

(C.A.L.)
CHRISTIAN ATHLETIC LEAGUE
BASKETBALL RULES WINTER 2010

A. EQUIPMENT

1. Tennis or basketball shoes with rubber soles must be worn. Barefoot or Stocking feet will not be allowed.

B. START OF THE GAME

1. The game ball shall be in good condition and furnished by the home team. The official shall be the sole judge of the legality of the ball and may select a ball provided by the visiting team
2. Elementary and middle school girl's shall use the women's size ball. Elementary and middle school boy's shall use the official size ball.
3. Jump ball will only be used at the start of the game or to start any overtime period.

C. PERSONAL FOULS

1. Players will be allowed only five (5) personal fouls before they are disqualified from the game.
2. Bonus rule will be in effect on the team's seventh (7th) team foul per half.
3. Two (2) shot penalty will be awarded once a team has reached ten (10) team fouls in a half.
4. A technical foul shall be a personal foul and counted as a team foul. All technical fouls shall be two (2) shots and the ball out of bounds.
5. Any player receiving a technical foul must sit out a minimum of two (2) minutes.
6. Any player or coach receiving two (2) technical fouls shall be ejected from the game and automatically suspended for the next scheduled game.

D. FREE THROWS

1. Free throws will be awarded for each common foul (except a player control or team control foul) committed, beginning with that team's seventh team foul each half, plus an additional free throw if the first one is successful.
2. Free throws will be shot from a distance of fifteen feet from the plane of the face of the backboard.

E. BACKCOURT RULE

1. There is a 10 Second backcourt rule in effect for all divisions. There is no shot clock.

2. There is no full court press in the backcourt at any time if a team is ahead by twenty (20) points or more. The second warning shall be a technical foul.

F. THREE POINT SHOT

1. The three (3) point shot is in effect for all games.

G. SUBSTITUTIONS

1. The playing time allowed for each player is up to the discretion of the coach.
2. Substitutes will be allowed into the game when the ball is dead and the official beckons the player.
3. A player receiving a technical must be replaced by a substitute.

H. GAME / TIME / TIME OUTS

1. Ten (10) minute running clock shall be used for the elementary division. Seven (7) minute regulation time (stop time) shall be used for middle school. A game shall consist of four (4) quarters. The last two minutes shall be stop time if the score is fifteen points or less. (Elementary Division)
2. There shall be one (1) minute between each quarter and five (5) minutes between each half.
3. **OVERTIME:** There will be a three minute overtime. Timeouts may carry over. Each team will receive one (1) full timeout for each overtime period.
4. Each overtime period shall be started with a jump ball. Each overtime period shall be three (3) minutes. In the elementary division the last minute shall be stop time.
5. Each team will be allowed two (2) thirty second timeouts and three (3) full timeouts per game.

I. SCORE KEEPER

1. Each team must supply one adult scorekeeper.
2. The scorekeepers must sit together.
3. The home team is the official book.
4. Home team is responsible for the clock.

J. NATIONAL FEDERATION RULE BOOK

1. Any rule not covered by the Christian Athletic League Rules shall be governed by the Federation Book.