

COMMONWEALTH COALITION OF PRIVATE SCHOOLS ASSOCIATION (CCOPSA)
Basketball Rules & Regulations
2017 Revision

HISTORY

The Commonwealth Coalition of Private Schools Association (CCOPSA) was formed in the late 1990s to provide athletic interscholastic sports competition amongst the private schools.

MISSION STATEMENT

The CCOPSA exists to provide opportunities for students to develop athletic skills and to promote sportsmanship in a healthy competitive environment through interscholastic competition.

BASKETBALL SEASON OVERVIEW

1. MIDDLE SCHOOL (GR. 6-8)
 - A. Games consist of four quarters of 6 minutes each.
 - B. Halftime is also 6 minutes, unless agreed upon by both coaches to be shorter.
 - C. Overtime is 3 minutes long and played in the event of a tie at the end of regulation time.

2. HIGH SCHOOL (GR. 9-12)
 - A. Games consist of four quarters of 10 minutes each.
 - B. Halftime is also 10 minutes, unless agreed upon by both coaches to be shorter.
 - C. Overtime is 5 minutes long and played in the event of a tie at the end of regulation time.

3. RULES AND REGULATIONS FOR BOTH MIDDLES SCHOOL AND HIGH SCHOOL
 - A. A team leading by 15 or more points in the 4th quarter may not use a full court press against the other team.
 - B. Each team has two (2) timeouts in the first half and three (3) timeouts in the second half. Timeouts do not carry over from one half to the next nor do they carry over to overtime
 - C. Each timeout is to be one minute in length.
 - D. In the event of overtime, each team is given two (2) timeout.
 - E. Head coach will call all timeouts.
 - F. Each player will be allowed four (4) fouls; upon receiving a fifth (5th) foul he will be benched for the remainder of the game.
 - G. A technical foul is considered both a personal and team foul.

- H. If a player receives two (2) technical fouls, the player cannot play in the rest of the game, and the player cannot play in the following game as well.
- I. If a coach receives two (2) technical fouls, he/she must leave the game, and must find an adult substitute for the remainder of that game. In the event that the removed coach cannot find a replacement, the team without the coach will forfeit.
- J. When a team has committed seven (7) total team fouls during either half, the opposing team shoots a one and one free throw on the seventh (7th) foul (unless it's a shooting foul). If the team foul count goes up to ten (10), the opposing team shoots an automatic two free throws on the tenth (10th) and thereafter. All team fouls are erased at the end of the half. Player fouls continue to accumulate.
- K. On free throws, the non-shooting players cannot enter the lane until the ball touches the rim.
- L. The shooter must stay behind the line until the ball hits the rim.
- M. The clock stops every time the referee blows the whistle.
- N. THE CLOCK IS NOT STOPPED AFTER A BASKET IS MADE.
- O. Substitutions are allowed whenever the clock is stopped, but the players substituting must have the permission of the referee to enter.
- P. Substitutes should check in at a substitution area designated by the home team.
- Q. Substitutions are unlimited.
- R. During the first half of the season, the girls will be the first game. For the second half of the season, the boys will be the first game.
- S. Back court violation - 8 seconds.
- T. Jump ball - teams alternate possession after opening tip off.
- U. If a player holds a ball for more than 5 seconds while being closely guarded it will result in the ball being turned over to the opposite team.
- V. When a team gains possession of the ball, they have a maximum of 24 seconds to attempt a shot.
- W. offensive players may not remain within the restricted area (key) for more than three consecutive seconds.
- X. 2-minute warning will be applied in each 4th Quarter and Overtime periods.
- Y. Referees will also count down final 10 seconds of each quarter and overtime period.
- Z. In the event that certain rules and regulations specific to basketball, are not referenced in this document, the matter will default to the most recent FIBA rules and regulations for the respective age brackets.

4. UNIFORMS

- A. All uniform tops must match.
- B. All uniform tops must be printed in a professional manner (no hand-writing or tape allowed).
- C. All uniform tops must have a number on the front and back.
- D. Each player must have a different number not exceeding two digits.

- E. There is no minimum standard for uniform bottoms.
- F. If anything does not meet the above criteria, that team will forfeit until criteria is met.
- G. Any team without proper uniform at the start of the first game will forfeit until it is properly attired.

5. BASKETBALLS

- A. All boy's games should be played with an official size 7 ball.
- B. All girl's games should be played with an official size 6 ball.
- C. The home team is responsible for providing an adequate ball for the game.
- D. If the visiting coach or referee does not feel the ball is adequate, the visiting team may provide the ball.
- E. All coaches and referees must agree on the ball being used.

6. SCOREBOARD/SCOREBOOK

- A. Each team is required to use a score-book (Mark V or FIBA).
- B. At least 20 minutes before the game is scheduled to begin, each coach or his representative shall give the scorer a list with the names and corresponding numbers of the team members who are eligible to play in the game as well as the name of the captain of the team, the coach and the assistant coach.
- C. At least 10 minutes before the game is scheduled to begin each coach shall indicate the 5 players who are to start the game. Before the game starts the scorer shall check if there is an error regarding these 5 players and, if so, he/she shall notify the nearest official as soon as possible. If this is discovered before the start of the game the starting 5 players shall be corrected. If this is discovered after the start of the game it shall be disregarded.
- D. Each team is required to have a responsible person keeping stats in the score-book at each game.
- E. The book keepers need to sit next to each other to avoid conflicting books.
- F. The home team is responsible for providing a valid, reliable time keeping source and a responsible person to operate it. The scorekeeper should count down at the end of the quarters if time is not visible.
- G. The home team is responsible for providing a scoreboard which displays the correct score at all times throughout the whole game and a responsible -person to operate it.
- H. If the home team cannot provide a scoreboard or a timekeeper, the visiting team should provide it.

7. ROSTERS

- A. Each school is required to submit a roster and rules acknowledgement form via e-mail or fax for each team in the CCOPSA standard form no later than two (2) days before the start of the season.

- B. If a roster and rules acknowledgement form is not submitted by the deadline, the team will play but forfeit the first game and any subsequent games until a completed roster is submitted.
- C. Roster must include (in number order):
 - I. Names of the players
 - II. Uniform numbers
 - III. Grade Year
 - IV. Grades/GPA
 - V. Copy of government photo identification (eg. Passport/Government ID Card)
- D. Any player for the middle school team will be deemed ineligible if he/she is turning 15 years old on or before August 1st of the current school year.
- E. A Team can only suit up 12 players per game.
- F. Any player for the high school team will be deemed ineligible if he/she is turning 19 years old on or before August 1st of the current school year.
- G. Players on the middle school team must be in the 6th, 7th, or 8th grades.
- H. A player must be on the roster for at least half the season to be eligible for the playoff.
- I. Must have a GPA of at least a 2.0 and no failing marks on their grades.

8. COACHES

- A. The head coach must be at least 21 years of age.
- B. The coach of any team must attend the required coaches meeting.
- C. All coaches will be responsible for knowing the rules and decisions made at the meetings, regardless if the coach attended the meeting or not.
- D. The coach is responsible for the behavior of his/her team.
- E. The coach must arrive at any away game before his/her team may warm up.
- F. Any team that fails to show up 20 minutes after tip-off is subject to forfeiture.
 - I. Ex: 3:30 tip off, 3:50 forfeit. (PHONE the school if you are having transportation problems!)
- G. The coach must practice and encourage sportsmanship and be a model for the players.
- H. The coach is responsible for addressing the entire CCOPSA committee with any concerns or complaints within 24 hours of the incident happening. An exception to the 24 hours rule will be given if the incident happens on a Friday or the weekend. In this instance, the 24-hour notification period will begin on Monday morning at 8am.
- I. Only coaches (maximum of 2) and players may sit on team bench during the game.

9. REFEREES

- A. Each school is responsible for providing one referee for each game.
- B. Schools are responsible for obtaining their own referees.
- C. The same person cannot be the referee and coach during the same game.
- D. Referee must know all the league rules.

- E. Referees are encouraged to attend all coaches meetings as set forth by the CCOPSA sports committee.
- F. Referee must be at least 21 years old.
- G. Referees are expected to arrive on time to the games.
- H. The game may begin with one referee.
- I. Referees will be given a grace period of 20 minutes to show up to the game.
- J. If a referee has failed to show after the grace period, the team responsible for obtaining the referee will forfeit.

10. SPORTSMANSHIP

- A. As an interscholastic league, we aim to instill integrity, sportsmanship, and safe environment in which to participate in healthy competition. This encompasses coaches, players, referees, and spectators that represent our schools.
- B. Swearing
 - I. **FIRST OFFENSE:** If a player or coach swears for any reason, the referee should blow the whistle, and a turnover will be awarded without the loss of points. The entire team is given a warning.
 - II. **SECOND OFFENSE:** If any player or coach of the team that has already been warned swears again, a technical foul will be given to the offending team.
- C. Talking to the Referees
 - I. The coach should be the only person on the team talking to the referees.
 - II. The appropriate time to talk to the referees is during time outs or period breaks.
 - III. Failure to follow the above the rules can result in a technical foul based on referee discretion.
- D. Other Sportsmanship Issues
 - I. In basketball, the CCOPSA encourages coaches to practice good sportsmanship by avoiding the following actions: cherry picking, purposefully running up the score, playing starters at inappropriate times, pressing immediately at half court line if your team is up by over 15 points.
- E. Make up games must be completed before the coaches meeting in deciding the end of the season playoff brackets.
- F. Know your own win-loss record at the end of the regular season so we can immediately set up the playoff brackets.

11. AWARDS – END OF SEASON

- A. Following the final championship game, team and individual awards will be formally announced at the trophy ceremony.