

## 2023-24 Red Cedar Basketball League Rules Bronze/Silver/Gold Division 7<sup>th</sup>-8<sup>th</sup> Boys/Girls

**Note:** All teams in this division will play doubleheaders on either Saturday or Sunday throughout the season. You may play twice per weekend if needed because of even numbered divisions. The season will conclude with a double elimination tournament in each division.

**Warm up time:** Shall consist of the difference of the end of the previous game and the official start time of the next game. If no time is available a maximum of 3 minutes shall be used as warm-up time.

**Parents:** Do not cross the gym floor for any reason during or after the contest. Meet with players after the contest in a designated area or hallway.

**Shooting:** No shooting at baskets during halftime or between games for anyone but players participating in the current scheduled contest

**Coaches:** Two coaches shall be allowed on the bench during games. **Head coaches should wear their schools dark color shirt to be identified by officials.** Scorekeepers shall only keep the book and not serve as additional coaches. Teams not following this rule shall be assessed a technical foul and the team in violation will lose their right for a scorekeeper. The scorekeeper in violation shall be removed from the bench area to the opposite side of the gym. Please clear the bench after completing your handshake. Hold any post game meetings in designated area or hallway.

**Covid-19:** Please be aware of the communities Covid-19 policy and be aware of that's community's requirement. Admission and participation will be followed, or the team's game will be a forfeit.

**Coaches Conduct:** Public criticism of officials or players is unethical and will not be tolerated. The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. ***A sportsmanship technical foul will result in two points and possession of the ball to the opposing team that did not commit the technical foul.***

### Rules

MHSAA rules except:

MHSAA regulation size ball

**Numbers on front and back of jerseys**

Timeouts: MHSAA 2 Full, 2(20)

Overtime: 2-minute quarter with an additional timeout per each overtime period

**The Red Cedar league in all divisions shall use the one-and-one for common fouls beginning with the seventh team foul in the half. The Red Cedar League shall not use the double bonus at the 10th foul but will continue with the one-and-one for common fouls.**

### Pressing:

A running clock shall occur when the point difference equals a 30 pt difference and shall resume to normal after the score returns to a 20-point difference.

Pressing is allowed anytime except when point spread equals 15 pts

## 2023-24 Red Cedar Basketball League Rules Bronze/Silver/Gold Division 7<sup>th</sup>-8<sup>th</sup> Boys/Girls

3-point line is in effect.

### **Playing Time** – League Recommendation

There are no playing time rules but it is expected that everyone participates.

**Practices** – are limited to 4 hours per week. This is an honor system. Be respectful of the rules to your team, parents, and the league.

**Ejections:** If a player, coach or spectator is ejected from a contest they will be suspended from the next contest. A second offense shall result in removal from the league for the remainder of the season. The host site is responsible for reporting this to the league. Officials shall file an incident report to the host site. This shall be completed in 24 hours and turned in to the league director. ***If a player, coach or spectator is removed from any league tournament or league sponsored tournament they will not be eligible for the remainder of the tournament.*** Continued disregard of rules or disrespectful conduct by a coach or parents could result in removal of team from the league. Our goal and concept are to instruct the children not to win at all or any cost.

### **Results**

Results of all weekly games shall be emailed to your community coordinator or coaches can utilize click to send in scores function on the website, so that the weekly standings can be updated.

Web Site: [www.redcedarhoops.com](http://www.redcedarhoops.com)