



C.S.A.L. Basketball Rules and Regulations

Revised July 2026

Basketball Rules & Regulations

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I. ELIGIBILITY

- A. Participation is open to elementary students up to seventh (7th) grade.
No one above 7th grade are eligible to participate in CSAL Athletics.
- B. Home Schooled and "Virtual" students are not eligible to participate in CSAL Athletics.
- C. Suspended Students
NO suspended student is allowed to play on the day he/she is suspended. It is highly recommended that a student be in school at least a half day to be eligible to participate in a game.
Exception: An extreme circumstance can be waived by the principal.
- D. Boys are not eligible to participate in a Girls' sanctioned sport including, but not limited to:
Girls' Volleyball, Girls' Basketball, Girls' Flag Football, Girls' Cabbageball
- E. Girls are not eligible to participate in a Boys' sanctioned sport including, but not limited to:
Boys' Basketball, Boys' Volleyball, Boys' Cabbageball
- F. Junior / Senior Teams
 - No player is allowed to participate on both the junior AND senior teams
 - Juniors are allowed to play on a senior team, but may not participate on both teams. Their name may not appear on both the junior and senior team rosters.
 - Schools are allowed to enter more than one junior and/or senior team.

Juniors – 4th, 5th, and 6th graders. Open to all students who have not reached their 12th birthday before or on September 30, 2026.

 1. 6th graders may participate on EITHER the junior OR senior team, BUT not both.
 2. It is strongly advised that 4th graders NOT participate on a senior team unless:
 - a. The school does not have a junior team
 - b. The 4th graders are necessary in order for the school to Enter a senior team.

Seniors - 6th and 7th graders. Open to all students who have not reached their 14th birthday before or on September 30, 2026.
6th graders may participate on EITHER the junior OR senior team, BUT not both.
- G. **Developmental** – 4th graders ONLY. Schools are encouraged to incorporate a team comprised of only 4th graders (non-competitive)
 - By sport, schools will report to the Co-Commissioner their intention of having a fourth grade developmental team.
 - The Co-Commissioner will put these schools in touch with other to organize their own "league"
 - The fourth grade developmental league will not participate in CSAL competition.

II. INELIGIBLE PLAYER

An ineligible player is one not eligible to participation in competitions for reasons in violation of the CSAL Rules and Regulations.

- If the ineligible player is detected before participation,
No penalty. The error is corrected and the player is then eligible.
- If the ineligible player is detected once participated in regular season play,
 - The player is suspended from participation in any capacity for that league
 - The player may not be transferred to another team.
 - Any team using a player who is ineligible shall lose all contests in which the player participated.
- If he ineligible player is detected during playoffs,
 - The team shall lose the game in which the player is detected.
 - The game will be awarded to the team that originally lost the game and that team will automatically advance.

III. UNIFORMS

- A. Uniform shirts of the same color and numbers are required. In Basketball no number higher than 5 is valid. When reordering jerseys, schools are strongly encouraged to provide numbers on both the front and back of the jersey.
- B. All uniform numbers must be screened on. NO homemade, taped on, or numbers put on by a marks-a-lot will be allowed.
- C. Teams should carry "pinnies" (a colored vest) in the event both teams have the same color jersey. The home team is responsible to wear the pinnies.
- D. Teams without uniform shirts, where required, will forfeit the game.
- E. Skorts, skirts, or "Lululemon" type shorts are not allowed.
- F. Shorts may not have pockets.
- G. Shoes must be worn at all times.
- H. No jewelry.

NOTE: On the official score sheet the player's jersey number (not the name) identifies that player.

IV. EQUIPMENT

- A. The Athletic Director of each school is responsible for providing their coaches with regulation equipment as designated by the specific sport rules and regulation guidelines
- B. .Ball
 - 1. Each team will provide a game ball.
 - 2. The game official will select the best ball for play.
 - 3. The ball shall meet the following specifications:
 - a. Its color shall be the approved orange shade or natural color.
 - b. It shall be spherical
 - c. The circumference shall be:
 - Senior Boys – Official leather basketball
 - A minimum of 29 1/2 inches to a maximum of 30 inches
 - Junior Boys, Junior and Senior Girls – Womens' leather basketball
 - A minimum of 28 1/2 inches to a maximum of 29 inches
- B. Goals are set at a height of 10 ft.
- C. Team must have a stop watch in the event that a clock is not available
- D. Teams must have uniforms which meet the rules under that section.
- E. Each coach is responsible to have
 - 1. A written roster, including the players' name and uniform number
 - 2. A score book/score sheets in the event it is needed at the scorers table
 - 3. A responsible person to assist at the scorer's table.

V. SCORER'S TABLE

- A. Personnel
 - 1. Each team is required to provide a responsible person to assist at the scorer's table.
 - 2. In the event a team's representative is not needed to perform these duties at the scorer's table, it is strongly advised that a representative from each team sit at the table.
- B. Equipment
 - Time Clock (In the event a time clock is not available, a stop watch is used.
 - Official Score Sheet
 - Each team's line-up
 - A copy of the CSAL Basketball Rules

Scorer's table Equipment cont'd.....

C. Possession Arrow

A visible display shall be located at the scorer's and timer's table to indicate team possession for the alternating possession procedure.

VI. TEAM BENCHES

A. The location of each team's bench shall be designated by the facility arrangement.

It is recommended that the benches for players and coaches of each team be Placed along the side of the court on which the scorer's and timer's table is located.

B. Only coaches and players are allowed on the team bench.

C. Coaches may move only along the length of his team's bench.

VII. SUPERVISION

A. Faculty Representative

It is strongly encouraged that a school/faculty representative (other than the head coach) be on site for all CSAL events. The representative is responsible for the conduct of the team players, coaches, and spectators.

Noncompliant behavior must be reported to the school's Principal and Athletic Director. Complaints will be handled on a case-by-case basis between the school principal and the Co-Commissioners.

B. Coach

It is required that every C.S.A.L. team competing be accompanied by a coach who will be responsible for the team's conduct.

1. Coaches who are not of adult age (21 years of age), **MUST** have an adult with them on the team's bench. Absence of an adult supervisor will result in the team forfeiting.
2. Only one coach is allowed to enter into a discussion with the game official.
3. **Only the head coach is allowed to stand when the clock is running.**
4. **Coaches must stay within their bench area. They are not allowed to go past the end of their bench towards the official scorer's table.**
5. Coach's Responsibilities
 - a. Coaches are responsible to bring with them to each athletic event:
 - Written team roster (a list of team players with jersey numbers)
 - A game line-up
 - A score book (or score sheets)
 - Someone to keep score
 - b. Provide regulation equipment as outlined in the basketball rules.
 - c. Provide a responsible person to assist at the scorer's table to either be the official scorer or operate the time clock/stop watch. Teams must have someone trained for both these responsibilities.
 - d. Report final game results to their Regional League Representative within 24 hours of game completion. Failure to comply with this rule may result in a team forfeit.

VIII. TEAM PLAYERS

A. A team shall consist of five (5) players to begin the game.

1. A game may not begin with less than five (5) players.
2. A team may continue play with less than five (5) players if no substitute is available to replace an injured or disqualified player.

B. Substitution

1. Free substitution.
2. All substitutes must report to the official scorer's table and be acknowledged by the game official before entering the game.

IX. GRACE PERIOD

There is NO grace period for CSAL games, whether regular season or championship play. Teams, players and coaches, should arrive at the game site least 15 minutes prior to their scheduled game time. The host league coordinator will make a decision for those situations with extenuating circumstances.

X. THE GAME

A. TIME OF PLAY

1. A game consists of four quarters, each eight (8) minutes duration running time.
2. In the last minute of the first, second, and third quarters the clock stops on every whistle, and restarts on the official's signal.
3. In the last two (2) minutes of the fourth quarter, the clock stops on every whistle, and restarts on the official's signal.
4. In the entire game the clock will stop for injuries and time-outs.
5. There is a one (1) minute rest between quarters
5. There is a five (5) minute rest for half-time.
6. The game is terminated after the third (3rd) quarter when a team is leading by 30 points. (If the 30 point lead is obtained in the fourth quarter, the game ends immediately.)

B. OVERTIME

1. Each overtime period shall consist of two (2) minutes.
2. The clock stops on every whistle, and restarts on the official's signal.
3. The clock will stop for injuries, time-outs, and free throws..
4. Each team is awarded one (1) additional time-out for the over-time period.
5. Over-time periods are played until a winner is declared.

C. TIME OUTS

1. Three (3) one minute time outs and two (2) 30 second time outs per game.
2. One additional one-minute time out for each overtime period.
3. A player/head coach may orally or visually request a time out.

D. FOULS

1. After five (5) personal fouls that player is disqualified.
2. Teams will shoot two (2) shots on the 5th foul, and on every subsequent foul for the quarter. Fouls must be successive in each quarter.
3. Fouls reset at the beginning of each quarter.
4. During multiple free-throw personal fouls, substitution may be made only before the final attempt in the sequence and after the final attempt has been converted.
5. On foul shots,
6. players may enter the lane area upon the shooter's release of the ball.
7. The shooter and all other players must wait until the ball hits the rim of the goal.

E. PRESS RULE

Teams may press at any time during the game.
Coaches are reminded of the rules of sportsmanship and running up the score.

XI. FORFEITS

A. Teams will forfeit their game when they:

1. do not have uniform shirts as required.
2. do not have a coach in attendance who will be responsible for the team's conduct.
3. do not provide a responsible representative to sit at the official scorer's table.
4. have less than five (5) players to start the game.
5. are not ready to take the court at designated game time

Forfeits cont'd...

- C. In all instances, the forfeiting team is responsible for payment of the official fees (both teams) for that game.
- D. A team forfeiting two games will not be eligible for play-offs. That team is strongly encouraged to play the remaining games on their schedule.

XII. PROTESTS

- A. No protest shall ever be permitted on judgment decisions by the game official.
- B. A protest on interpretation of rules must be made at the time the play occurs. A statement of the facts of the play shall be written on the score sheet by the game official before the play resumes.

NOTE: In order for the protest to be considered by the protest committee, the game must be completed.

- C. A protest on eligibility must be accompanied by a protest fee of \$50.00, and the school must satisfactorily prove his/her eligibility.

NOTE: No protest will be entertained unless signed by the principal or athletic director.

**Refer to the CSAL Rules and Regulation Guidelines for the procedure in filing a protest.

XIII. GAME OFFICIALS

- A. The game official shall have the power to warn or disqualify from the game, any player or coach who is in violation of the "Abuse of Officials" section of the CSAL Rules and Regulation Guidelines.
- B. The game official shall have the power to forfeit the game to the opponents if, in his opinion, he feels that the game is a farce and no longer a game, or if his decisions are grossly ignored.

XIV. CONDUCT OF PLAYERS AND COACHES

All players and coaches are required to instill Catholic Values by following the "Conduct of Players and Coaches" section of the CSAL Rules and Regulation Guidelines.

XV. ADDITIONAL RULES

With the exception of that listed above, The CSAL Basketball Program will follow the Basketball Rules of the National Federation of State High School Athletic Association Format.