

2018 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

Rules

GRADE 7	GRADE 8
<p>9 periods of 4 minutes (stop time) Stop the clock <u>on every whistle</u>. 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>
<p>No jump ball after opening tip. Possession arrow to be used.</p>	<p>No jump ball after opening tip. Possession arrow to be used.</p>
<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>Full court press is only allowed in the 4th quarter and the leading team may not press if they are up by more than 10 points. It must be a person-to-person press, however, “naturally occurring” double teaming will not be called during a full-court press.</p> <p>No zone presses allowed, will result in a technical foul.</p>

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.
No bonus rule. Foul shooting will occur when a player is fouled in the act of shooting.	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, one minute long.	2 timeouts a half to each team. No carry over.
Teams are allowed to utilize a person-to-person defense. A zone defense is not allowed and will result in a technical foul. Double teaming is allowed inside the 3 point line.	Zone defense of any sort is strictly prohibited. Teams are allowed to use a person to person defense with help. That player must be defended by one person throughout each possession. For each pass you are away from the ball, you can be one large step away from your check. If the offensive player beats their check, others can come off their assigned check and help with stopping the ball carrier. Zone defence and/or repeated double teaming will result in a technical foul at the discretion of the referee.
Halftime is optional. 3 minutes long.	Halftime is optional. 3 minutes long.

Other –

- There is no minimum number of players needed to play. Bring as many players to games as you can and play them as equally as possible.
- 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. Ideally, this would be the Athletic Director of the school.
- Gr. 6 and 7 players can play up only if there is a shortage of players.