

Middle School Basketball - Girls and Boys

Updated 11/15/23

Philosophy

School District #11's Middle School Interscholastic Athletic Program strives to provide an opportunity for all interested students to discover and grow within the offered sports. Students will compete at a level that is developmentally appropriate for most and in an atmosphere that strives to an overall positive experience for the student.

Minimum Practices

- Players must have a minimum of 5 practices before participating in a game.

Team Division

Teams will be designated as **A-squad** and **B-squad**.

- **The A-squad** will be a transitional team with the intention of preparing athletes for the level of competition experienced at high school. A-squad teams will be made up of 10-12 players and may consist of 6th - 8th graders.
- **The B-squad** will be a developmental team with the intent of teaching middle school age players the fundamentals of basketball through structured competition and play time. B-squad players will be made up of 14 or more players and may consist of 6th and 7th graders (special allocations for 8th graders on B-squad will be handled on case by case basis).
- The number of players on both A-squad and B-squad are given a range to allow for schools of lower enrolment/interest to field a team. **The goal is to reach the upper number if possible.**
 - There will be no cuts if there are fewer than the maximum number (A-12, B-14) try out.
 - Teams are expected to carry the minimum number of players on each team.
 - If fewer than the minimum try-out special accommodations will be made and the league will be notified.
- Schools who can field two complete teams must establish two full squads by the first competition and no movement between squads is allowed
 - B-squad players are allowed to play up at the city classics to bring A squad up to a full squad if necessary.
- Coaches may **swing players** if a team has fewer than 8 players on a squad. Between the two games players may play in up to five quarters between the two games. Any player may swing up to A-squad, players swinging down to B-squad should be a lower-level player. Full disclosure and communication with the opposing team must be made prior to the start of the game.
- Adding players can occur until the first scheduled game without approval from the Athletic Office.

A-Squad Athlete Participation:

- A-squad players, whom are eligible to play, should all receive playing time in each half of the game.
- The coach should provide adequate playing time, during the game for all players.

B-Squad Athlete Participation:

- The coach will divide the team into two (as equal as possible) groups. Each group will be designated to play in the first or second quarter. Those who play in the first quarter (blue team) cannot play in the second quarter (green team).
- During the second half the coach should provide adequate playing time during the second half for all players.
- Substitutions are made at the coach's discretion keeping in mind the philosophy of B-squad play.
- If a team has less than 10 players, teams will not split into quarter teams and substitutions will be at coaches' discretion for the entire game. Players should receive adequate playing time in the first half.

We will follow the NFHS Rule Book

Ball Size

- Boys will use a regulation ball (29 ½ to 30 inch circumference and 20 to 22 ounces in weight)
- Girls will use the smaller basketball. (28 1/2 to 29 inches in circumference and 18-20 ounces in weight)

Jersey Colors

- The home team shall wear the light colored jerseys and the visiting team the dark colored jerseys for all contests.

Team Member Apparel:

- Undershirts if worn shall be a single solid color similar to the torso of the jersey or be white (home), black (visitor). The entire team must wear the same color undershirt if they choose to wear one and sleeves must be the same length.
- Arm/ leg sleeves, headbands (max 3" wide), or wristbands shall be solid black, white, or the predominant color of the jersey and all players shall wear the same color.
- Jewelry is prohibited. Religious medals shall be taped and under jersey, medical medals must be taped down.
- Hair control devices may be rubber, cloth, or elastic. Hard items such as beads, barrettes, bobby pins etc. are not allowed.

Sportsmanlike Behavior

- Coaches and players are expected to always exhibit sportsmanlike behavior.
- Refrain from disrespectfully addressing, attempting to influence a decision, or indicating objection to official's decision.
- Refrain from disrespectfully addressing a player, coach, or spectator in person or online.

Timing

Prior to game

- Warm up is 10 minutes, to end 5 minutes prior to game start time, minimum.
- Team introductions and announcements should start 5 minutes prior to game time.

Quarter

- A-squad and B-squad will play 10-minute quarters with a running clock.
 - Clock will stop at all timeouts, injuries, free throws, and official's digression.
 - In the last 2 minutes of the 4th quarter there will be clock stoppage on all whistles if there is not a 20 point or greater lead.

Between Games There will be 15 minutes between games

- Warm up is 10 minutes, to end 5 minutes prior to game start time
- Team introductions and announcements should start 5 minutes prior to game time.

Half time will be 5 minutes.

Time outs per game

- 3 full time outs of 60 seconds each.
- 2 – 30 second time outs.

20 Point Lead Rule

- If a team is ahead by 20 points, the team that is ahead may not use a full court press.
- With a 20 point or greater lead the clock remains a running clock and only stops for time outs, free throws, injury or referee discretion. If the lead drops below 20 points at any time, the regular running clock rules apply.

Fouls

- Five team fouls in a quarter will result in bonus of two free throws. Fouls will reset at the end of each quarter.

Post Season Games

- Playing rules will be the same as regular season.

B-Squad Tournament

- Based on the season record teams will be seeded into a single elimination bracket.
- Seeding will be determined by wins and losses. If there is a tie, the winner of the tied teams in regular season will be used to determine the higher seed. Point differential will be utilized if needed.
- If a higher seed cannot be determined a coin toss will be used

A-Squad District Classic

- Based on the season record teams will be seeded into a single elimination bracket.
- Seeding will be determined by wins and losses. If there is a tie, the winner of the tied teams in regular season will be used to determine the higher seed. Point differential will be utilized if needed.
- If a higher seed cannot be determined a coin toss will be used.

Extra periods

- If the game is tied at the end of the 4th quarter, play shall continue without change of baskets for one or more extra periods with a one-minute intermission before each extra period.
 - A-Squad – extra period = 4 minutes - stop clock in the last 2 minutes
 - B-Squad – extra period = 4 minutes - stop clock in the last 2 minutes
- For extra periods each team is entitled to one additional full-length time out during each extra period.

Player/Coach Ejections

- Any player or coach who is ejected or receives more than one technical foul during one game will automatically be ineligible for the next game. The building administrator and coaches will report ejections to the District Athletic Office. Coach ejections must meet with District Assistant Director of Athletics, before returning.
- NATIONAL FEDERATION RULEBOOK STATES UNDER THE COACHES RULE:
 - a) "When the coaching box is utilized, then the first technical foul charged directly or indirectly to the coach results in loss of the coaching box privileges and the coach shall remain seated on the bench except to spontaneously react to an outstanding play, but must immediately return to his/her seat."
 - b) "The second technical foul charged directly to the coach or a single flagrant foul, results in disqualification and ejection from the premises (building) until after the conclusion of the event."

DIRECT TECHNICAL FOULS:

The coach's own actions:

- Unsportsmanlike conduct
- Coaching box infraction
- Failure to replace injured or disqualified player
- Technical foul charged because of the actions of a player ejected for a flagrant technical after the player is benched.

INDIRECT TECHNICAL FOULS:

The action of others (examples):

- Pre-game dunking
- Playing after disqualification
- Unsportsmanlike conduct
- Enter court without permission
- Technical foul charged to bench personnel not ejected for a flagrant technical foul.

Spectator expectation during Free-throws

- Spectators must remain neutral during free-throws, no sudden changes from the fans or players, silence is not required.
- It is expected that spectators do not intentionally distract players during free throws.
 - Violators will be warned and if the distraction continues they will be asked to leave.

The scorekeeper and timekeeper will be qualified individuals of a competent age.

Lighting in school gymnasiums will remain all on before, during, and following athletic events. This is to ensure the safety of all present.

Post Season

- Seeding will be based on win loss record.
- Tie Brake: head to head, point differential, coin flip.
- Three way Tie: head to head, point differential, head to head.