

PARISH ATHLETIC RECREATION ASSOCIATION BASKETBALL RULES

(ALL DIVISIONS - BOYS AND GIRLS)
2011-2012 Season

New or updated rules appear in RED or are UNDERLINED in this document.

Suspended Rules appear in Grey in this Document

Grade Level Divisions

3 rd Grade	Boys and Girls
4 th Grade	Boys and Girls
5 th Grade	Boys and Girls
6 th Grade	Boys and Girls
7 th Grade	Boys and Girls
8 th Grade	Boys and Girls

High School Combined Divisions

9 th & 10 th Grade “Intermediate”	Boys and Girls
11 th & 12 th Grade “Seniors”	Boys and Girls

Parish Athletic Recreation Association “Golden Rule of Basketball”

The P.A.R.A. Basketball program brings fellow Catholics and Christians to unity and community by following Christ’s example of fair play and respect of all persons; namely, players, coaches, officials, spectators, staff and volunteers. No person shall obstruct this vision and no rule shall be used for private gains at this expense. Therefore, and with this in mind, P.A.R.A. has set forth the following rules and guidelines to aid in this mission.

These rules are used in conjunction with and as an addendum to
the Utah High School Activities Association’s rulebook
<http://www.uhsaa.org/2010-11handbook.pdf>
and the basketball rules found in
the National Federation of State High School Associations
<http://www.nfhs.com/>

SECTION I: GAME RULES

- A. All Parish Athletic Recreation Association (P.A.R.A.) games will be governed by the approved Utah High School Activities Association rules and the National Federation of State High School Associations with the following exceptions:
1. **Game Timing:**
 - a. The duration of game time for 3rd through 8th grade Divisions will be four (8) minute running quarters. In running quarters the clock will stop only for time outs, injuries and **shooting fouls** during regular play and will stop for dead balls during the last (2) minutes of the second and fourth quarters.
 - b. The duration of the game time for Intermediate and Senior grade Divisions will be two (16) minute running halves. In running halves the clock will stop for time outs, shooting fouls and injuries during regular play, and will stop for dead balls during the last (2) minutes for each half.
 - c. In the event of technical fouls, direct technical fouls, indirect technical fouls or uniform violations, all awarded free throws will be shot before game play begins or resumes. The clock officially starts when the last awarded free throw makes contact with the rim, backboard, floor or other part of the defined court. In the event that each team has an equal number of violations or technical fouls, the clock will not officially start until the officials JUMP the ball to establish possession. See *Section I.A.8* for uniform violation information.
 2. **Half Time & Time Outs:**
 - a. Half Time for all Divisions will be a maximum of (3) minutes.
 - b. All Divisions will be given three full (1 min) and two (30 sec) time outs in regulation play. One additional time out will be awarded for each overtime quarter. Any time outs left over from regulation play will transfer into overtime quarters.
 3. **Overtime:**
 - a. Overtime for 3rd grade division consists of up to 2, (4) minute running quarters. If the game is still tied at the end of two overtime quarters, the players on the field at the end of the game will all have a chance to shoot one free throw...not sudden death style.
 - b. Overtime for 4-12th grade divisions will consist of as many (4) minute running quarters as is necessary to break the tie. In running overtime quarters the clock will stop only for time outs and injuries, and will stop only for dead balls during the last (1) minute of the overtime quarters.
 4. **Officials, Scorekeeper's, Timekeepers, Gym Coordinators:**
 - a. For each regularly scheduled game, P.A.R.A. will provide (2) Officials, (1) Scorekeeper, (1) Timekeeper and (1) Gym Coordinator.
 - i. The officials will be responsible for administrating game play according to the UHSAA approved rules and P.A.R.A. approved rules and exceptions. In the event an official or officials do not show for a game, the gym coordinator should contact the Officials Arbiter. If the Arbiter is unreachable they should call the Commissioner See Section II.B.1-5
 - ii. The scorekeeper will be responsible for documenting the scoring, fouls and playing time of each team and player in the official score books. The information contained in the score book will be considered as "official" as determined by the UHSAA rules.
 - iii. The timekeeper is responsible for administrating the timing of each game according to the approved rules of UHSAA and P.A.R.A. The timekeeper's responsibilities may include operating electronic scoreboards for the benefit of the officials and spectators. Information on the scoreboard is NOT considered "official". The timekeeper is considered the third official for the game and may be given the deciding vote when situations permit.
 - iv. The Gym Coordinator is responsible for administrating the site as directed by the approved rules and guidelines set forth by P.A.R.A., checking credentials of all coaches who wish to participate in the scheduled game and monitor the premises for acts of violence, vandalism, etc., committed by fans, players and coaches, which may affect the outcome of a game.
 5. **Three Point Shots:**
 - a. In the 3rd through 6th grade Divisions **NO** (3) point shots will be awarded. Any shot attempted or made outside the UHSAA approved boundary will count for (2) points only.
 - b. In 7th, 8th and 9th, through High School, grade Divisions all (3) point shots will be awarded if made outside the UHSAA approved boundary as designated by the officials.
 6. **Playing Time:**

- a. In all Divisions, a player must play the EQUIVALENT time of one full quarter (**8 minutes**) for the duration of the game.
 - b. Additional players who arrive after the start of the second quarter will not be eligible to play in the game.
- 7. Illegal Defense/Back Court Defense:**
- a. In the 3rd and 4th grade Division **NO** back court defense or half-court defense will be allowed until the fourth (4th) quarter. Full court pressure will be allowed in the fourth (4th) quarter until a team establishes a (10) point lead. When a team establishes a (10) point lead, they lose the right to full court pressure the other team, as well as the right to trap at half court. In the fourth (4th) quarter the team ahead by (10) points must defend **INSIDE** the (3) point arc perimeter.
 - b. In the 5th and 6th grade Division **NO** back court defense is allowed until the fourth quarter. Full court pressure will be allowed in the fourth quarter until a team establishes a (10) point lead. When a team establishes a (10) point lead, they lose their right to fill court press the other team. The other team retains the right to full court press.
 - c. In the 7th and 8th grade Division back court defense is allowed during regulation play. When a team establishes a (10) point lead, they lose their right to full court press the other team. The other team retains the right to full court press.
 - d. In the Intermediate and Senior Divisions back court defense is allowed during regulation play. When a team establishes a (15) point lead, they lose their right to full court press the other team. The other team retains the right to full court press.
 - e. The team who establishes the lead must back off when possession of the ball has been established by the opposing team. In situations where possession has not been established (rebounds, jump balls, double fouls) the possession arrow or indicator will determine the team who acquires possession.
 - f. **Violations of the Illegal Defense/Back Court Defense rule:**
 - i. First Violation: The official will give the team a warning which will be recorded in the official score book.
 - ii. Second Violation: The official will give the team a technical foul, which counts only as (1) team foul. The opposing team will be awarded (2) free throws and possession of the ball.
- 8. Uniforms and Appropriate Dress:**
- a. In all Divisions the entire team shall wear a FULL uniform. A FULL uniform consists of the following: matching jerseys all the same color; matching shorts all the same color. The jerseys and shorts may be different colors (Example: St. Michael's teams wear Green jerseys with gold numbers and black shorts with their school logo on the left leg.) If shirts are to be worn underneath the jersey, all players who choose to wear a shirt under their jersey must wear the same color.
 - b. Every player must wear a numbered jersey with legal numbers on the front and back, with the following combinations: 00, 0, 1, 2, 3, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55.
 - c. No logos over (2) inches by (2) inches will be allowed, unless they are a school or a parish approved logos. (Nike, Adidas, Reebok, etc., are not approved logos.)
 - d. **NO head, arm or leg bands with logos will be permitted. Only white head, arm or leg bands with NO logos will be acceptable. All knee braces, ankle braces and other medical apparatus can be any color.**
 - e. Socks may be of any color, but all members of the team must wear the same color and same length.
 - f. All jewelry must be removed prior to warming up. No sagging of baggy pants or shorts during warming up or game play will be allowed. Players will be warned first.
 - g. Violations of these rules will result in a technical foul for each player (each foul will count against the team only). The opposing team will be awarded possession of the ball and (2) free throws for each player out of uniform. In the event of equal violations on both teams, once the free throws have been attempted, the officials will JUMP the ball to establish possession.
- 9. Equipment and Specifications:**
- a. In the 3rd and 4th grade the foul line shall be (12.5) feet. Penalties will be assessed to a player for crossing the line.
 - b. In the 5th, 6th, 7th, 8th, 9th grade, through High School, divisions the foul line shall be (15) feet. Penalties will be assessed to the players who cross the line.

- c. The 3rd through 6th grade and all Girls Divisions use the (28.5) size basketball. All other Divisions (boys 7-12) use the standard size basketball.
- d. Official Game Basketballs will be provided by P.A.R.A.

SECTION II: COACHES, OFFICIALS AND PLAYER ELIGIBILITY

A. A coach's eligibility to participate in P.A.R.A. is defined in the section below. Coaches may have to meet other requirements as defined by their Parish Athletic Directors.

1. Requirements:

- a. Anyone wishing to be a coach/assistant coach must obtain their credentials by attending the Safe Environment Training through their registered Parish. They must undergo a criminal background check through their Local Parish Director of Safe Environment. All must submit their checklist or a letter of compliance from their Parish Safe Environment Director to P.A.R.A.'s Director of Safe Environment before they will be certified as a coach.
- b. Anyone wishing to be a coach/assistant coach must undergo a seminar on P.A.R.A.'s approved rules and zero tolerance policies. The head coach of 3rd through 8th grade team must be at least (21) years of age. Head Coaches for 9th grade and High School Divisions must be at least 25 years of age or older. NO EXCEPTIONS.
- c. When an applicant has met the following requirements and passed their background check, the P.A.R.A. Director of Safe Environment will place their name on the certification list. Coaches must present visual I.D. at their games and be on the most current list to be eligible to coach.
- d. Coaches must turn in their background check or renewal forms and be certified before being eligible to coach their first practice.
- e. Before the start of the game, the coach and assistant coach will present their I.D. to the Gym Coordinator. It is the coach's responsibility to make sure they are on the list by complying with the P.A.R.A. and Diocese approved guidelines or they are not allowed to coach.
- f. When the Gym Coordinator has determined the coach to be acceptable, the coach shall enter his ENTIRE team's roster in the official scorebook. The player's jersey numbers MUST be listed in numerical order, from smallest number to highest. Coaches MUST inform the score keepers of players who are absent or injured. This information should be documented in the score book.
- g. Only (2) coaches will be allowed on the bench during regulation play. One coach may stand in the designated coach's box and the other must sit on the bench with the players. **NO** coach may cross the half court dividing line between benches or come onto the court, unless a player becomes ill or injured. **NO** coach shall leave the coach's box or bench during the course of the game except to extol praise and during time outs, or a technical foul will be given.
- h. Coaches are responsible for ensuring playing time for each player. Teams in noncompliance with the rules set forth under *Section I.A.6* will be reported to the Gym Coordinator who will review the lineup and may recommend to the P.A.R.A. board that the game be forfeited.
- i. Any coach found with alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premises and will be suspended from further participation in P.A.R.A. for the remainder of the season.
- j. Coaches that display inappropriate behavior or who are caught in any illegal action will be brought before the P.A.R.A. board for review and/or disciplinary action.
- k. Coaches who are registered officials with UHSAA or other associations may not officiate games in the divisions which they coach.

2. Ejection Policy:

- a. **9th Grade and High School Ejection Policy:**
 - i. Coaches, Players, or Spectators displaying inappropriate behavior, taunting, or fighting that results in a technical foul or ejection will be subject to the **ONE STRIKE YOU'RE OUT** rule. Depending on the severity of the infraction, Coaches, Players or Spectators may be removed from participation in P.A.R.A. for the remainder of the season.
- b. **First Ejection:**
 - i. The coach will be asked to leave the building and their name must be submitted to the P.A.R.A. Safe Environment Director, or Zero Tolerance Officer. At the end of the game the Gym Coordinator will make a record in the score book and contact the Athletic Director and P.A.R.A. board. The Athletic Director will contact the coach under their jurisdiction. The ejected coach will serve a (3) game suspension.
- c. **Second Ejection:**

- i. The coach will be asked to leave the building and their name must be submitted to the P.A.R.A. Safe Environment Director, or Zero Tolerance Officer. At the end of the game the Gym Coordinator will make record in the score book and contact the Athletic Director and P.A.R.A board. The Athletic Director will contact the coach under their jurisdiction. The P.A.R.A. board will investigate the matter and review the situation. All parties will have an opportunity to plead their case to the board. Based on the board's findings and decision, the coach may **NOT** be allowed to participate in P.A.R.A. for the rest of the season.

B. An official's eligibility to participate in P.A.R.A. is defined in the section below. Officials may have to meet other requirements as defined by the P.A.R.A. Officials Coordinator.

1. Anyone wishing to be an official must obtain their credentials by undergoing a criminal background check through P.A.R.A.'s Director of Safe Environment or their Local Parish Director of Safe Environment. If they undergo a check through another parish program, they must furnish a letter or copies of their forms to P.A.R.A.'s Director of Safe Environment before they will be certified as an official.
2. If an official is a member of a participating parish, he or she cannot officiate games in which their parish team plays (this is to avoid conflicts of interest).
3. Officials will be required to be present (15) minutes before scheduled game time. If an Official cannot make a scheduled game time they should inform their local site coordinator and Gym Coordinator in advance so a replacement may be found.
4. Officials found with any alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premises and will be suspended from further participation in P.A.R.A. for the remainder of the season.
5. Officials who display inappropriate behavior will be brought before the P.A.R.A. board for review and/or disciplinary action.

C. A players' eligibility to participate in P.A.R.A. is defined in the section below. Players may have to meet other requirements as defined by their individual Parish Athletic Directors.

1. Requirements:

- a. A Catholic player is to play on a team sponsored by the PARISH in which he or she is a registered member.
- b. If a player is a registered member of a parish that DOES field a team in P.A.R.A., he or she may play on the team of another parish with approval of both Athletic Directors. It is the responsibility of the player to turn in the necessary forms to the Athletic Directors. Teams with players who do not submit the required forms will forfeit all the games played for the period player(s) were ineligible.
- c. If a player is a registered member of a parish that DOES NOT field a team in his or her division, the player may play for another parish team with approval of both Athletic Directors. If a player is a registered member of a parish that DOES NOT participate in P.A.R.A., the player may play for another parish team with approval of the participating parish Athletic Director.

In either case, it is the responsibility of the player to turn in the necessary forms to the Athletic Director(s). Teams with players who do not submit the required forms will forfeit all the games played for the period player(s) were ineligible.

- d. Catholic and Non-Catholic youth who attend a Catholic School may play on the school's sponsored Parish team.
- e. Non-Catholic players who are members of a Non-Catholic affiliate church may play on the school's sponsored Parish team.
- f. Players who have been held back (1) year must play in the grade they should be in.
- g. The P.A.R.A. board must approve all exceptions to these eligibility rules.
- h. Any player found with alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premise and will be suspended from further participation in P.A.R.A. for the remainder of the season.

2. Ejection Policy:

a. 9th Grade and High School Ejection Policy:

- i. Coaches, Players, or Spectators displaying inappropriate behavior, taunting, or fighting that results in a technical foul or ejection will be subject to the **ONE STRIKE YOUR OUT** rule. Depending on the severity of the infraction, Coaches, Players or Spectators may be removed from participation in P.A.R.A. for the remainder of the season.

b. First Ejection:

these ideas in mind enables parents and coaches to work together, thereby ensuring a successful and enjoyable season for everyone.

B. Coaches:

- Teach players the fundamentals of the sport while finding as much satisfaction in the process and progress as in the results.
- Remember, you and your team are integral members of the Catholic Church and represent your parish and diocese.
- Communicate effectively to prevent problems and ensure both players and parents know what is expected of them.

C. Parents:

- Be your child's biggest fan with positive cheering, incessant prayer, and unconditional support.
- As directed by the coach, practice skills/drills with your player.
- Support your team by actively volunteering.
- Support PARA by cheering for and congratulating ALL teams.
- Guide your child by setting priorities which balances active participation in church, school, sports, and family.

SECTION V: ZERO TOLERANCE POLICY

- A. Any Player, Coach, Fan or Spectator displaying any inappropriate behavior whether physical, verbal and/or obscene in nature; will be required to leave the premises immediately in compliance with this Diocesan Zero Tolerance Policy and may be banned from future games and gymnasiums.