CALVARY HOOPS

League Guidelines & Expectations

11–12 Boys and Girls

Revised 10-30-26

I. Playing Time

A. Every player is expected to play in each game. Coaches should make every effort to provide playing time unless illness, injury, or other extenuating circumstances prevent it.

B. Players who arrive after the game begins may play at the coach's discretion.

C. An official scorebook will be kept. Players are disqualified after committing **5 fouls.** The home team is responsible for the scorebook, and the visiting team is responsible for the game clock. Both will sit at the scorekeeper's table/area.

II. The Game

A. Games are played 5-on-5 in four 8-minute quarters.

B. The clock runs continuously except during free throws and the final two minutes of the game. Regulation timing applies during the final two minutes.

C. Each team has three one-minute timeouts per game.

D. A tie at the end of regulation leads to a three-minute overtime that begins with a jump ball. The clock runs continuously for the first two minutes, then stops under regulation rules during the final minute. If the score remains tied, teams alternate free throws until one team makes its attempt and the other misses.

E. Each game begins with a jump ball at half court; possession alternates thereafter.

F. Full-court pressing is **prohibited** except during the final two minutes. Once a rebound is **securely controlled**, as determined by the referee, the opposing team must retreat to defense. During the final two minutes, a team may press unless it leads by 15 or more points. After one verbal warning, each additional violation may result in a technical foul.

G. Backcourt, 10-second, closely guarded, three-seconds-in-the-lane, traveling, double-dribble, and other violations will be called. The referee may explain a violation, but it results in a turnover. Enforcement will become more consistent as the season progresses, with officials using appropriate judgment.

H. Teams may use any defense, including double-teaming and trapping. **Fouls will be enforced**.

I. Equipment standards:

- Goal height: 10 feet.
- Free-throw line: 15 feet.
- Basketball size: Boys — 29.5 inches; Girls — 28.5 inches.

J. Halftime last three minutes, and teams switch baskets for the second half.

K. A player fouled while shooting receives free throws. A team enters the one-and-one bonus after its opponent commits seven fouls in a half and receives two free throws after the opponent commits 10 fouls in a half.

L. Jewelry is prohibited. Players who cannot remove pierced earrings must cover them with tape or a bandage.

M. Players must wear the league-provided jersey as their official game-day uniform.

N. If a team has only three available players at game time, coaches may mutually agree to play either 4-on-4 or 4-on-5. To ensure competitive integrity, this player configuration must be decided before the game starts and cannot be altered during play, regardless of the score.

Coach & Player Standards

A. Coaches must remain in the bench area during play. They may respectfully ask referees to clarify a rule but may not dispute judgment calls.

B. Coaches should model Christ-like conduct for players, parents, and others, using their words and actions to point people to JESUS!

C. Coaches are responsible, to the extent possible, for promoting good conduct and sportsmanship among players and fans. They must clearly communicate expectations to players and parents, lead by example, and report inappropriate behavior to the Family Life Staff.

D. Fighting, profanity, excessive hard fouls intended to cause harm, or other serious misconduct will result in ejection and a two-game suspension.

E. Absolutely no gum is allowed in the gym by players!

24-Hour Rule: Wait 24 hours after a game before submitting a grievance or complaint.

Lead Through Example

THANK YOU for serving HIM by serving others!