

EASTERN INDEPENDENT BASKETBALL CONFERENCE
2019-2020 new format

LEAGUE GOAL:

Basketball and cheerleading are seen as activities, which enhance the total development of the child. The development of skills is important, but of far greater importance, and the essence of our program is the development of sound Catholic values and attitudes, character, teamwork, and good sportsmanship.

1. Pre-Season Rules:

- 1.1. Each school may enter four basketball teams and two cheerleading squads in the league:**
 - 1.1.1. Varsity Boys 7th and 8th grades
 - 1.1.2. Junior Varsity Boys 5th and 6th grades
 - 1.1.3. Varsity Girls 7th and 8th grades
 - 1.1.4. Junior Varsity Girls 5th and 6th grades.
 - 1.1.4.1. Students may participate on one team only, except cheerleaders, who may also play basketball at each school's discretion. *An exception to this rule shall be allowed in the event that Varsity teams do not have 8 players on their roster. In this situation, 5th and 6th graders on a JV roster can also play on a Varsity squad and be included in the roster for that team, up to 8 players.*
 - 1.1.4.2. All players must be enrolled in your school with the exception of St. Egbert. 5th grade students at St. Egberts may play at another EIC school that has a sports program.
 - 1.1.4.3. Younger students may participate if needed to complete teams.
 - 1.1.4.4. Teams will be fielded at each school's discretion; no school will be penalized for not fielding a team or squad. (See rule #28 for extra teams).
 - 1.1.4.5. Any school may organize Pep squads. Pep squad participants are guided by the rules governing other spectators and will be charged student admission.
- 1.2. Each school must submit names, addresses, phone and fax numbers of Athletic Director and Principal, as well as the school address and phone/fax numbers to the chairperson by October 1. The chairperson is to send/fax a copy to each Principal and AD.
- 1.3. Practices may begin on November 1 or following, the official start of the EIC basketball season.
 - 1.3.1. The season ends on the last day of the tournament.
 - 1.3.2. A team/squad practice time is restricted to four (4) hours per week.
 - 1.3.3. It is recommended that an Athletic Director other than the Principal coordinate the program.
- 1.4. Schools are permitted to play other non-conference games.
- 1.5. Proposed changes and/or additions to the current league rules will be brought to the Spring meeting for discussion. The outgoing Chairperson will distribute new league rules and approved changes/additions, as well as a proposed new season schedule, to all Principals and Athletic Directors no later than September 30th of the upcoming season.
- 1.6. The Principals and Athletic Directors present will vote on the issues with only one vote per school. The majority vote will decide any issue. All Athletic Directors or Assistant Athletic Directors and/or Principals require attendance.

- 1.7. Athletic Directors are responsible for sharing these rules with all athletes, program participants and spectators.
- 1.8. New season schedule DRAFT for each year is determined by moving all games from previous season forward one week (week 2 becomes 3 etc.-TOTAL OF 10 WEEKS). Last season's week 10 becomes new season's week 1. Draft is made available at Spring meeting. Adjustments made according to calendar conflicts at various schools and distributed according to Rule 30.

2. **Forms/Rosters/Eligibility:**

- 2.1. A roster for each team entered in the league shall be submitted to each school no later than December 1 (and at least one week prior to the first scheduled game).
 - 2.1.1. Rosters should include the name, grade, and jersey number of each player, as well as the names of the head coach, up to two assistant coaches and one manager per team.
 - 2.1.2. Rosters should be in numerical order (not alphabetical) and should be signed by both the Principal and the Athletic director.
 - 2.1.3. Travel directions to all home games shall be sent from each school along with their team rosters.
 - 2.1.4. Students new to the school may be added to the roster at any time during the school year.
 - 2.1.5. Current students may not be added after initial roster submission.
 - 2.1.6. Changes to rosters must be delivered to all schools prior to any games in which you plan to implement the changes.
- 2.2. A school wishing to enter more than one team per age group in the tournament must make this clear to the tournament host no later than the registration deadline for the regular season or the tournament, whichever applies. In these cases each of the teams will be evenly divided between both eligible grades. (The sooner, the better). A clean, updated roster will be submitted with the tournament dues.

Regular Season Deadline: December 1

Tournament Dues and Deadline: January 15

3. **Athletic Director Responsibilities:**

- 3.1. The tournament host Principal/Athletic Director will be the chairpersons for the season. **Scores for each game must be reported/faxed to that school AD weekly.** The chairperson will be responsible for scheduling and planning the Spring meeting (after tournament). The chairperson may also call additional meetings as required.
- 3.2. In the absence of an Athletic Director, the Principal assumes the responsibility for Athletic Director functions.
- 3.3. The visiting Athletic Director or his/her representative should meet the home team Athletic Director at least 10 minutes prior to the first game.
- 3.4. Coaches are responsible for their conduct and for the conduct of players at all times. Principals and Athletic Directors are responsible for the conduct of coaches, fans, parents, students, and other spectators. Principals/Athletic Directors may suspend their coaches and players, as needed. Coaches must read and follow the code of ethics set forth in the nchsaa rule book, coaches code of ethics.
- 3.5. Games that are postponed with the approval of the school Principals should be rescheduled by the two Athletic Directors as soon as possible.

4. **Basketball Game Rules:**

- 4.1. **Start times:**
 - 4.1.1. Each host school must be ready for the first game at least one-half hour before the scheduled beginning.

- 4.1.2. Visitors should NOT arrive prior to 30 minutes before the first game of the day, reinforced by Athletic directors and principals
- 4.1.3. The games will start at 10 a.m.
- 4.1.4. 6 minute quarters
- 4.1.5. Overtime is 3 minutes
- 4.1.6. 8-minute half-times and 8 minutes between games.
- 4.1.7. Therefore, the game start times shall be approximately as follows:(On days there are 6 games they will start at 9:00 am)

JV Girls 10:00 a.m., Varsity Girls, 12:30 p.m., JV Boys 11:15 a.m., Varsity Boys 1:45 p.m.

4.2. **Official Ball:**

- 4.2.1. The small “Women’s Official” or “Junior Varsity” size regulation ball (28” – 29”)
 - 4.2.1.1. JV Girls
 - 4.2.1.2. JV Boys
 - 4.2.1.3. Varsity Girls games.
- 4.2.2. Varsity Boys use an official full-size (29” – 30”) basketball.

4.3. **Jerseys:** Teams must wear different color jerseys when playing each other.

- 4.3.1. Any garment (T-shirt, compression shorts, etc.) worn under the uniform MUST MATCH the basic uniform color.

4.4. **Referees:** The host school is responsible for having two official referees from their local association assigned to officiate each game.

- 4.4.1. By mutual consent of the coaches, a game may start with one referee.
- 4.4.2. Referees will use standard High School basketball rules, except the 3 point line is NOT used for JV games.
- 4.4.3. IT IS RECOMMENDED THAT NO OFFICIALS WORK ALL 4 GAMES IN A DAY.
- 4.4.4. Referees’ decisions will be final—no protests will be accepted.

4.5. **Scorekeepers** and timer must be trained adults or high school students.

- 4.5.1. Visiting teams are required to have a scorekeeper at the scores table.
- 4.5.2. **Home team scorebook is official.**
- 4.5.3. NOTE: Suggest scorekeepers communicate during the game to avoid conflicts.

4.6. 100% participation is required for all eligible players in every game.

- 4.6.1. Ineligible players must be declared prior to start of game and entered into the home team scorebook.
- 4.6.2. Failure to comply may result in a forfeit.
- 4.6.3. NOTE: Athletic Director must remind coaches about this rule prior to the game.

4.7. **When a team finds itself with only four players** because of injury or fouls, the opposing team must withdraw one of its players to have the same number on each team.

- 4.7.1. Any team with less than four players shall forfeit.

4.8. **Christian Sportsmanship**

- 4.8.1. In the spirit of Christian sportsmanship, scores will not be deliberately run up.
- 4.8.2. When ahead by the following margins, there will be no full court press and double- teaming
- 4.8.3. For JV games the margin should be 15 points.
- 4.8.4. For Varsity games the margin should be 25 points.
 - 4.8.4.1. This may not be referee enforced, but is the responsibility of all Athletic Directors and Principals concerned to remind coaches.

5. **General Gym Rules:**

- 5.1. Only teams scheduled to play at a particular time are allowed on the gym floor or team benches.
- 5.2. **Admission** to the games will be \$4.00 for adults and \$2.00 for students.

- 5.2.1. Children 5 and under will be admitted free.
- 5.2.2. Only players, Principals, Athletic Directors, Coaches/Asst. Coaches, Clergy, and managers on the roster will be admitted free to games.
- 5.2.3. All must wear identification or identify themselves for game admission.
- 5.2.4. SCOREKEEPERS AND OTHER VOLUNTEERS MUST PAY ADMISSION FEE.
- 5.3. All children, unless accompanied by an adult, must remain inside the gym at all schools or game locations at the discretion of the home team school.
- 5.4. Bouncing or playing with extra basketballs during any game or game intermission is prohibited. Spectators should remain off the playing surface before, during and after a game. This is to be enforced by Athletic Directors, Coaches and Principals.
- 5.5. There will be no “booing” or negative cheering at any time, particularly during foul shots. NOTE: The home school is responsible for posting instructions and/or announcing rules #16 and #17 prior to every series.
6. **Cheerleaders:**
 - 6.1. Cheerleaders are not allowed to do stunts or routines with members more than one extension or person high. Spotting is mandatory at all times for safety reasons of the participants.
 - 6.2. Only cheerleaders and their coaches and managers are allowed on the floor or benches with those teams.
 - 6.3. Cheerleaders may be restricted to seating and cheering locations per gym/location.

2020 EIC BASKETBALL TOURNAMENT RULES

1. **Tournament Fees** \$125/Team.
 - 1.1. These non-refundable fees should be paid to the chairperson's school prior to January 15.
 - 1.1.1. The fee will offset costs of tournament communications and tournament activities for the host school. If this becomes cost prohibitive, a member school should not be turned away from the tournament. The principal of the school concerned should contact the principal of the host school.
 - 1.2. **Tournament rotation follows:** Annunciation, St. Peter, Infant of Prague, St. Paul, and St. Mary. Any school waiving as tournament host must wait for the rotation to return to that school.
 - 1.3. Teams will play their tournament first game according to **season standings**.
 - 1.3.1. Athletic directors/Principals will be notified of tournament brackets and schedule at least one week before the tournament.
2. **Tournament admission fees:**
 - 2.1. Daily: \$7.00 for adults, \$4 for students
 - 2.2. Weekend: \$15.00 adults, \$8 for students
 - 2.3. Principals, Athletic Directors, coaches, managers, Priests, Brothers and Sisters will be given a free weekend pass upon identifying themselves at the door on Friday.
 - 2.3.1. The league chairperson may opt to send these passes to the AD/Principal of each school prior to the tournament.
 - 2.3.2. Squad and team participants must be in uniform or show their passes to enter at no charge. Scorekeeper and other volunteers should pay admission.
3. **Games:**
 - 3.1. All games will be played as scheduled unless a previous game runs over.
 - 3.2. NO game shall be started after 10 p.m.
 - 3.3. NO team shall play games without an hour break between tournament games.
4. **Championship Games:** Final rounds will be played on Sunday.
 - 4.1. The Championship games will be a winner take all format, meaning only one game will be played for each bracket.
5. **Host responsibilities:**
 - 5.1. The tournament host will provide the official scorer and scorebook for all games.
 - 5.2. The tournament opening ceremony (4 pm start time) will adhere to the following time guidelines:
 - 5.2.1. **Cheering Exhibition:** Maximum 6 minute cheering presentation per school to be allotted as each school desires. *Example: Varsity - 4 minutes and JV - 2 Minutes!* **Game clock will be used.**
6. **Responsibilities of visiting schools:**
 - 6.1. Each school may provide a scorekeeper, sitting at or near the official table, to keep its own books.
 - 6.2. Squads and teams must be instructed not to leave personal items in gyms or locker rooms.
 - 6.3. Parents and coaches are responsible for the safety and supervision of their students/children and should exercise good judgment about allowing children outside after dark
7. **Trophies:**
 - 7.1. The **regular season trophy** will be awarded to the 1st place teams at a designated time during the tournament, preferable during the opening ceremony.
 - 7.1.1. If any teams should tie, each team will be recognized with a trophy.

7.2. **Tournament trophies** will be awarded to the 1st, 2nd and 3rd place teams at a designated time during the tournament.

7.2.1. There will be no participation awards for basketball or cheerleading.

7.2.2. Overall height for regular season and tournament trophies will be:

1 st place	22 inches
2 nd place	18 inches
3 rd place	16 inches

All general league rules applying to regular season games will apply to the tournament.

EIC Volleyball Rules 2018-2019

1. General Game Rules:

- 1.1. Each set consists of 2 games played to 25 points (must win by 2 points)
- 1.2. If a 3rd game is needed it will be played to 15 points (must win by 2 points)
- 1.3. For JV teams- Foot fault allowed while serving
- 1.4. 6 players on a team, 3 on the row and 3 on the back row
- 1.5. Maximum of three hits per side
- 1.6. Player may not hit the ball twice in succession (A block is not considered a hit)
- 1.7. Ball may be played off the net during a volley and on a serve
- 1.8. A ball hitting a boundary line is in
- 1.9. A ball is out if it hits
 - 1.9.1. an antennae,
 - 1.9.2. the floor completely outside the court,
 - 1.9.3. any of the net or cables outside the antennae,
 - 1.9.4. the referee stand or pole,
 - 1.9.5. the ceiling above a non-playable area
 - 1.9.6. It is legal to contact the ball with any part of a player's body
 - 1.9.7. It is illegal to catch, hold, or throw the ball
- 1.10. If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the team's 4th hit)
- 1.11. A player can not block or attack a serve from on or inside the 10 foot line
- 1.12. After the serve, front line players may switch positions at the net
- 1.13. The officiating crew may be made up of two refs, line judges, scorer, and an assistant scorer