

RULES GOVERNING THE GAME OF BASKETBALL AS SET BY THE DIOCESE AND THE PIAA

BASKETBALL RULES - GRADE SCHOOL VARSITY - BOYS AND GIRLS

(Note: PIAA rules apply. Exceptions/clarifications are as noted below)

1. Quarters will be six (6) minutes with three (3) minute overtime periods.
2. The 3-point shot rules are in effect for varsity where the court permits.
3. No grade school player is permitted to be a member of any other organized basketball team.
4. All varsity teams are limited to 28 games including Tournaments.
 - A. Varsity Boys and Girls - All leagues, regardless of size of league, are limited to a maximum of 28 games. The recommended number of games is 26. However, the other two games may be allowed at the discretion of the Principal, and Athletic Leadership of the School/Parish.
 - B. Tournament Play
 1. If all Tournament teams play 3 games, count as 3 games.
 2. If just the Championship and consolation games are the third game, count as 2 games.
 3. Tournament awards are to be for Teams only. No individual awards (all tourney teams, MVP, etc.)
 - C. League playoff games, diocesan tournament games and state tournaments do not count toward the 28.
 - D. The 30/20 Mercy Rule will be in effect for ALL varsity games. If a team is ahead by 30 or more points in the third quarter or 20 or more points in the fourth quarter, then the clock will be a continuous clock off the remainder of the game.

BASKETBALL RULES - GRADE SCHOOL JUNIOR VARSITY - BOYS AND GIRLS

(Note: PIAA rules apply. Exceptions/clarifications are as noted below)

1. There will be no championships, playoffs, all stars or trophies.
2. All JV teams are limited to 20 games including tournaments. However, if you begin the last tournament under the 20 game limit, you may complete the tournament.
3. Girls will use the "women's official ball" as designated in the PIAA rulebook.
4. JV leagues do not use the 3-point shot rule.
5. Quarters will be six (6) minutes with three (3) minute overtime periods.

PLAYER RESPONSIBILITIES FOR BOYS AND GIRLS PARTICIPATING ON BASKETBALL TEAMS AT ST. MICHAEL SCHOOL

1. Cruelty to another player (verbal or physical) will not be tolerated. It could result in dismissal from the team.
2. Any misconduct on school or Church property before, during or after practice or games will result in a reprimand by the coach and whatever consequences he deems appropriate. Remember, a player's conduct at all times must reflect the Christian values of the school team he/she represents. The use of alcohol, tobacco, or drugs is reason for suspension from the team.
3. Schoolwork comes first. See the policy governing schoolwork covered on page 9.
4. Good conduct at all games is a must. Before, during and after all games, players must sit with their coaches behind their team's bench or another designated section when this is not possible due to seating arrangements, or with their parents if approved by the coach or principal. There is to be no "running around" during the games. (The varsity team coach may require the team to sit together as a group prior to each JV game to discuss strategy or to use the opportunity to teach.)
5. Home and away locker rooms are to be treated with respect. The locker room facilities are to be left the way they were found. Any damage to an opponent's facilities or our own may result in severe action against the person involved, restitution of damages and possible suspension from the team. The coaches will check the locker rooms after practices/games.
6. Players must be neatly dressed for all games. No jeans, sweats or shorts are permitted. Footwear shall be in accordance with the school dress code policy.

7. Players travel to all away games outside of Mercer County by bus. If your son/daughter will not be riding the bus, for whatever reason, please notify the coach or Miss Lipani before the time of bus departure. The bus will leave on time.
8. If your son/ daughter rides the bus to the game but will not ride on the return trip, the coach or Miss Lipani are to be informed. A written note is required unless the parent of the child who will not be riding the bus personally informs the coach or Miss Lipani. A written note from both the parents of student players wishing to ride home with the parents of another player and the parents offering the ride is needed.
9. Players are obliged to let coaches know when they cannot attend a practice or game. Parents/Players need to report any health concerns immediately to the coach. The coach in turn will report any accident or injury to your son/daughter to you and to the school principal.
10. Anyone who misses a practice the day before a game, cannot start in that game.
11. Each varsity player is issued a uniform, practice jersey and warm-up for which he/she is responsible. If it is lost or damaged, the player will have to pay the cost to replace or repair the uniform, practice jersey, or warm-up.
12. Uniforms are not to be worn to or from games. Each player should make sure he/she has all of his/her belongings before leaving the locker room.
13. Each player must follow the mouthguard policy of the school listed in this handbook.
14. High top shoes are recommended for good ankle support. Good thick socks to absorb perspiration are also recommended. White socks are considered as part of the St. Michael School player's uniform and shall be worn during all games. No other colors will be permitted.
15. It is the policy of the St. Michael School Athletic Committee (SMSAC) and St. Michael School that every child will receive playing time. The amount of playing time will depend on attendance and effort at practice.
 - A. At Varsity level, every player may not get playing time in every game. For JV sports, it is the policy of St. Michael School that the coaches strive to provide an opportunity for all players to play in every game.
 - B. For JV sports, it is also the policy of St. Michael School that if a 5th grader plays in a game, then every 6th grader (who faithfully attends practice and displays effort), must also play in that same game, though it may not necessarily be the same amount of time.
 - C. In an effort to provide more opportunity to play for the 5th graders on the JV team, game consisting of two 10 minute halves with a running clock played prior to and/or during the halftime of the regular JV game will be played where both team coaches agree to do this.

- D. All 5th graders must be given the opportunity to play during the 5th grade game unless that player plays in the regular JV game.
16. Proper attire must be worn during practices. No jewelry is permitted (earrings, rings, necklaces, etc.). Each player is issued a reversible practice jersey.
 17. "Horsing" around before, during, or after practice is not permitted. This includes, but is not limited to, half court shots, shooting the ball with baseball throws, hanging on the baskets, shooting from the bleachers, etc. The players will be disciplined and may be made to sit out the practice and issued an unexcused absence, if the unacceptable behavior persists once a warning has been given.
 18. Players may not chew gum during practices or games or on the buses to and from games.
 19. All uniforms, practice jerseys, warm-ups and water bottles must be turned in at the end of the season.
 20. St. Michael School teams participate in tournaments held by other schools as permitted by the Diocesan guidelines. Dates and times of these games many times are not known very far beforehand and will be communicated to the parents and players shortly after the school or coach is notified.

SAINT MICHAEL SCHOOL RULES SPECIFIC TO GIRLS BASKETBALL

1. Varsity girls are to wear their white team shirt and warm-up to and from games. JV girls must wear nice dress slacks, a skirt and blouse or a dress to all games. An appropriate modest top should be worn with slacks or a skirt. Girls must change back into these clothes following the game.
2. Appropriate shorts or sweats should be worn for practice. Clothes should not be too short or tight so as to be immodest or restrict movement.
3. Hair clips, barrettes, bobby pins or other metallic or plastic hair devices are not permitted to be worn during practices or games.
4. Fingernails are to be cut short. They should not extend past the fingertip.
5. Kneepads, sport glasses or straps for glasses are recommended for games and practices.

NOTE: The "Erin Scullin Invitational Tournament" is typically held the second weekend in January at Lateran Hall and runs from Friday through Sunday on that weekend. It is a 5th-6th grade tournament organized by the Athletic Committee, JV coaches and parents of girls' basketball players.

SAINT MICHAEL SCHOOL RULES SPECIFIC TO BOYS BASKETBALL

1. Boys at all levels should wear an athletic supporter, a mouthguard, shorts and practice jersey to all practices. Uniforms are issued for games. Mouthguards and supporters are also needed for games.
2. Boys must wear nice dress pants, shirt & tie, dress shirt or nice sweater to all away games.
3. Knee pads are recommended for games and practices.

SPECIAL CONSIDERATIONS REGARDING PRACTICE - BOYS AND GIRLS BASKETBALL

1. An excused practice is a practice that carries no penalty or consequences, when missed. A written note from a parent/guardian should be sent to the coach so the reason for missing practice is clear.

A. Examples of excused practices:

- (1) Illness*
- (2) Death in the family*
- (3) Inclement weather in winter*
- (4) Dental or doctor appointments*
- (5) Serving Mass or other liturgical events*
- (6) Junior Band practice*
- (7) Family vacation in accord with school policy (one per year)*

- (8) Student Council or school sponsored activity*

2. An unexcused practice carries with it a penalty. These penalties accumulate and when a player acquires four, they become subject to disciplinary action from the coach sitting out all/part of a game, etc.

A. Examples of unexcused practices:

- 1) Vacation over and above the one permitted by school policy*
- 2) Hunting*
- 3) Parent disciplinary measures*
- 4) Conflicting interests - shopping, slumber parties, gymnastics, etc.*

3. Four (4) unexcused practices will result in your son/daughter not playing in the first half of the next game.
4. More than four (4) unexcused practices will result in your son/daughter not playing at all in the next game.

ST. MICHAEL BOYS & GIRLS VARSITY BASKETBALL FACTORS AFFECTING PLAYING TIME

One of the most controversial and disputable aspects of coaching basketball is awarding playing time to individual players. Every player will receive playing time, however every player may not play every game. Following are the main considerations we will use for allocating playing time:

1. Practice attendance - unexcused practice could result in loss of playing time.
2. Effort
3. Cooperation at practice - (attention, no disruptions, etc.)
4. Skill level - greater skills generally indicate a higher level of prior effort and commitment. This should not go unrewarded.
5. Understanding of roles, responsibility and effectiveness at carrying through assignments during various phases of the game, and the indicated use of a player during that phase.
6. The team, e.g. the 4th best overall player, may not play as much because the team requires two (2) agile ball handlers.
7. Attitude and enthusiasm.
8. Physical ability - unfortunately, the game favors bigger, stronger, quicker players.
9. The opponent's competitive level - those players with less playing time will have maximum playing time against less skilled opponents.
10. Score of the game - margin of lead or trail affects playing time. It is the policy of the County that when a team obtains a lead of 20 points that the coach substitutes for all starting players 3 minutes into the third quarter.
11. Players' adherence to the rules.
12. Players age - those committed to the program longer would have priority, e.g. an 8th grader, would play before a 7th grader with all else being equal.
13. The number of players on the team is also a factor.

Our ultimate goal is to make your child a better Christian, as well as, a better basketball player by teaching the concepts of discipline, commitment, hard work, teamwork and sportsmanship. We would like to fairly and equitably reward and positively reinforce those who most demonstrate these concepts.

Finally, if you have questions, comments or concerns about the program, please discuss it with the coach. He/She is the most familiar with the situation. Not doing so is counter-productive to all individuals involved. Talk with the principal **only** after you have spoken with the coach and still have concerns.

Varsity and Junior Varsity basketball requires a significant time commitment for both the player and his/her parents. The season begins in November for the boys and will last at least until the end of February and sometimes into March for the boys. The girls' season is from August until December, with Junior Varsity tournaments in January. Girls Varsity Playoffs resume in March.

Practice will be 1 1/2 to 2 hours long and will be 4-5 days per week. Games with parochial schools are usually on the weekend and games with public schools are on weekdays.

Practices begin and end on time so as not to inconvenience parents or coaches and to keep players from getting home too late on school nights.

As part of the commitment to the School and the basketball program, parents will be required to assist with peripheral duties for the games - concession stand, score keeping, admission, running the clock and clean-up.