

## CHAMPS Middle School Basketball League

### RULES AND REGULATIONS

#### Student-Athlete Eligibility:

- Every student-athlete must be currently enrolled in the particular middle school he/she is representing.
- Participants must be in the 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade and may not turn sixteen (16) years of age prior to July 1, 2015.
- Each team will be allowed a maximum roster of fifteen student-athletes.
- Each student-athlete must have a signed parental consent form on file before the first day of participation (including tryouts and practices).
- On days when school is in session, a student-athlete must be present in school in order to participate in any team practice, scrimmage, league or non-league game, or tryouts on that day. A doctor's note or parental note is the only acceptable documentation to excuse a student-athlete's absence.
- Suspended students are not eligible to participate in any team practice, scrimmage, league or non-league game, contest or tryout during the period of their suspension.
- All student-athletes must be in good academic standing with a passing GPA.
- All coaches must maintain the following documentation:
  - a copy of each student-athlete's signed parental consent form; and
  - an official roster listing all team members.

#### Competition Rules and Regulations:

Official basketball rules of the [National Federation of State High School Associations](#) will be used for all games, with the following modifications:

- Each game will consist of four seven-minute quarters. The clock will run for the first and third quarters and stop in the last two minutes of the second and fourth quarters. The clock will stop on free throws and time-outs only. Half-time will be seven minutes long. Overtime is three minutes long.
- Each coach will be granted two full time-outs (Girls: **75** seconds) (Boys: **90** seconds) and one **30**-second time out per half. Time-outs do not carry over. In overtime, each coach is granted one full time-out and one **30**-second time-out.
- During game time, each team will have 10 seconds to advance the ball past half court.
- Each team will play five league games. Schedules will be posted on [www.champsnyc.org](http://www.champsnyc.org) for review. All changes will be finalized prior to the start of the CHAMPS Spring season.
  - *TRACKING SHEETS will not be used to determine eligibility to compete. Tracking sheets can be used by coaches' at their own discretions.*

- Student-athletes are expected to maintain good sportsmanship and shake hands with the opposing team at the conclusion of each game.
- All student-athletes must wear the official league uniform (both top and bottom) in order to participate in league games. Student-athletes are required to enter the game with their tops tucked into their shorts, and to maintain this appearance during game play. Any defacing of the official uniform will result in an administrative technical foul. Students that choose to wear a t-shirt under the uniform jersey must match the color of the jersey. If not they will either be asked to remove the t-shirt or not be allowed to play in that particular game.
- All technical fouls will be two shots.
- Cursing and/or taunting will result in a technical foul.
- Any student-athlete(s) involved in a physical altercation during game play will be ejected from that game and will receive a minimum two-game suspension.
- Student-athletes who receive two technical fouls in a game will face a minimum one-game suspension.
- Coaches who receive two technical fouls in a game will immediately forfeit his/her team's game.
- There shall be no backcourt press allowed if team is up by **20** or more points; first violation will result in a warning, with a technical foul issued for subsequent violations.
- Only a licensed teacher (with current First Aid/CPR/AED certification) may substitute for the assigned teacher-coach.
- All volunteer assistant coaches shall:
  - Obtain a letter of authorization from the principal. A copy must be affixed to the official scorebook.
  - Abide by all pertinent regulations regarding the use of volunteers in the school.
- **Forfeits:** A game may be declared a forfeit if the opposing team does not arrive within thirty (**30**) minutes of the scheduled start time.
- **Playoffs:** The top two teams for each division will advance to the playoff rounds. Student-athletes must participate in at least three league games to be eligible for the playoffs. If there is a three-way tie:
  - 1<sup>st</sup> tie breaker: head-to-head record
  - 2<sup>nd</sup> tie breaker: additional game played or coin toss that will determine the two teams advancing