

LOOMIS BASIN ATHLETIC LEAGUE

BASKETBALL RULES 2025-26

Aligned with CIF Middle and High School Best Practices

This document shall be made available by the home team (or event director when there is no home team) at the scorer's table during each LBAL event. It will be used to settle all questions pertaining to L.B.A.L.

Player/Coach Rules

- Schools may not participate in two leagues for the same sport in the same season.
- Students may participate in other athletic programs (e.g., AAU, ARD), but LBAL must remain their primary commitment during the season.
- Players are placed by grade level: 7th graders play on 7th grade teams - 8th graders play on 8th grade teams
- Playing Up Policy: Students may play up with LBAL Board/LUSD Cabinet approval, only to fill a roster of 10 players. No players may be pulled up if grade-level cuts were made. A formal request must be submitted and approved before participation.
- Coaches may also coach in outside associations.
- A coach who receives two technical fouls in a game is ejected and must leave the playing area immediately.
- No jewelry or adornments may be worn during games (including earrings, bracelets, watches). Jewelry must be removed, not taped or bandaged over.
- In case of uniform color conflicts, the home team must adjust (e.g., change jerseys, use pinnies).
- Only cleared adults may sit on the bench. No volunteers under 18.
- To coach in a playoff game, a coach must have coached in a regular season game, unless an emergency exception is granted.
- If a coach is not present within 10 minutes of game time, the game is forfeited.
- Coaches must remain within the coach's box during play.
- Coaches may not use electronic devices (cell phones, tablets) for live communication or analysis during games.

Player/Coach/Spectator Code of Conduct:

The following behaviors are strictly prohibited and will result in immediate removal from the LBAL event:

- Berating opposing teams, mascots, or schools
- Verbally targeting individual players
- Use of obscene, profane, or disrespectful cheers or gestures
- Displaying negative or inappropriate signs
- Heckling or trash-talking any participant or official
- Complaining about officials' decisions in a disruptive manner

Consequences (per CIF Bylaw 503): - A spectator ejected from a game may not attend that team's next contest. - A second ejection of the same spectator results in a ban from all remaining contests in that sport season.

Additional Expectations: - Teams and fans must show respect for opponents, coaches, officials, and the game. - Schools are responsible for the behavior of their teams and fans. - A player ejected from a game must sit out the next contest. - A coach ejected must miss the next game and cannot be present at the venue.

Game Play Rules

- **Pre-game warm-up:** Minimum 10 minutes
- **Halftime:** 5 minutes
- **Game Format:** 7th and 8th Grade: Four 10-minute running quarters
- **Stop clock** in final 2 minutes of 2nd and 4th quarters
- **3-point shots** allowed only in gyms with clear regulation 3-point lines (Franklin, HCP, Placer, Loomis). If unclear or missing, all baskets are 2 points.
- **Timeouts:** 3 Full (60-second) + 2 (30-second) timeouts per game
 - Only coaches may call timeouts
 - During free throws, if the mercy rule is not active, the clock stops and resumes once the ball becomes live.
- **Backcourt pressure** is prohibited when a team is ahead by 10 points or more.
- **Overtime:** 7th Grade: No overtime (ties allowed) - 8th Grade: 2-minute stop-clock overtime, repeat until a winner is determined
- **Mercy Rule:** A running clock begins once a 15-point lead is established. Clock stops only for timeouts or injuries during mercy rule
- **Substitution procedures** must follow timing protocols (players must be acknowledged before entering).
- **Uniforms** must comply with NFHS/CIF standards: Jerseys numbered front and back. Undershirts must be solid in color and match team colors.

Fouls and Free Throws

(Aligned with CIF/NFHS 2024-25 updates)

- **Personal Fouls:** Each player is allowed 5 personal fouls. On the 5th foul, the player is disqualified and must leave the game.
- **Team Fouls & Bonus Free Throws** (NEW 2023-24 NFHS Rule): On the 5th team foul per quarter, the opposing team is awarded two free throws (double bonus). Team fouls

reset each quarter. Defensive and loose-ball fouls count toward team totals. Offensive fouls do not result in free throws but do count as team fouls.

- **Technical Fouls:** Count as both personal and team fouls.
 - Two technicals = ejection.
 - Bench personnel can receive technicals.
- **Flagrant/Intentional Fouls:** A flagrant foul results in immediate ejection and 2 free throws plus possession for the offended team.
- **Intentional fouls** (without a legitimate play on the ball) also result in 2 free throws and possession.
- **Ejection Penalties:**
 - Any ejection results in a one-game suspension.
 - A second ejection results in suspension for the rest of the season.
 - Schools must report ejections to the LBAL Commissioner.
- **Bench Conduct:**
 - Only the head coach may stand during play.
 - Assistant coaches and bench players must remain seated.
 - Violations may result in bench technical fouls.
- **Contact Above the Shoulders:** Any excessive or unnecessary contact to the head or neck area will be evaluated as a potential flagrant foul, regardless of intent.

Playoffs Only

Each team participating in the playoff game is required to send 2 **adults** from their school to work the scorer's table during their game (can be non-LUSD employees such as a parent) and 1 Administrator for crowd control, first aid issues, emergencies, etc. (LUSD Administrator, A.D., or designated employee).

- Tournament games overtime is 2 minutes stoppage time. Overtime continues until there is a winner.
- Each team is given 1 additional 30 second time out and 1 full timeout for each overtime period. Timeouts carry over from the previous period.

Custodians at each playoff site are responsible for setting up and cleaning up.

Final Notes

These rules reflect CIF-aligned standards adapted for middle school play. LBAL is committed to promoting a positive, structured, and educational athletic experience for all students.