



CATHEDRAL LADY IRISH HOOPS LEAGUE

OFFICIAL RULES AND REGULATIONS

1ST & 2ND Grade Division will be called: Shamrock Division
3rd Grade Division will be called: Irish Division

1.Our Purpose

The Lady Irish Hoops basketball league is a developmental league of Cathedral High School Girls Basketball Program. Our purpose is to develop young female basketball players in an atmosphere that honors God and represents the core values of Cathedral High School including excellence, integrity, hope, family and zeal. Our main emphasis is placed on developing fundamental skills, teamwork and sportsmanship.

2.Conduct

2.1 Head Coaches and Assistant Coaches

Unacceptable language, berating players, and criticizing or arguing with officials will not be tolerated. These actions will be subject to disciplinary action. Coaches and assistant coaches are also responsible for the conduct of each player.

2.2 Players

Unacceptable language, criticizing or arguing with officials, and unsportsmanlike conduct will not be tolerated. These actions will be subject to disciplinary action.

2.3 Fans

Unacceptable language, unsportsmanlike conduct, and criticizing or arguing with officials will not be tolerated. These actions will be subject to disciplinary action.

3.Playing Rules

3.1 General

Unless otherwise specified, play will be in accordance with high school playing rules.

3.2 Minimum Number of Players

A minimum of four (4) players must be present to start the game for the Shamrock and Irish Divisions. A ten-minute grace period will be allowed for late arrivals. If after the grace period has expired, the team still does not have the minimum number of players, the game will be forfeited. A team may finish the game with any number of players.

4.Defense

4.1 Guarding in the Backcourt

Guarding will not be allowed in the backcourt. The defensive team must move back past the time line.

4.2 Legal Defenses

4.2.1 Person-to-Person in all Divisions

Teams are required to play person-to-person defense. In a person-to-person defense, the defensive player is assigned a specific offensive player to guard and the defensive player stays within a reasonable distance of that offensive player as the offensive player moves around the court.

4.2.2 Switching in all Divisions

Defensive players are allowed to switch defensive assignments on picks set by the offensive team. Defensive players are also allowed to leave their defensive assignment in an attempt to stop an offensive player who has gotten around the defense and is driving uncontested to the basket.

4.2.3 Double Team Inside the Lane

Double-teaming is permitted when the offensive player has at least one (1) foot inside the free throw lane.

4.3 Illegal Defense

4.3.1 Zone Defense for all Divisions

A zone defense is defined as one or more defensive players guarding a particular zone or area of the court and not a specific offensive player. This is illegal for all divisions.

4.3.2 Trapping Defense for all Divisions

Trapping defense is when two or more defensive players surround the offensive player with the basketball in such a way that the offensive player cannot pass to a teammate or dribble away from the defense. This is illegal.

4.3.3 Double Team for all Divisions

It is illegal when two or more defensive players establish a defensive position on the same offensive player and as a result, the offensive player commits a turn over. (See Double Team Inside the Lane under Legal Defenses).

4.3.4 Steals

There will be no steals off the dribble in the Shamrock division.

4.4 Penalty for Illegal Defense

The penalty for illegal defenses shall be as follows. On the first violation the team will be issued a warning. On all successive violations, the offensive team will be awarded one (1) free throw and the ball out of bounds. The coach of the offensive team may choose any player on the floor to shoot the free throw.

5.Fouls

5.1 Disqualification

A player who accumulates a total of six (6) personal fouls will be disqualified from further participation in the game.

5.2 Free Throws

One-and-one free throws will be awarded after the sixth (6th) team foul (i.e.: on the seventh team foul) and two (2) free throws will be awarded on the tenth (10th) team foul.

5.3 Backcourt Fouls

If a defensive player commits a foul in the backcourt, even though the player was not supposed to be guarding in this area, the foul will be assessed.

6.Playing Time

6.1 Monitored

Each coach shall monitor playing time closely and when extra playing time is available it shall be spread as evenly as possible among the participants.

7.Scoring and Timing

7.1 Discrepancies

Should a discrepancy arise between the scorebook and the scoreboard which cannot be resolved, the scorebook shall overrule the scoreboard.

7.2 Time-Outs

Each team will have two 30 second time-outs per half. Each team will be awarded an additional time-out for each overtime period.

7.3 Time Clock

7.3.1 Length of a Half

A half will be twenty minutes in length.

7.3.3 Length of Half-Time

The half-time will be five minutes in length.

7.3.4 Overtime Periods

Overtime periods will be three minutes in length.

7.3.5 Starting and Stopping the Clock

7.3.5.1 First Half

During the first half of the game, the time clock will run continuously, stopping only for official time outs, shooting fouls and player substitutions. The clock will not restart until the ball has been put back into play.

7.3.5.2 Second Half

In the 2nd half, the clock will run continuously just as it does in the first half. During the last two minutes of the period, the clock will stop for all violations. Once the clock has stopped it will not restart until the offensive team has advanced the ball past their time line or the ball is touched by any player who is past the time line. However, on a missed foul shot, the clock will start as soon as the ball is touched by any player. During the last minute of the period, the clock will also stop on every made basket. If a shot is attempted and made while the clock is off, the basket will not count and the ball will be given back to the team in the backcourt. Restarting the clock is the same as described above for the last two minutes.

8.Special Rules for Shamrock and Irish Divisions

8.1 Putting the Ball in Play

The offensive player will have 5 seconds to in-bound the basketball.

8.2 Wrong Basket

If a player makes a basket in the opposing team basket NO basket will count. It will be handled as a turnover and the opposing team will get possession of the ball at half court.

8.3 Progressive Officiating

When traveling or double dribbling occurs, the referee will stop play and explain the violation to the payer. Then the referee will allow the offensive player to put the ball back into play. Starting on the fourth game, referees will penalize according to the accompanying Game-By-Game Violation Schedule.