

2018-2019 MIDDLE SCHOOL ATHLETICS

BOYS AND GIRLS BASKETBALL RULES AND GUIDELINES

- All teams will practice five (5) days a week, two (2) hours per day.
- Each individual **must have a minimum of eight (8) practice days** before the first competition.

COMPETITION

- **Varsity** will consist of one team comprised of 6th, 7th and 8th grade students. (Do not cut below 12.)
- **Junior Varsity** will consist of one team comprised of 6th, 7th and 8th grade students. (Do not cut below 12.)
- **C Team** will consist of one team comprised of 6th, 7th and 8th grade students (Do not cut below 15.)

Please note, if a student is cut from a team and would like to turn out for another sport during the same season, they will abide by WIAA rule 17.12.3 which states;

Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.

GENERAL INFORMATION

- Each athlete must have:
 - Middle School Activities Contract and Eligibility Form, including:
 - Emergency Contact information
 - Signed Concussion and Sudden Cardiac Arrest information form
 - Sport-specific consent form
 - Physical – Each athlete is required to have a current physical (last 13 months)
 - ASB Card Purchased (\$15.00)
- All the ABOVE INFORMATION MUST BE on file with the building athletic director before participation.
- School issued uniforms will include school colors, school names, and number. **PLEASE NOTE:** If uniforms are damaged and/or lost the student will be responsible for the cost of the replacement.
- All eligible participants should be given equal consideration for playing time over the course of the season based on coach's discretion. Factors for playing time may include but are not limited to, skill, effort, attitude, attendance, behavior in school or any combination of the preceding.

EQUIPMENT

- The home team will provide a leather or composite ball in good condition. All game balls must be NFHS approved.
- The home team will provide an adult scorekeeper and adult clock operator. These positions should be filled by someone other than the gym supervisor whenever possible.
- Visiting teams are encouraged to keep a secondary scorebook at or near the official score table.
- Coaches are required to have a First Aid kit with them at all practices and games
- Coaches are required to have a copy of the emergency medical cards for each student-athlete on their team

RULE CLARIFICATIONS

- Varsity games will consist of four eight (8) minute quarters.
- Junior Varsity (JV) and C team games will consist of four six (6) minute quarters.
- The varsity and junior varsity games will be paired together with junior varsity playing first for the first four (4) games and Varsity playing first for the last five (5) games. C-team will play at the opposite location.
- Half time will be five (5) minutes in length. Teams will be permitted at least ten (10) minutes for warm-ups.
- **Teams will not be permitted to warm-up in auxiliary gyms prior to a game.**
- Varsity and Junior Varsity will be allowed to press the entire game, with the exception below. C-team will only be allowed to press the last quarter (4th quarter). **NOTE:** Full court defense following a rebound, steal or other live-ball (non-made shot) change of possession DOES NOT constitute a press and will be allowed.
- At no time will a team will be allowed to enact a full court press with a lead of 15 points or more.
- “Swinging” is not allowed on the day of a game. Once a student-athlete suits up for one level, they are locked into that level for that day. Student-athletes can move up or down levels of competition in preparation for the next game day.
- **Beginning in the second half, a running clock will be utilized if the game reaches a 40-point differential.** If the point differential is 40 points or more, the game clock shall run continuously for the remainder of the game except for an official’s time-out, a charged time-out, time between quarters, or the administration of free throws.
- No shot clock will be used for **girls basketball**. Officials will monitor 10-second backcourt violations.
- If the score is tied at the end of regulation time, a one (1) minute intermission will be taken. Overtime will consist of a three (3) minute clock. The team that is ahead at the end of the overtime period will be the winner. As many such periods are necessary shall be played to break the tie. Each team will be allowed one timeout during overtime.

CHAMPIONSHIP INFORMATION

- The top four (4) finishing teams in the regular season will be invited to participate in a season-ending championship.
- In the event of a tie in the standings, seeds will be determined using the following:
 - Overall winning percentage
 - Head-to-head result (regular season only)
 - Point differential allowed in ONLY the designated games involving the tied teams.
 - Point differential allowed in the games involving the highest ranked.
 - Point differential allowed in the games involving the next highest ranked.
 - i.e. if tied for 1st examine point differential for 2nd place team, 3rd place team and so on.
 - Coin flip
- The championship team will be presented with a perpetual trophy to be displayed in the school.

RULES- Governed by Washington Interscholastic Activities Association and National Federation 2017 Rules.