



## CAA Basketball Rules

- In **5th & 6th Grade Girls & Boys Basketball** there will be no zones of any kind - All defense will be person to person.
- You may double team only in the lane and you must be within 6 feet of your person when in the front court.

National Federation High School Rules will govern all levels of play with these exceptions and points of emphasis:

### 1. **Time Limit:**

- a. Eighth grade leagues will play two fourteen-minute halves with stop time.
- b. Seventh, sixth and fifth leagues will play two twenty-minute halves with running time. The clock will stop during free throws, timeouts, and when play stops in the final two minutes of each half.

### 2. **Overtime periods** will be three minutes in length with stopped time.

### 3. **Three-point goals** will only be recognized in gymnasiums with proper floor markings. Referees will make this determination prior to games beginning.

### 4. There shall be no penalty for **incorrect uniform designs**.

### 5. Each team will furnish a **game ball** for each game, and the referee will select the game ball.

### 6. A team winning by a margin of **20 points or more shall not press after a throw-in**. Playing defense in the backcourt after a rebound is not considered a press since play continues without a throw-in.

### 7. **Zone defense is strongly discouraged**. The CAA would like to see all our players develop the techniques and agility to play man-to-man defense.

### 8. Each team is allowed **three one-minute and two thirty second timeouts**.

### 9. **Team Press**

- a. A press is defined as playing defense in the backcourt following a throw-in like after an out-of-bounds, a timeout, an official stoppage, a violation, or a made basket.
- b. There is no press allowed in seventh, sixth or fifth grade leagues until the fourth quarter/last 10 minutes of the second half. Challenging a player up the court after a rebound is not considered a press even if it begins in the backcourt. Yelling: That's a press!! at the referee will not make it a press. This is the most misunderstood rule in the CAA. Prove to your team and parents that you know it!

### 10. **Girls Fifth & Sixth Leagues:**

- a. Players may shoot free throws from twelve feet rather than fifteen feet. In gyms without a twelve-foot mark on the floor, the referee should determine where the shooter may shoot from.

## Basketball Administrative Guidelines

1. Each team must submit a complete roster to the CAA. The CAA must approve all roster changes. Every player must be a student at the school they are representing. Exceptions to this policy may be requested by written appeal to the CAA.
2. Postponement of a game must be requested forty-eight hours in advance.
3. Each team must supply a competent scorekeeper; the referee will designate which person will function as the official scorekeeper. The home team must supply a competent person to operate the scoreboard and clock.
4. No player may play on more than one team, and an eighth grader who plays on a ninth grade, tenth grade, or varsity high school team shall be ineligible for CAA play.
5. Games shall be forfeited only by decision of the CAA, or by decision of the referee who may declare a forfeit when conditions warrant. Conditions leading to a forfeit might include but are not limited to intentionally violent play, verbal or physical abuse of an official or opponent, or the perception of an official that personal or athlete safety cannot be assured.
6. A player or coach who is ejected from the game shall leave the game immediately and shall not be allowed to participate again until meeting with the CAA. A coach who has been ejected will be required to officiate one CAA game before coaching again.
7. The CAA will only accept protests pertaining to misinterpretations of the rules. The judgment of an official shall not be grounds for protests or appeals. Protests must be made in writing within 24 hours of the game in question and must be accompanied by a \$10.00 fee. The CAA rules committee will decide all protests, and the fee will be refunded if the protest is upheld.
8. Rulebooks are available from the Minnesota State High School League at [Minnesota State High School League website](#), or from the National Federation at (816) 464-5400.

### HELPING DEFENSE (new rule added in 2017)

We wish to encourage all players at this level to learn defensive fundamentals so teams will play person to person with a helping defense. Helping position is defined where a player is between the ball and the person he/she is guarding. The player should be able to make a triangle by pointing to the ball and to the person he/she is guarding. We wish to avoid the play of one on one only, so if the offensive players are continually being uninvolved or inactive by design, the defense has the right to defend their basket and not stand out of the normal playing area. Therefore, if the person being guarded is on the opposite side of the floor from the ball, a player may position him/herself as far over as the middle of the lane. Also, if the offensive player beats the opponent and dribbles the ball to an area where a player is playing appropriate defense, the defensive player can defend in that area. Double teaming is never allowed. Players who help must recover to guard their person, or their teammates must switch the players they are guarding.