suspension is lifted or expired. Players suspended from school are not allowed on school grounds and may not be in the gym for games or practices. A player suspended from school must inform his coach. Furthermore, CLBL will, based on approval by the Board of Directors, honor any school requests to disallow any player from being on school grounds, or from participating in CLBL activities (House or Travel league) due to disciplinary or academic problems in school.

2.15.5. PLAYER BIRTH DATE DOCUMENTATION

The only acceptable proof of birth date will be an original, certified Birth Certificate (one containing a registrar's raised, embossed, impressed or multicolored seal) or an Identification Card issued by the Virginia Department of Motor Vehicles. These documents may be required on a case-by-case basis as specifically requested by the CLBL Board of Directors.

2.15.6 PLAYER AGE LIMITATIONS

Grade	Age
11 th & 12 th	Players may NOT be 20 years old before March 31
9 th & 10 th	Players may NOT be 17 years old before March 31
8 th	Players may NOT be 16 years old before March 31

7 th	Players may NOT be 15 years old before March 31
3 rd to 6 th	N/A

2.15.7 PLAYER EDUCATIONAL ELIGIBILITY

Players must attend an accredited public or private elementary, middle or high school. All home-schooled players must participate in the age-appropriate league as determined by the Loudoun County Public Schools (i.e., the player’s age by September 30 of the registration calendar year). At the request of the League, the player will be required to provide birth date documentation (see section 2.15.5) as proof of his/her age to the League President prior to CLBL participation. Exceptions to player educational eligibility may be granted by approval of the CLBL Board of Directors.

2.16 LEAGUE STRUCTURE

All CLBL teams are formed by grade, not by age. Players must be registered according to the grade they are enrolled in during the applicable CLBL season, or would be enrolled in under section 2.15.7. **No player may play outside of their grade unless specifically approved by the CLBL Board of Directors.**

2.16.1 HOUSE LEAGUE STRUCTURE

The structure for CLBL House Leagues may be modified depending on the overall number of participants (e.g., grades may be combined). Exceptions to the grade or age level requirements may be granted only by approval of the CLBL Board of Directors.

2.16.1.1 TEAM SIZE (HOUSE LEAGUE)

CLBL considers the optimal House (Boys and Girls) team size to be 8 -10 players, dependent on age (generally, 10 in 3rd grade, 9 in 4th grade, and 8 in grades 5-8). The total number of players accepted for registration will be determined by a balance of optimal team size and the number of volunteer coaches available. CLBL will use wait lists to identify those players it may not be able to accommodate. As acceptable coaches are identified, players on the wait list will be allowed to complete registration. In this manner, priority is given to players in the order they register. If players are on a waiting list, they will be added first to teams that fall below 8 players, and then in such a way as to maintain optimal team size across the age group.

Each year prior to the draft provided for under paragraphs 2.18 through 2.18.9, the Board will determine the total number of registrants who may be selected in the draft in each age group. Any excess registrants will remain on the wait list and not be drafted. If openings occur due to withdrawals or injuries,

priority for accepting players off the wait list following the draft will be determined in accordance with the above paragraph. If no players are available on the waiting list, the League will solicit additional players through the appropriate school(s). Coaches should not directly solicit any players. There will be no provisions made to compensate teams that have lost top round draft picks with similar talent.

For all other scenarios, the CLBL Board of Directors reserves the right to review special exceptions and will make all final determinations of when and where players will be added to teams after the draft date.

2.16.2 TRAVEL LEAGUE STRUCTURE

Travel League will have 6th, 7th, and 8th Grade Boys and Girls teams from each of the middle schools represented in the CLBL boundaries (Simpson, Harper Park, and Smarts Mill) as long as PRCS minimum team size can be met. Participation is in accordance with PRCS Travel League rules.

2.16.2.1 TEAM SIZE (TRAVEL LEAGUE)

Travel teams for both boys and girls are on a tryout basis. Players in the 6th, 7th and 8th grades can try out for travel teams. Players must be in the grade of the travel team they try out for (6th, 7th or 8th), no exceptions except as delineated in PRCS Travel League rules. Travel teams will be made up of 8-10 players (or as determined by PRCS rules), selected by the head coach and verified for eligibility by the CLBL Board.

2.16.2.2 TRAVEL LEAGUE PARTICIPATION

Representing your middle school in the Travel League as a player, parent or coach is considered a privilege. CLBL will attempt to facilitate a meeting between middle school administrators and their representative teams in order to ensure each understands the others' goals for the program. In the event of poor behavior or failure to properly represent their school, and at the request of school administrators and by approval of the Board, players or coaches may be removed from the Travel Program

2.17 EQUIPMENT

2.17.1 UNIFORM REQUIREMENTS

Each House team will be furnished with game league jerseys. Players not having a league jersey will not be allowed to play in the game.

Players on a team may wear undershirts under their game jersey. Not all players have to wear an undershirt. If an undershirt is worn, the t-shirt must match the color of the jersey (white under white; if colored, red or blue depending on the

player's league). Players may be required to change non-matching undershirts at the referee's discretion.

Players must have shorts pulled up to their waist and jerseys must be tucked into the shorts. Players who wear their shorts too low will receive a technical foul each time the referee makes the call.

Players may wear a tight fitting cap or a scarf tied in a knot about the head for religious purposes. A head covering or wrap must not be abrasive, hard or dangerous to any other player and must be attached in such a manner it is highly unlikely it will come off during play. No "free-flowing" article of clothing may be worn during the game for any reason.

The home team or the higher seeded team (whichever is applicable) will wear the lighter colored jersey in all House league regular season and tournament games.

2.17.2 GYM SHOE REQUIREMENTS

Players cannot wear shoes that will leave marks on the gym floor. Players' shoes should not be worn out of doors into the gym.

2.17.3 JEWELRY LIMITATIONS

Players cannot wear jewelry on the gym floor during any practice or game. This includes, but is not limited to, earrings, bracelets, necklaces, watches and hair ties with metal or hard plastic clasps. **All earrings/piercings must be removed;** tape or band aids over earrings/piercings is not acceptable for play.

2.17.4 EYEGLOSS LIMITATIONS

A player wearing glasses must have shatterproof lenses or an eyeglass protector (e.g., goggles).

2.18 DRAFT GUIDELINES

A formal draft will be held in each Boys and Girls division each year. All officially registered players shall be considered for the draft in accordance with Rule 2.16.1.1.

All players wishing to play on a CLBL House team formed by the draft must attend at least one skills evaluation session held at a Board-determined place and time. The Board will handle exceptions on a case-by-case basis. The conduct of these evaluation sessions will be under the control of the Director of Coaches (Boys and Girls).

Prior to the draft, all registered players will be evaluated using skills evaluation sheets completed by applicable coaches and independent CLBL evaluators (if

available) at official skills evaluation sessions. Before the draft, the scores of any independent evaluators' evaluation sheets only will be tallied and the players' consolidated rankings established based on the average of the scores on independent evaluator worksheets. The average independent scores/rankings for all players will be distributed to the coaches before the draft for their use. The independent evaluator assessments are advisory only; the coach's own evaluation worksheet should be the primary draft tool.

Coaches in 3rd and 4th grade Leagues are encouraged to attempt to form teams based on player/player relationships, player/coach relationships or other factors to promote a familiar environment during participation at these age groups. The Board's desire at these age groups is to focus on teaching proper fundamentals and learning to enjoy the game, instead of mainly focusing on maintaining competitive teams. Coaches in these Leagues are encouraged to attempt to address these issues during the draft process.

2.18.1 DRAFT MANAGEMENT

The Directors of Coaches have ultimate responsibility for the draft. The Director may delegate one or more Board members to manage each draft.

Each coach that is new to coaching players in that league (e.g., a Boys 7th grade coach that did not coach Boys 6th the previous year) or unfamiliar with the serpentine draft may request that CLBL provide a mentor for the draft solely to provide information to the coach on player skills and team formation. CLBL Board member(s) will be available at the draft to provide the same type of information to the group.

2.18.2 ORDER OF DRAFT

The CLBL Board member(s) managing the draft will lead the coaches in seeding any coach's related player(s) in the proper draft round as determined by the independent evaluator's assessment and/or the assessment of the other coaches. Coaches will then draw lots to determine an initial order of the draft. The CLBL Board member(s) managing the draft will then lead the coaches in determining what changes, if any, are required to the initial draft order or related player placement so that the draft is as fair as possible. The group may move player order or coach draft order, by consensus, to determine a final draft order and player placement. If the coaches cannot agree, the CLBL Board member(s) managing the draft will be the final arbiter of draft order and related player placement. Once final draft order is determined, coaches are obliged to use that round's draft pick to choose their related player(s).

2.18.3 FLOW OF DRAFT

All drafts will follow a serpentine order. Players not attending any skills evaluation sessions and determined to be eligible for the draft under Paragraph 2.16.1.1 will be discussed and given a ranking by the coaches.

As an example of a serpentine draft, the table below shows a 6-team draft. The team with the first pick would get pick 1, then picks 12 and 13. The team with the 6th pick gets picks 6 and 7, and then picks 18 and 19.

Round	TEAMS 1 – 6					
1	1	2	3	4	5	6
2	12	11	10	9	8	7
3	13	14	15	16	17	18
4	24	23	22	21	20	19
5	25	26	27	28	29	30
6	36	35	34	33	32	31
7	37	38	39	40	41	42
8	48	47	46	45	44	43

Note: The last round of the draft is done in reverse order of the first round. In other words, the team with the first overall pick in the draft should end up with the last pick in the draft. If there are fewer players remaining than teams available, teams may exercise the option to pass and therefore not select a player. The option to pass exists as long as there are sufficient teams to select every player in the draft. For example, if there are five players remaining and six teams left to select, team 6 may elect to pass on a draftee. In this example, teams 5 through 1 would select players in that order until every child is drafted.

2.18.4 PLAYERS RELATED TO COACHES

Players related to a coach are those who are natural-born children, adopted children, children for whom the coach is a legal guardian, grandchildren, nieces, and nephews.

During coaches' registration, coaches shall identify those children whom they wish to claim as related players for the purpose of the draft. Final approval of related players is subject to the consent of the League President.

Only player(s) related to the head coach will be "frozen" in the draft.

2.18.5 SIBLINGS

In the case of siblings, all brother and sister combinations will be on the same team unless otherwise requested. As soon as the first sibling is drafted, the

second sibling will be seeded by the coaches' rankings. Siblings by League definition are brothers or sisters (by birth, marriage, or legal guardianship) living in the same residence.

The League will not promise any particular team placement except in extreme cases.

2.18.6 ASSISTANT COACHES

The League does not allow pre-selected assistant coaches, which would "freeze" a child.

2.18.7 CLOSING OF THE DRAFT

After the teams have been formed, coaches may request same-round player swaps. For example, a coach may swap his 6th-round draft pick for another coach's 6th-round draft pick, if agreed upon by the two coaches and the Director of Coaches or delegated Board member(s).

After the teams have been formed, coaches may request non-same-round player swaps. For example, a coach may swap his 5th-round draft pick for another coach's 6th-round draft pick, if agreed upon by the coaches and the Director of Coaches or delegated Board member(s).

Should any other adjustments need to be made, they will be done and agreed upon by the coaches and the Director of Coaches or delegated Board member(s). After this, the draft will be officially closed.

After the draft is closed, no team adjustments may be made unless agreed upon by the League President and the Director of Coaches.

2.18.8 ABSORPTION OF TEAMS

In the event that a House team needs to be broken up and absorbed by the league, the placement of the players on that team will be done by the director of that league, subject to the approval of the League President. The director will strive for parity among teams.

2.18.9 HIGH SCHOOL LEAGUE DRAFT

The High School League Draft procedures shall be at the discretion of the Director of High School and Travel.

2.19 TRAVEL LEAGUE TEAM SELECTIONS

The selection process for the Travel teams is as follows:

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1. Players in the 6th, 7th and 8th grades may try out for travel teams in accordance with PRCS rules. Travel team tryouts should be held at least one week prior to the House league skills evaluations.
 2. Travel team head coaches will select the teams, and submit their selections to the CLBL Board of Directors for ratification. The CLBL Board of Directors will check player eligibility and ratify the travel teams. Final selections for travel teams must be made prior to House league drafts.
 3. Once the Board ratifies the team selections, the head coaches will notify players who tried out. Travel team players will be assessed an additional charge of a Board-approved cost to cover the cost of the uniforms they will own at the end of the season.

2.20 ATTENDANCE

Attendance is not monitored by the league except as provided under sections 2.15.1 and 3.1.

3. HOUSE LEAGUE RULES OF PLAY

The CLBL House League is set up for the enjoyment of the game of basketball for all players, not just the few that excel at the game. Should parents, coaches or players seek more competition, there are other leagues that will accommodate them. This league is designed to teach each individual the fundamentals of basketball, passing, dribbling, shooting and defense.

Playing or coaching to win is acceptable; however, coaches must remember that this is a recreational league. Deliberately running up the score is prohibited. Coaches shall attempt to create a competitive game. Techniques such as substitutions, position assignments, type of defense played, assigning players to work on their weaker hand, and encouraging better players to work for an assist rather than a shot, shall be used to provide a fun, educational, and recreational environment for all participants on both teams.

Coaches shall use these techniques intermittently during the game in order to maintain the score within 20 points in 7th grade and above Leagues, 15 points in 5th and 6th grade Leagues, and 10 points in 3rd and 4th grade Leagues.

In the event any team's score in a game exceeds the other team's score by: 20 points in 7th grade and above Leagues, 15 points in 5th and 6th grade Leagues, and 10 points in 3rd and 4th grade Leagues, the designated time keeper, at the discretion of the trailing team's coach, shall allow the score clock to continue to run, except for time outs and foul shots, until the one team's score does not exceed the other's by more than the aforementioned point differentials specified above for each grade level. Any decision by the coach of the trailing team to

allow the score clock to continue to run during any game under this Rule shall be irreversible for the duration of the game.

3.1 PLAYING TIME RULES FOR HOUSE LEAGUE

3.1.1 PLAYING TIME RULES (GRADES 3 – 8)

Each player **must** start, play through, and finish one quarter in each half of the game. For teams with 7 or more players, each player **must** sit out one full continuous quarter per game.

Each player attending at least one practice the preceding week shall play at least the minimum playing time provided under these rules and will be subject to the maximum playing time rules. A coach may, at his or her discretion and upon approval of the Director of Coaches, refuse to allow any player to play in any game if the player has failed to attend at least one (1) practice during the immediately preceding seven (7) day period other than on account of excused absences. Every coach shall notify the parents of all his or her players of the foregoing rule at the initial team meeting. Further, any player denied playing time in any game under this rule shall notify the coach of the opposing team at or before any game in which the suspension shall take effect. Only players who are expected to meet the minimum playing time rules will be eligible to participate in a game and wear their uniforms on the bench. Players denied playing time because of unexcused absences under the aforementioned rule or who are injured or ill at the start of a game should not participate in the game. Injured players as well as players denied playing time because of unexcused absences may sit on the bench, but may not be in uniform. Ill players may not sit on the bench under any circumstances.

The playing time rule will be determined by the number of eligible players in uniform on the bench (i.e., available to play) at the end of the first quarter.

Note: During overtime, there are no playing time restrictions.

Coaches should refer to Appendices D and E for examples of playing time rules and a playing time planning sheet for use during games.

3.1.1.1 PLAYING TIME RULES - 6 PLAYER TEAMS (GRADES 3-8)

Under the 6-player playing time rule, no player may play less than 75% of the game. In other words, no player may sit out more than the equivalent of one quarter of the game. This is the minimum playing time rule for a 6-player team. There is no maximum playing time rule. Therefore, each player will play 75-100% of the game.

If a player is required by a game official to leave the court due to injury, illness or rule infraction, the coach may make a one-for-one substitution. The coach must return the exited player to the court as soon as possible. The quarter will be considered as played in full for the exited player, and sat out in full for the substitute.

3.1.12 PLAYING TIME RULES- 7-10 PLAYER TEAMS (GRADES 3-8)

For teams with 7-10 players, each player will play 50-75% of the game. The coach is **required** to comply with the playing time rules as long as the coach has the opportunity to do so.

If a player is required by a game official to leave the court due to injury, illness or rule infraction, the coach may make a one-for-one substitution. The player that is substituted in should be a player that the coach was intending to play less than 75% of the game. The coach must return the exited player to the court as soon as possible. The quarter will be considered as played in full for the exited player. For the player who was substituted in, the quarter will be considered as having been sat out in full.

If a player is fouled out, the coach should put in a player that the coach was intending to play less than 75% of the game. For a 7-player team, if a player is fouled out by the 2nd quarter, it is understood that the coach may not be able to adhere to the maximum playing time rule; two players may end up playing in all four quarters.

3.1.2 SUBSTITUTING PLAYERS (GRADES 3 – 8)

Players may be substituted during a quarter in any league, but **only** in accordance with the minimum and maximum playing time rules. Please refer to sections 3.1.1, 3.1.1.1, and 3.1.1.2 for detailed playing time rules and substitution guidelines based on team size. **Substitution is allowed mainly to allow coaches to provide more equal playing time, and is NEVER an excuse for violating playing time rules.**

3.1.3 SUMMARY OF PLAYING TIME RULES (GRADES 3 – 8)

The table below is a summary of the minimum and maximum playing time rules (excluding fouled-out player situations). The playing time rule will be determined by the number of eligible players in uniform on the bench at the end of the first quarter. Please refer to sections 3.1.1, 3.1.1.1, and 3.1.1.2 for detailed playing time rules and substitution guidelines based on team size. In addition, refer to Appendices D and E for playing time examples and a playing time planning sheet for use during games.

# of players	Minimum playing time*	Maximum playing time*	In-quarter Substitutions**
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# of players	Minimum playing time*	Maximum playing time*	In-quarter Substitutions**
6	75%	100%	Yes for all leagues.
7	50%	75%	Yes for all leagues.
8	50%	75%	Yes for all leagues.
9	50%	75%	Yes for all leagues.
10	50%	50%	Yes for all leagues.

* Each player **must** start, play through, and finish one quarter in each half of the game. For teams with seven or more players, each player **must** sit out one full continuous quarter per game. Minimum/maximum playing time rules are NOT determined by cumulative minutes played (see section 3.1 for details).

** Only in accordance with playing time rules (see 3.1.2 for details).

3.1.4 HIGH SCHOOL LEAGUE PLAYING TIME RULES

Minimum playing time guideline per player is the equivalent of one quarter of play (i.e., eight minutes per game). Some exceptions and exemptions exist for not meeting minimum playing time rules in the case of practice or conduct infractions, foul trouble (4 fouls), or injury, etc. Overtime is considered an extension of the Fourth Quarter for purposes of the minimum playing time rule. Full substitution is allowed in the high school league.

3.1.5 VIOLATION OF PLAYING TIME RULES

Violation of playing time rules will result in an automatic forfeit of the game and automatic probation for the Head Coach. The CLBL Board of Directors will review the violation, which may result in further disciplinary action for the team coach. Penalties may include, but not be limited to, probation or suspension. Repeated offenses will be reviewed, and may result in suspension, and possibly the coach being relieved of coaching duties.

CLBL has had difficulty managing this rule in the past, as a few coaches always find a way to try to take advantage of the rule. This rule is, in the Board's opinion, our most important rule and violations will be considered a violation of the CLBL goals and by-laws.

Note: Officials are NOT expected to monitor this issue. If a player, parent or opposing coach has issue with the way another team is managing this rule a board member should be contacted, or a coach can register a formal protest. Coaches should not disrupt the game, in any manner, to discuss playing time rules. Prior planning is the key to success in managing playing time (see Appendix E).

Bottom line, coaches are required to understand and adhere to the playing time rules in all CLBL leagues.

3.2 DEFENSE

Proper defensive fundamentals should be taught and used in all leagues. Either man-to-man or zone defense is allowed, subject to the league specific restrictions below. If these defensive rules are not followed, the referee can stop play or reverse a turnover. It should be noted that the primary responsibility for implementing and enforcing these defensive rules lies with the head coach. While we cannot write a rule to cover every situation, the intent is to promote and environment for instruction and fundamentals for all skill levels, as well as a balanced blend of competition. Head coaches, particularly in 3rd and 4th grade leagues, should work together to ensure these rules are adhered to and league goals are met. Any coach with multiple reported violations shall be investigated by the Board of Directors for further appropriate action.

3.2.1 DEFENSE - 3RD AND 4TH GRADE LEAGUES

The following defensive rules are in effect in 3rd and 4th grade leagues:

1. While the ball is being walked up from the backcourt, defensive players must be behind the top of the key until the ball and player are safely established across the half-court line. Once the ball is safely advanced into the forecourt, defense may be initiated anywhere in the forecourt. The intent is to allow the offense to be able to regularly advance the ball into the forecourt and begin to establish an offense.
2. No trapping or double team defenses (i.e., defenses designed solely as such) are allowed in 3rd and 4th grade Leagues. Proper "help" defensive techniques are allowed and should be taught and used. In most cases, double-teaming in the lane is considered proper help defense. Defensive players may not simply stay in the lane or "hawk the ball" without proper defensive position between their man and the basketball. The intent is to promote proper team defense *and* offense, not to create defenses that are ever more exotic and offenses which take advantage of the rules or simple disparity of player talent, vice teaching fundamentals.
3. Zone defense is not allowed in 3rd and 4th Grade.
4. For 3rd grade, no backcourt defense is allowed at any time during the season.
5. For 4th grade, backcourt defense is only allowed after January 1 and only in the last quarter of the game as long as the pressing team is not leading by 10 points or more. Only man-to-man backcourt defenses (presses) are allowed in 4th grade Leagues.
6. If the team on offense attempts to fast break, the team on defense will be allowed to play defense at that time. A fast break is defined as any time a player tries to pass over or dribble past the defense. When attempting a fast break, the offensive team gives up the right to walk the ball up the floor.

3.2.2 DEFENSE - 5TH AND 6TH GRADE LEAGUES

The following defensive rules are in effect in 5th and 6th grade leagues:

1. The ball and player must safely cross the half-court line before defense is initiated.
2. Backcourt defense is allowed in the second half only prior to January 1, and any time in games played after January 1, as long as the pressing team is not leading by 15 points or more.
3. If the team on offense attempts to fast break, the team on defense will be allowed to play defense at that time. A fast break is defined as any time a player tries to pass over or dribble past the defense. When attempting a fast break, the offensive team gives up the right to walk the ball up the floor.

3.2.3 DEFENSE - 7TH GRADE AND ABOVE LEAGUES

The following defensive rules are in effect in 7th grade and above leagues except as provided under Rule 3.2.4 below:

1. Full-court pressing defense is allowed as long as the pressing team is not leading by 20 points or more.

3.2.4 DEFENSE - SPECIAL RULE FOR GIRLS 6TH THROUGH 8TH LEAGUE FOR 2009-2010 SEASON

For the 2009-2010 season, Girl's Leagues 6th grade through 8th grade shall use the rules for defense prescribed for the 5th and 6th Grade Leagues.

3.3 BASKET HEIGHT AND COURT ADJUSTMENTS

Basket height will be lowered to 9 feet for Girls 3rd and 4th Grade League teams. An intermediate-sized ball (28.5) will be used. The free throw line will be shortened by 12 inches to the 14-foot mark for the Girls 3rd and 4th Grade Leagues. Players can jump over this line when shooting a free throw. No three-point baskets are allowed.

Basket height will be lowered to 9 feet for Boys 3rd Grade League teams. Basket height will be a standard 10 feet for Boys 4th Grade League teams. An intermediate-sized ball (28.5) will be used. The free throw line will be shortened by 12 inches to the 14-foot mark for the Boys 3rd and 4th Grade Leagues. Players can jump over this line when shooting a free throw. No three-point baskets are allowed.

For Boys and Girls 5th and 6th Grade Leagues, an intermediate-sized ball (28.5) will be used. The free throw line will be shortened by 12 inches to the 14-foot mark for the Girls 5th and 6th Grade Leagues. Players cannot jump over the free

throw line. Three-point baskets are allowed when games are played in gyms with the three-point arc appropriately marked.

For Boys 7th Grade and above Leagues, the full-sized ball and standard free throw line will be used. For Girls 7th Grade and above Leagues, an intermediate-sized ball (28.5) will be used. Three-point baskets are allowed in both Boys and Girls 7th Grade and above Leagues when games are played in gyms with the three-point arc appropriately marked.

The following table summarizes the above rules.

League - Grade	Basket Height	Ball Size	Free Throw Line	Jump Over Free Throw Line?	3-Point Baskets?
Girls - 3 rd & 4 th	9 feet	28.5	-12 inches	Yes	No
Boys - 3 rd	9 feet	28.5	-12 inches	Yes	No
Boys - 4 th	10 feet	28.5	-12 inches	Yes	No
Girls - 5 th & 6 th	10 feet	28.5	-12 inches	No	Yes*
Boys - 5 th & 6 th	10 feet	28.5	Standard	No	Yes*
Girls - 7 th & above (2009/2010 G6-8)	10 feet	28.5	Standard	No	Yes*
Boys - 7 th & above	10 feet	Full	Standard	No	Yes*

- Permitted only in gyms where the three-point arc is appropriately marked.

3.4 SCOREKEEPING: GRADE 3

At the 3rd Grade level of play during each game of the regular season, the score of the game will be kept only through each quarter of play, respectively, and reset to "0" at the beginning of each new quarter. Therefore, there shall be no standings tabulating "wins" or "losses" at the 3rd grade level during the regular season. Following the conclusion of the regular season, a single elimination tournament based on random pairings will be held at the 3rd grade level using customary scorekeeping.

4. TRAVEL LEAGUE RULES OF PLAY

Rules for the PRCS Travel League are determined by PRCS and available through the Director of High School and Travel or at www.clbl.org. All CLBL travel coaches **will** adhere to PRCS Travel League rules **and** to applicable rules and policies set by CLBL.

4.1 VIOLATIONS OF TRAVEL LEAGUE RULE

4.1.1 GENERAL VIOLATIONS

The PRCS Travel League coordinators may deal with violations of PRCS Travel League rules, but the CLBL Board reserves the right to further discipline travel coaches for violations of Travel League rules. The CLBL Board requires all travel coaches to abide by the applicable minimum playing time rules and other rules of the PRCS Travel League and CLBL. Travel coaches who violate these rules may be disciplined as the CLBL Board deems appropriate.

4.1.2 PLAYING TIME RULE VIOLATIONS

See section 3.1.5 for penalties for violations of playing time rules. These penalties apply to both CLBL House and Travel league coaches. Teams that are proven to have violated playing time rules will forfeit the game in question (regardless of PRCS rules in effect).

5. RESPONSIBILITY FOR CONDUCT AND PENALTIES

CLBL is designed to be a recreational league, one that will benefit all the players and parents, not just a select few. CLBL is responsible for ensuring that its players, coaches and spectators abide by their respective Code of Conduct. PRCS and CLBL Codes of Conduct can be found in Appendix A of this CLBL Handbook, and on the CLBL website (www.cbl.org). **It is the responsibility of each coach, parent and player to understand and abide by the PRCS and CLBL Codes of Conduct.** These codes of conduct **will** be strictly enforced throughout the season. Coaches shall inform their players and the players' parents about their respective Code of Conduct to ensure they understand and accept their responsibilities as stated in the code.

5.1 CODE OF CONDUCT REQUIREMENTS

The Code of Conduct for spectators and players should be thoroughly discussed at a pre-season joint meeting between coaches, players and parent/guardians of players. All sponsors, coaches, parents/guardians and players are required to acknowledge requirements during the registration process indicating they understand and accept their responsibilities as stated in the code.

5.2 DEFINITION OF OFFENSIVE ACTIONS

No coach, player, parent/guardian or spectator is to:

1. Refuse to abide by an official's decision; or
2. Be guilty of objectionable demonstration by throwing equipment or any other forceful action; or

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3. Be guilty of heaping verbal abuse upon an official for any real or imaginary wrong decision or judgment; or
 4. Be guilty of an abusive verbal attack upon a player, an opposing coach, official or spectator; or
 5. At any time, lay hands upon, push, shove or strike an official; or be guilty of physical attack as an aggressor upon any player, opposing coach, official, spectator, Recreation Building Director or school staff.

5.3 CLBL IMPROPER CONDUCT ADJUDICATION

Conduct of players, coaches or spectators detrimental and contrary to the CLBL Codes of Conduct can result in suspension from further participation for whatever period of time deemed reasonable and appropriate by the CLBL Board of Directors.

5.4 IMPROPER CONDUCT PENALTIES

Improper conduct on the part of players, coaches or spectators may result in, but is not limited to, the following penalties as determined by the CLBL Board of Directors: probation, suspension from practices, games or CLBL functions for the rest of the season; expulsion from the gym; forfeiture of the game; or expulsion from the League. All activities concerning technical fouls, ejections, and inappropriate conduct will only be discussed between the CLBL President, League Board of Directors, Disciplinary Committee and concerned parties, which may include the player and or their parents and coach, and the league commissioner.

5.4.1 PENALTIES FOR EJECTION FROM

All ejections will automatically result in the ejected player, coach or spectator being suspended for the next game. Players and coaches will not be permitted to participate in any practices between the offending game and the suspended game. **This automatic one game suspension may not be appealed.** Additional sanctions may be administered by the CLBL Board of Directors. Players, coaches or spectators who are ejected from a second game during a season, or are suspended twice during the same season for ejection or technical fouls, will be automatically dismissed from the League.

The Board must approve permission for any suspended player or coach to participate in games subsequent to the incident for which they were ejected. All rulings of the Board will be expedited, provided that both coaches and game officials report the facts relative to the ejection promptly to the League President.

A player, coach or spectator ejected from a game should be notified at the time as to the cause of the ejection. A written report by the ejecting game official explaining the reason(s) for the ejection should be made in all situations

involving an ejection (but is not required). Any person striking or shoving a game official will be suspended for the remainder of the season.

Coaches are required to notify the League President within 24 hours of any player, coach or spectator ejected during their games. This responsibility lies with both coaches.

5.4.2 MINIMUM PENALTIES FOR TECHNICAL FOULS

Procedural technical fouls shall be reviewed by the CLBL Board of Directors to determine penalty. Behavioral technical fouls shall result in a minimum penalty of:

- First Offense: Probation for the remainder of the season
- Second Offense: One week suspension, to include practice(s) and one game.
- Third Offense: Dismissal from the league

Any coach who receives a technical foul during the end-of-season tournament resulting in probation shall be subject to probation through the end of the calendar year in which the probation is received.

Any coach who receives a technical foul during the last game of the end-of season tournament requiring a suspension under these rules shall serve the required suspension during the first week of the next regular season and be on probation for that entire season.

These automatic penalties are not subject to appeal. The CLBL Disciplinary Committee may review each incident and may increase or decrease the severity of the penalties----if you receive a technical foul start serving your penalty immediately unless informed otherwise by the League President.

Any coach that does not report a technical foul that occurred during their game, within 48 hours, may be referred to the Disciplinary Committee for further action.

5.5 SUBMISSION OF APPEALS

A written appeal (for any non-automatic Board imposed penalties) may be made to the League President within 24 hours of the penalty decision for consideration by the CLBL Board of Directors. The decision of the CLBL Board of Directors will be final.

5.6 UNSPECIFIED PENALTIES

It is not a requirement for an individual to be ejected from a CLBL activity or be assessed a foul of any kind by the referee(s) or the PRCS representative(s) in order for the CLBL Board of Directors to suspend or expel any CLBL participant

for inappropriate behavior during a CLBL activity. The CLBL President can implement variations of the above rules, in agreement with the CLBL Board of Directors, if the situation warrants it. When penalties for rule violations are not specified in these rules, the CLBL Board of Directors will decide penalties.

END OF RULES.