



2023-2024 Season

POLICIES AND RULES OF PLAY

CATHOLIC METRO LEAGUE OF ATLANTA

Catholic Metro Sports





1.00 – General

1.10 – Compliance: Member institutions are required to maintain full compliance with the Rules and By laws of the CMLA.

1.20 – Governing Rules of Play: All grade levels will play in accordance with the basketball rules of the Georgia High School Association with certain additions from the CMLA. Specific Rules from the CMLA will be determined by the Board.

2.00 - Uniforms: Legal numbers are required for both front (4”) and back (6”) of the uniforms. Teams must have contrasting colors when they participate in their game. In the event the teams have similar colors, the gym in which the game is played will provide pinnies for the home team. If the game is played at a neutral site, the team listed first on the game schedule will wear the pinnies.

3.00 – Forfeits: A grace period, equal to the time allotted for the first quarter, will be implemented if one or both teams do not have the minimum number of players (5) to begin the game. At game time the appropriate amount of time for the 1 st quarter will be placed on the clock. It will run without stopping until both teams have the minimum number of players to begin, or the clock reaches the end of the first quarter (0:00). If play cannot be started once the clock has reached 0:00 the game will be called and forfeit(s) will be declared. If play can begin, the first quarter will start from the time currently on the clock and will NOT be reset to the beginning of the quarter. *Timeouts may NOT be used to stop the clock in this instance.* In no event should a game start until each team has 5 eligible players ready to play. If neither team has 5 players at the expiration of the first quarter, the game ends in a double forfeit.

4.00 – Sportsmanship - The CMLA is a participation-based, semi-competitive league. Behavior and decorum typical of our mission and philosophy are **always** expected. All coaches, parents, school representatives, etc., share in the responsibility for the success of our league, and for maintaining our reputation as a home of good sportsmanship, character, and class.

4.10 – Charitable Play: Coaches will be aware of the score and will actively refrain from “running it up”. Scores of 50-10 and 35-8 weaken our league and have a negative effect. Coaches are expected to educate their players on respecting their opponents and set the example for how to win and lose with both class and dignity. To reinforce this principle, margins of greater than 15 points in grades 5-8 and greater than 12 points in 3-4 will be counted as 15 and 12 respectively, for tie breaker calculations.

4.20 – Behavior: Any coaches, parents, spectators, etc., displaying unsportsmanlike conduct may be asked to leave the gymnasium for the duration of the game. Notice will be sent to the CMLA Board to determine if further action is necessary. Head Coaches will bear





responsibility for everyone present who are associated with their team, and will aid in maintaining a positive playing environment. A limit of three (3) non-players (including coaches) may sit on the bench. Any Coach or Player ejected from a game will be reported to the CMLA Board and will be suspended for the next game. If a Coach or Player is ejected from a second game, they will be suspended for the remainder of the season and the post season tournament.

4.30 – Game Officials: NO PLAYER, COACH, PARENT, OR SPECTATOR MAY OPENLY OR OTHERWISE HARASS OR BERATE A GAME OFFICIAL, TABLE PERSONNEL, OR GYM MONITOR.

4.31 - “The kids will play and the officials will officiate”. Children are taught to respect and listen to adults; as a result, it is the adults who must help maintain the sanctity of every game. Our Referees are authority figures whose integrity must be maintained and reinforced by the adults to prevent negative situations from developing. Parents and Coaches are integral in this process. *For example: a player dribbling near center court appears to commit a backcourt violation. Several parents and a coach begin yelling “Backcourt” creating confusion for the players as if the backcourt call was made by the official. This type of behavior can affect the outcome of a game. It is our intention to provide an environment where the players decide the outcome of their ballgame on the court free from distractions derived from interference or poor conduct.*

5.00 - Playing Time - Games in the CMLA are played in a recreational/semi-competitive format designed to provide our players with positive experiences and playing time of an appropriate length.

5.10 - Injured Players - Any injured players will be replaced by someone on the bench with the new player remaining in the game until the next stoppage for substitutions. Once a player has replaced an injured player, he cannot be an injury replacement for another player until all other available players have been a replacement player.

5.20 - Infractions – Scorekeeper will make Referees aware of an infraction of Rule 5.00 or Rule 5.10 as soon as possible. Failure to comply with this playing time rule or any substitution rule in sections R-3 or SC-3 will result in One (1) Direct Bench Technical charged to the Head Coach per infraction and the substitution pattern must be corrected before play may resume. Warnings will not be issued. A second Direct Bench Technical will result in the ejection of the Head Coach. This ejection will cause the Coach to be suspended under Section 4.20 of these Rules.

5.30 – Interim Coach – If an ejection of a coach results in there being no coach on the bench, a substitute coach must be selected from a parent or other adult associated with the school/parish or the team will be forced to forfeit.





6.00 – Team Rosters – Each coach must supply their roster, must be on the official CMLA Team Roster document, to the scorer's table prior to the start of the game. The document does not require the signature of the school/parish AD and can be hand written or typed. Failure to produce the roster on this document prior to game time will result in an Indirect Technical Foul being charged to the Head Coach.

7.00 - Bonus Free Throw Procedure (new for 2023-24 season) -

The bonus is the two free throws awarded for a common foul (except a player-control or team-control foul) as follows:

- a. Beginning with a team's fifth foul in each period, two free throws are awarded for a non-shooting defensive or non-team-control foul
- b. Team fouls will be reset to zero at the end of each period





Recreational Division -- Grades 3-4

Rules of Play

R-1: Length of Games

Grade 3 – Four 8-minute quarters with a running clock and a 4-minute halftime.

Grade 4 – Four 8-minute quarters with a running clock and a 4-minute halftime.

R-1.1: Game Clock: The game clock will be a *Running Clock* throughout the entire game except for the last two minutes of the 4th quarter. The *Running Clock* should only be stopped during the game in the following circumstances.

1. A timeout is called and granted by an official.
2. Substitution Intervals.
3. An injured player.

A *Regulation Clock* will be used during the last 2-minutes of the 4th quarter unless the teams are divided by 12 points or more, in which case the *Running Clock* will continue. In the event a team shortens the lead to less than 12 points during the last 2-minutes the *Running Clock* will continue to be in effect.

R-1.2: Overtime: There will be no overtime in this age group

R-1.3: Time-outs – There will be two (2) full and one (1) 30 second time-outs per game.

R-2: Ball Size, Basket Height, & Free Throw Distance:

The home team will provide 2 basketballs for warm-up of the visiting team.

Grade: Ball, Basket Height, FT Line **

GRADE	BALL	BASKET HEIGHT	FT LINE
3rd	3rd	9 Feet	12 Feet
4th	4th	9 Feet	12 Feet

** The FT Line will be 15 feet if portable basket adaptors are being used to obtain a 9' basket height.

Last Amended 10.02.2023





R-3: Substitutions and Playing Time – Substitutions for all teams are governed by the following guidelines:

1. Each player must play a minimum of three (3) segments per game out of a possible eight (8). This is completely at the coach's discretion of when each player plays their three (3) segments.

2. Once all players in the official book on a given team have completed their minimum three (3) segments played as recorded on the official CMLA substitution sheet, the coach of that team may now substitute freely at any dead ball situation per GHSA rules.

3. Any team that does not play each player in the official scorebook their three (3) minimum segments will forfeit the game and it will be recorded as a loss for that team. Obviously the other team will receive a win recorded regardless of the score. The exception to this rule is for a team of fourteen (14) players. With Commissioner permission, a team of fourteen (14) players must have no player play more than three (3) segments while three (3) players will only play two (2) segments total.

4. Each team will reach their three (3) minimum segment requirement independent of the opposing team. For example, just because Team A (10 player roster) is eligible to substitute freely (end of the 6th segment) that does not mean that Team B (11 player roster) is also eligible at the same time (end of the 7th segment).

5. The scorekeeper is to log into the CMLA substitution sheet, playing time for each player and report any problems to the referees. This log is to be made available at the request of the referee or either coach at a stoppage of play. Failure to produce this log will result in the home team losing a gym credit for that game.

6. Late arrival players: If a player arrives late to the game it is the coach's discretion of whether to play the player. If the coach decides to play the player, that player must play the minimum three (3) segments regardless of when the player arrives.

7. Injured Players: If a player is injured during a segment, the coach may replace the injured player with any player on the bench. The segment **only counts** for the injured player and **NOT** for the player entering the game. The injured player may re-enter the game (at the next available segment change), but that player is required to play all three (3) of their minimum segments or the team will forfeit the game. The only exception is if the player who was originally injured is re-injured during a segment prior to the free substitution time for that team and is unable to complete the game. The coach must immediately declare the player injured and unable to complete the game at the time of the second injury. If the game is over and the said injured player did not play their minimum three (3) segments, the coach is not allowed to then claim the





said player injured. The player that replaced the injured player is required to play all (3) of their minimum segments, as substituting for the injured player did not count as a segment for the replacement player. If the replacement player fails to complete the three (3) segment minimum, the team will forfeit the game. Once a player has replaced an injured player, he cannot be an injury replacement for another player until all other available players have been a replacement player.

R-3.1: Substitution Protocol

1. Mandatory substitutions will take place every four minutes of game play. They will occur:
 - a. at the beginning of every quarter, 1 st , 2nd, 3rd, and 4th
 - b. at the middle of every quarter as close to the 4:00 minute mark as possible.
2. The referee or clock operator will stop the game as close to the 4:00 minute mark of each quarter as possible to allow for substitutions.
 - a. Play should not be stopped during a fast break or in the middle of a possession. Since pressing is not permitted our Referees\Scorekeepers will wait for a clear change of possession with the ball in the back court of either team.
 - b. Once both teams have met the requirements to allow for free substitution, the clock will not stop for mid-quarter substitutions.

R-4: Defenses - Man-to-Man Defense will be required of every team in grades 3-4. Man-to-man defense is more suitable than zone defenses in teaching basketball fundamentals to younger players both offensively and defensively. Coaches will teach their teams to play and compete in the spirit of this rule and will refrain from running clear out plays, where four players stand away from the basket and one individual plays one on one. The first infraction of a team running a clear out play will result in a warning. The second infraction will result in a direct technical foul to the head coach.

R-4.1: Defensive Match Ups

1. The defense must retreat behind the 3-point line after each change in possession and remain behind the 3-point line until 10 seconds has elapsed from the start of the possession, as noted by the referee's official count. The 10 second count stops once the basketball penetrates the 3-point line by pass, dribble or shot. Each team has one 10 second count per offensive possession.





If the offensive team calls time out during the 10 second count, the 10 second count will be considered complete and the 10 second count will not resume after the ball is put in play. If there is a stoppage of play, by an official, during the 10 second count, a new 10 second count will begin after the ball is put in play.

2. Due to this guarding rule, all baskets are worth 2 points only. There are no 3 pointers in this division.

1. Double Teaming - All offensive players must be guarded in their front court. Once a player in possession of the basketball enters the 3-point area, one other player may leave their man to help guard the ball. If the player dribbles or passes the ball out of the 3-point area play will resume as normal. Double teaming a player without the ball is not permitted.

2. Switching - If a defensive player is screened (picked) by an opposing player, the defensive players involved may switch whom they are guarding.

3. Help Defense - If a player clearly beats his defender, another defender may play Help Defense and pick up that man, but only inside the 3-point area only.

3. During the last 2 minutes of the game, the 10 second count is removed and teams may play defense to half court unless the Equalizer Rule is in effect.

R-4.2: Pressing – Teams in this age group are not allowed to press at any time during the game or in overtime. Referees are to ensure that the 10-second rule is enforced because of the inability to play defense in the backcourt.

R-4.3: Defensive Infractions - Teams are expected to play within these guidelines defensively. A warning will be given for the first infraction and an Indirect Technical Foul will be charged to the Head Coach for each subsequent infraction.

R-5: Equalizer Rule - If a team has a 12 point or more lead no half court presses (in the last 2 minutes) will be allowed by the leading team. The team with the 12 point or more lead may fast break into the front court, however this team is not allowed to make a play on the offensive basket until the trailing team's defensive has fully recovered and is set. The first violation of this rule will result in a stoppage of play, a warning given to the Head Coach and the ball awarded to the defensive team at the point of interruption. Additional violations will result in an Indirect Technical Foul to the Head Coach. In accordance with section R-1.1, in the event a team shortens the lead to less than 12 points during the last 2-minutes the *Running Clock* will continue to be in effect.





Semi-Competitive Division -- Grades 5-8

Rules of Play

SC-1: Length of Games

Grade 5-8 – Four 10-minute quarters with a running clock and a 4-minute halftime.

SC-1.1: Game Clock: The game clock will be a *Running Clock* throughout the entire game except for the last two minutes of the 4th quarter. *The Running Clock* should only be stopped during the game in the following circumstances.

1. A timeout is called and granted by an official.
2. Substitution Intervals.
3. An injured player.

A Regulation Clock will be used during the last 2-minutes of the 4th quarter unless the teams are divided by 15 points or more, in which case the Running Clock will continue. In the event a team shortens the lead to less than 15 points during the last 2-minutes the Running Clock will continue to run.

SC-1.2: Overtime: We will play 2-minute overtime periods when games are tied at the end of regulation. Overtime periods will continue until a winner is declared.

- a. 2-minutes are placed on the game clock. A Running Clock will be used in the first minute and a Regulation Clock will be used in the last minute only.
- b. Unused Timeouts will carry over from the 4th quarter into overtime and each team is granted (1) one additional full timeout per overtime period.
- c. Free Substitutions will continue during all Overtime periods. Coaches may adjust their substitution pattern to begin every overtime period.

SC-1.3: Time-outs – There will be two (2) full and two (2) 30 second time-outs per game.

SC-2: Ball Size, Basket Height, & Free Throw Distance:

The home team will provide 2 basketballs for warm-up to the visiting team.





Gender Grade: Ball, Basket Height, FT Line

GENDER	GRADE	BALL	BASKET HEIGHT	FT LINE
Boys/Girls	5th	28.5	10 Feet	15 Feet
Boys	6th	28.5	10 Feet	15 Feet
Boys	7th & 8th	29.5	10 Feet	15 Feet
Girls	6th - 8th	28.5	10 Feet	15 Feet

SC-3: Substitutions and Playing Time – Substitutions for all teams are governed by the following guidelines:

1. Each player must play a minimum of three (3) segments per game out of a possible eight (8). This is completely at the coach's discretion of when each player plays their three (3) segments.

2. Once all players in the official book on a given team have completed their minimum three (3) segments played as recorded on the official CMLA substitution sheet, the coach of that team may now substitute freely at any dead ball situation per GHSA rules.

3. Any team that does not play each player in the official scorebook their three (3) minimum segments will forfeit the game and it will be recorded as a loss for that team. The opposing team will receive a win recorded regardless of the score. The exception to this Season rule is for a team of fourteen (14) players. With Commissioner permission, a team of fourteen (14) players must have no player play more than three (3) segments while three (3) players will only play two (2) segments total.

4. Each team will reach their three (3) minimum segment requirement independent of the opposing team. For example, just because Team A (10 player roster) is eligible to substitute freely (end of the 6 th segment) that does not mean that Team B (11 player roster) is also eligible at the same time (end of the 7 th segment).

5. The scorekeeper is to log into the CMLA substitution sheet, playing time for each player and report any problems to the referees. This log is to be made available at the request of the referee or either coach at a stoppage of play. Failure to produce this log will result in the home team losing a gym credit for that game.





6. Late arrival players: If a player arrives late to the game it is the coach's discretion of whether to play the player. If the coach decides to play the player, that player must play the minimum (3) segments regardless of when the player arrives.

7. Injured Players: If a player is injured during a segment, the coach may replace the injured player with any player on the bench. The segment only counts for the injured player and NOT for the player entering the game. The injured player may re-enter the game (at the next available segment change), but that player is required to play all three (3) of their minimum segments or the team will forfeit the game. The only exception is if the player who was originally injured is re-injured during a segment prior to the free substitution time for that team and is unable to complete the game. The coach must immediately declare the player injured and unable to complete the game at the time of the second injury. If the game is over and the said injured player did not play their minimum three (3) segments, the coach is not allowed to then claim the said player injured. The player that replaced the injured player is required to play all (3) of their minimum segments, as substituting for the injured player did not count as a segment for the replacement player. If the replacement player fails to complete the three (3) segment minimum, the team will forfeit the game. Once a player has replaced an injured player, he cannot be an injury replacement for another player until all other available players have been a replacement player.

SC-3.1: Substitution Protocol

1. Mandatory substitutions will take place every five minutes of game play. They will occur:
 - a. at the beginning of every quarter, 1 st, 2nd, 3rd, and 4th
 - b. at the middle of every quarter as close to the 5:00 minute mark as possible.
2. The referee or clock operator will stop the game as close to the 5:00 minute mark of each quarter as possible to allow for the substitutions.
 - a. Play should not be stopped during a fast break or in the middle of a possession. Referees\Scorekeepers will wait for a dead ball or a clear change of possession with the ball in the back court of either team.
 - b. Once both teams have met the substitution requirements to allow for free substitution, the clock will not stop for mid-quarter substitutions.

SC-4: Defenses – Teams in grades 5-8 may play any type of defense including full or half court pressing throughout the game, subject to the Equalizer Rule.

Policies and Rules of Play – 2017/2018

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SC-5: Equalizer Rule - If a team obtains a 15 point or more lead, no full court or half court presses will be allowed by the leading team. The team with 15 point or more lead may fast break into the front court, however this team is not allowed to make a play on the offensive basket until the trailing team's defense has fully recovered and is set. The first violation of this rule will result in a stoppage of play, a warning given to the Head Coach and the ball awarded to the defensive team at the point of interruption. Additional violations will result in an Indirect Technical Foul to the Head Coach. In accordance with section SC-1.1, in the event a team shortens the lead to less than 15 points during the last 2-minutes the *Running Clock* will continue to be in effect

