

CVLC Basketball Guidelines

The CVLC will abide by WIAA-NFSHA rules for the current season. In addition, the following guidelines will be followed.

Basketballs

1. Bay's A-teams are to use a men's ball.
2. Girls' and boys' B teams are to use a women's ball. (28.5 inch circumference).
3. Home teams should have two good quality balls designated as game balls.

Officials

1. The home team will provide two competent officials.
2. Each game is required to have at least one WIAA certified official.
3. The home team is to provide an official scorekeeper and an official to run the scoreboard.

Uniforms and Equipment

1. Team shirts are to be of the same solid color. Undershirts and spandex must be the majority color of the uniform.
2. If a team has white and dark uniforms, the dark shall be worn for home games.
3. Members of the same team are not allowed to wear identical numbers.
4. The referee will not permit any player to wear the following equipment:
 - a. Jewelry such as watches, bracelets, rings, necklaces etc...
 - b. Head decorations with exception to head bands no wider than two inches and made of non-abrasive single-colored cloth or fiber. Rubber bands may be used to control hair.
 - c. An illegal undershirt
 - d. Any item that has been stained with blood. Before being allowed back into the game, a player must replace the stained item.

Time Structure

1. Six minute quarters will be played for girls' and boys' A-team games.
2. Six minute quarters will be played for B team games.
3. All teams should be allowed at least ten minutes to warm up prior to a game. This may be shortened if both coaches agree upon a warm-up time.

Time-outs

1. Three minute half times and one minute quarter breaks will be allotted for each game.
2. Each team is allowed three 60 second and two 30 second timeouts per contest.

3-Point Baskets

The 3-point basket will be used. This shall only be utilized in gyms which have the 3-point line marked. The distance is 19'9" from the center of the basket.

Free Throws

During a B-team game players may shoot a free throw from 13 feet. A line should be marked on the court by the home team.

Pressing

1. A-teams may use a full court press until a fifteen-point lead has been established.
2. B-teams may use a full court press the last two minutes of each half until a fifteen-point lead has been established

Defense

1. A-teams may use zones and/or man-to-man defenses.
2. B-teams are to use man-to-man defense. Switching and traps are allowed, but zones are not permitted.

Overtime

1. An overtime period will consist of a three minute period.
2. One additional timeout will be given to each team.
3. Pressing rules apply.