

2016 CMSAA Basketball Rules & Schedule

Coquitlam Middle School Athletics CODE OF CONDUCT

The Coquitlam Middle School Athletic Association (CMSAA) believes in the development of skills through a variety of activities with an emphasis on fair play and equity of participation. It is our expectation that all students, coaches, spectators and officials conduct themselves in a manner that is polite, respectful, encouraging and supportive.

Players Code of Conduct

Play for the fun of it and not to please parents and coaches
Play by the rules
Cooperate and respect your coach teammates, and opponents
Work hard for yourself and for your team
Respect and accept officials' decisions
Demonstrate sportsmanship and fair play

Coaches Code of Conduct

The building of sound, fundamental skills and developing an appreciation for the game is our objective
Encourage team play
Every attempt should be made to give players equal playing time
Reinforce good sportsmanship whenever possible
Show respect for officials, other coaches and players at all times
As much as possible be a resource to your players, helping them to develop their athletic and human potential
While trying to treat all players equal, recognize that all children are not the same and respect their individual differences
Follow the CMSAA Guiding Principles Code of Conduct

Parents Code of Conduct

Remember, children are involved in sports for their enjoyment, not yours
Allow your children to participate in sports voluntarily
Remember that children learn best by example
Encourage your child to always play by the rules
Accept your child's mistakes and disappointments with positive reinforcement
Accept all officials' decisions and respect their integrity
Help your child understand that individual skills and achievement are more satisfying when applied to a team situation
Teach your child that an honest effort and hard work are just as important as a victory

CMSAA Specific Rules

GRADE 7	GRADE 8
<p>9 periods of 4 minutes (stop time) Stop the clock when shooting free throws. No double shifting. Coaches must give players as close to the same amount of playing time over the course of the game and season as possible.</p>	<p>In the first three quarters, the clock shall be set to two 4-minute shifts per quarter, stop time. In the 4th quarter, the clock shall be set to one 8-minute shift, stop time.</p> <p>Coaches must rotate players equally over the first 3 quarters. Injury is the <u>only</u> exception.</p> <p>In the 4th quarter (8-minute shift) coaches may sub players in and out of the game as they wish. Substitutes must report in at the timekeeper's bench.</p> <p>Double shifting lines is NOT allowed during the first three quarters.</p> <p>Coaches are not allowed to change their line-ups once the game has started, until the fourth quarter.</p>
No jump ball after opening tip. Possession arrow to be used.	No jump ball after opening tip. Possession arrow to be used.
If the team with possession loses the ball by accident in their back court (i.e. they pass to the wrong team, lose control of dribble and it bounces to opposing team) the play continues and the other team gains possession. Still no full court press and possession cannot change due to pressure from the defensive team – i.e. someone reaching in.	If the team with possession loses the ball by accident in their back court (i.e. they pass to the wrong team, lose control of dribble and it bounces to opposing team) the play continues and the other team gains possession. Still no full court press and possession cannot change due to pressure from the defensive team – i.e. someone reaching in.
No full court press. Defending team must give half court to the offensive team. If the ball is accidentally turned over by the defense in their end, play on. See above.	Full court press is only allowed in the 4th quarter. It must be a person-to-person press. Double teaming (naturally occurring and otherwise) will also be allowed - not just within the three point line, but the entire court. No zone presses allowed, will first result in a warning, then a technical foul.
Three in the key.	Three in the key.
Three point shots will be counted.	Three point shots will be counted.
5 fouls for disqualification of a player.	5 fouls for disqualification of a player.

BONUS RULE: At 5 team fouls per 3 shifts, player fouled will shoot 2 shots on each foul. At the end of each 3 shifts, team fouls are reset to 0. The clock will be <u>stopped</u> on fouls shots.	BONUS RULE: At 5 team fouls per quarter, player fouled will shoot 2 shots on each foul. At the end of each quarter, team fouls are reset to 0.
Technical fouls result in two free throws <u>and</u> possession at centre.	Technical fouls result in two free throws <u>and</u> possession at centre.
One timeout per half to each team, one minute long.	Two timeouts per half to each team. One minute long. No carry over.
Teams are allowed to utilize a person-to-person defense within 2m. A zone defense is not allowed and will result in a technical foul. Double teaming is allowed inside the 3 point line.	Teams are allowed to utilize a person-to-person defense within 2m. A zone defense is not allowed and will result in a technical foul. Double teaming is allowed inside the 3 point line.
Halftime is optional. 3 minutes long.	Halftime is optional. 3 minutes long.
The over & back rule is in effect. Opposing team will gain possession at center.	The over & back rule is in effect. Opposing team will gain possession at center.
Teams have 10 seconds to cross center line. 5 second possession to inbound the ball.	Teams have 10 seconds to cross center line. 5 second possession to inbound the ball.

Other –

- For the 2015 season, as a trial rule, there is **NO STRICT** minimum of players needed.
- In order to promote playing time, and equity of participation, schools are encouraged to combine teams, lend players, or explore other options with opposing coaches and the basketball coordinator(s).
- Teams are to follow a no-cut, equal playing time policy and coaches cannot adjust their line-ups once the game has started (except for the 4th quarter for the grade 8's).
- Size 6 basketball is to be used except for grade 8 boys who are to use size 7 whenever possible.
- An adult or a certified grade 11/12 student should be the head referee. There must be an adult from the home team in charge of the referees and present throughout the game.

****FOR MORE DETAILED GRADE 8 RULES, PLEASE SEE DOCUMENT BELOW****

Coquitlam Middle School Athletic Association

2015-16 Grade 8 Basketball

League Rules

(Edited by Jill Vincent, December 2015)

CMSAA code of conduct and regular high school basketball rules are in effect, except for the following:

Teams and players

1. Please follow middle school policy (i.e. no cuts, equal playing time etc.).
2. Each player must wear an appropriate jersey with a clearly identifiable number on the back. Pinnies/bibs should be available in case of color conflict.
3. There is no strict minimum number rule. In order to promote playing time, and equity of participation, schools are encouraged to combine teams, lend players, or explore other options with opposing coaches and the basketball coordinator(s).
4. Coaches should communicate (**minimum one day in advance**) to opposing team coach(es) if they foresee playing with fewer than 10 players for a league game. This could be due to illness of players, lack of rides, etc. Possible opportunity to have kids play for opposing team instead of 22 players on Team A vs. 7 players on Team B.
5. Email the coordinator, Alex Abello, at the start of the season if you have fewer than 10 players total.

Timing and substitutions

1. In the first three quarters, the clock shall be set to two 4-minute shifts per quarter, stop time.
2. In the 4th quarter, the clock shall be set to one 8-minute shift, stop time.
3. Coaches must substitute players equally over the first 3 quarters. Injury is the only exception.
4. In the 4th quarter (8-minute shift) coaches may sub players in and out of the game as they wish. Substitutes must report in at the timekeeper's bench.
5. Double shifting lines, if there are enough players, is not allowed during the first three quarters.
6. Coaches are not allowed to change their line-ups once the game has started, until the fourth quarter.
7. Two timeouts a half to each team, of one minute each. No carry over

Fouls and Violations

1. A player is fouled out on his/her fifth foul of the game.
2. At five team fouls per quarter, the player fouled will shoot two shots on each foul
3. At the end of each quarter team fouls are reset to 0.
4. If the team with possession loses the ball by accident in their back court (i.e. they pass to the wrong team, lose control of dribble and it bounces to opposing team) the play continues and the other team gains possession. This does not allow for a full court press and possession cannot change due to pressure from the defensive team – i.e. someone reaching in.
5. Size 6 balls for girls games, and size 7 for boys games are to be used whenever possible.
6. There will be no jump balls after the opening tip. Instead, the possession arrow will be used.
7. Three-point shots will be counted.
8. The three seconds in the key rule is in effect.

Defense

1. Full court press is only allowed in the 4th quarter. It must be a person-to-person press. Double teaming (naturally occurring and otherwise) will also be allowed - not just within the three point line, but the entire court. No zone presses allowed, will first result in a warning, then a technical foul.
2. Teams are allowed to utilize a person-to-person defense only. A zone defense is not allowed and will result in a technical foul.
3. Double teaming is allowed inside the three point line.
4. An adult or a certified grade 11/12 student should be the head referee. Please ensure that you communicate league-specific rules to them. A suggestion would be to have a copy of the rules readily available in the gym.
5. Please train and attempt to have regular scorekeepers and timekeepers to reduce confusion.
6. Person-to-person defense is defined as a distance of 2m. Defensive players can wait for their assigned checks in naturally occurring positions in the back court (they do not have to line up at half court waiting for the opposing team to cross center). If violation occurs, team/coach will first receive a warning and then, a technical will be given.
7. Switching is allowed on defense. Defensive players will assume new person-to-person defensive checks as soon as possible.