**2023-2024**

1. **PLAYER ATTIRE**
	1. Each player will be given a “Catholic United” jersey.
	2. Players may wear mouthpieces when in the game.
	3. Jersey shall always be tucked in.
	4. The player must wear shorts. Shorts may vary in style but should be all the same color on each team.
	5. Undershirts may be worn but must be white in color.
	6. Players must wear basketball type shoe, soft nonskid shoe.
2. **EQUIPMENT ‐ Basketballs**
	1. The league will use 28.5 Sized basketball. Hosting gym will provide warm up and game ball. Spectators shall not bring basketballs into the gym.
	2. 10-foot basket will be rim height.
3. **PRACTICE**

* 1. Two practices per week (3.0 hours total practice time) pre-season. During season (after first game) shall practice 1 time per week (1.5hrs practice per week).
	2. The maximum time per practice is 1.5 hours per session.
1. **COACHES**
	1. There will be one (1) head coach and up to two assistants during games.
	2. Additional coaches during practice are encouraged, and all coaches (head and assistants) MUST complete all Diocesan and GRACEAC Safe Environment requirements including Virtus Training and Concussion Training.
	3. No coach is allowed on the court except during the timeouts, substitutions, and Injury. Coaches and spectators must remain off court during play.
	4. Coaches are responsible for understanding the rules, leading prayer, and acting in accordance with the spirit of the GRACEAC Basketball League and the Diocese *Standards of Ministerial Behavior*.
	5. Head Coach may stand during play and coach. All other bench personnel must be seated.
	6. Head Coach should ensure that all players on his or her team take part in post-game handshake with opposing team.

**5) PLAYING TIME**

1) All players should receive equal playing time in each game they participate to the extent practicable.

2) If a coach is found not evenly rotating players, GRACEAC sanctions policy can be enforced.

**6)** **GAME FORMAT**

1) The game is played with a maximum of Five (5) players.

2) Game Clock:

1. The game will be 4-10 minute quarters.
2. One (1) 60‐second timeout per half.
3. Timeouts do not carry over into the next half.

3) Game clock is a ‘running clock’, and only stops for the following:

1. Allowed time-outs,
2. Referee directed stops, and
3. The clock stops every 5 minutes to allow coaches to substitute players.
4. Injured player.

4) Coach may substitute a player(s) during a dead ball.

5) Coaches, players, and spectators are to leave the court area immediately after the game to allow the next teams and coaches to assemble for warmups.

6) Players shall shoot free throws at the 13-foot line.

 Only one (1) One Free Throw on each foul (shooting foul) will be attempted.

7) Held ball will result in use of the possession arrow. Score table shall display a possession arrow.

8) NHFS Rules will be followed unless changed by GRACEAC.

**7)** **POSSESSIONS**

1) The home team will be designated on the schedule.

2) The game will begin with a jump ball at center court.

3) Before each game teams shall warm up at the basket opposite their bench. At opening jump ball teams will be aligned to start game at basket opposite their bench. Half time teams will play to basket on their bench side. Half will begin with a sideline inbound based on possession arrow.

**8)** **OFFENSE**

1) Allowances will be made in the first three (3) games of the season for instruction of players of proper skills. In the first 3 weeks possession will not change due to a travel, 3 seconds, double dribble, moving/illegal screens, etc.

2) Players will receive instructions from the referee and/or coach.

3) Setting screens of defenders is allowed. Moving/Illegal screens should be explained. (Teaching point)

4) Fast Breaks are allowed. However, all players must be on the opposing side of the court before beginning the break. CHERRY Picking is NOT allowed. All players must be guarded in the front court and then release upon possession change.

**9)** **DEFENSE**

1. All defenses shall be person to person.
2. No double team, no zone, no traps, no back court defense.
3. Defensive players must line up below the center half court circle to allow the offensive team to successfully bring ball over half court line.
4. No Intentional Fouls
5. Point of Emphasis – players shall not play defense in the back court, once opponents take possession of ball in backcourt defensive players shall drop back to the new front court. Coaches shall reinforce this to their team upon every possession exchange.
6. Defense can either SWITCH or move around a screen. (Teaching point)
7. Stress communication on screens. (Teaching point)

**10) INDIVIDUAL FOULS**

1. When an individual player receives (5) five personal fouls that, player shall be disqualified from that game. Coaches shall track fouls and sub or remove as needed to prevent disqualification.

See Game Format for Foul shot guidelines.

 **11) SCORE**

1. No score book is kept or recorded. Score can be kept on scoreboard, but each quarter and half shall begin with a score of 0-0. Score shall not be recorded or entered in TeamSnap. Team standings will not be kept or recorded.

 **12) GAME MANAGEMENT**

1. Spectators shall not shoot baskets before game, during quarter, halftime, or end of game. Court is held for exclusive team use.

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