



Rules, Regulations, Guidelines and Eligibility Requirements for LUKESPORTS Basketball.

BASKETBALL BASICS:

LUKESPORTS - Middle school basketball will consist of one girl's team and one boy's team from each school. Students in the 6th, 7th and 8th grades will be eligible to play after meeting the individual schools academic and discipline requirement(s) as well as the eligibility requirements set forth by LUKESPORTS. The game length will consist of (4) eight-minute periods. The first and third period will have a running clock with the second and fourth period clock running according to Georgia High School guidelines.

Two points will be awarded for a field goal, which is a shot and goes through a goal set at a height of 10 ft. A 3-point field goal, will be awarded to a player who shoots and scores from beyond an arc at a distance determined by the three-point line. One point is awarded for a free throw, or foul shot, which is attempted by a player who has been fouled and has been awarded an opportunity to shoot from the free throw line.

An offensive player may advance the ball by passing, rolling, throwing or dribbling. A defensive player may steal the ball by intercepting passes, blocking shots, or by stripping the ball out of an opponent's hand.

When a personal foul is committed by a player who is not in the act of shooting the game is restarted with a throw-in by the non-offending team from out of bounds on the sideline nearest to the place of the foul. The referee will signal to the scorer's table the number of the player who has committed the infraction.

Fouls & Free Throws:

If the goal is made, the points will count and one free throw will be awarded.
If the shot for goal misses, two free throws will be awarded.
If the shot was a three-point try, three free throws will be awarded.
A player committing five fouls cannot continue to play in the game.

Seven player fouls in a half result in one and one attempts from the free throw line.

Ten fouls in a half result in two attempts from the free throw line.

NOTE: Questions arising from interpretation, call by an official, game interruption by “non-player” to be defined as fan, cheerleader, etc... shall be treated individually and an official interpretation of the rules and or correction for infractions will be handled at courtside by the League Director and or game officials. The decision will be final.

League Dress Code: (Players & Cheerleaders)

- 1. Proper personal grooming and dress will be maintained at all times.**
- 2. Athletic clothing should be washed after each event.**
- 3. No jewelry, exposed tattoos or other items shall be worn or displayed by players.**

Failure to adhere to League dress code after receiving instructions from League representatives will result in a one game suspension and ejection from Gym.

If a coach or spectator is ejected from the game they must leave the building and not return for the duration of the event. In the event a player or cheerleader is ejected from the gym a coach or school official must escort the player or cheerleader from the building.

Uniform Requirements:

Players – Minimum dress requirement: School shorts, school tee shirt jersey with a number on the back, uniform socks (white or matching color / same length), any court shoe. However, for Basketball only, schools may upgrade uniforms as long as the jerseys have a number on the back, players are uniformly dressed and the uniforms do not violate any of the other rules.

Cheerleaders – Minimum and Maximum – All cheer squads will wear league approved uniforms at all events including the cheerleading dance competition.

LUKESPORTS - BASKETBALL RULES

- Players must wear jerseys with numbers centered on the back.
- DUNKING and HANGING ON THE RIM is not allowed before, during or after any LUKESPORTS event and will result in a one game suspension.
- Coaches must turn in a player roster to the scorer's table before each game.
- Games consist of two 16-minute halves.
- Profanity or other unrestrained behavior is a technical foul. The 2nd offense is game ejection. Offender must leave the Gym under the escort of a school administrator, teacher or coach.
- Two referees will officiate each game.
- The League Director will conduct periodic evaluations of player behavior and referee service.
- All players must be enrolled in school at the beginning of the basketball season.
- Players must be 14 years of age or younger. Teams that are substituting for another squad are allowed to play younger students that may not be in the 6th, 7th or 8th grade.
- Twenty players are permitted on the basketball roster at any given game but additional players may be placed on the roster as the season progresses as long as the number at each game does not exceed 20 players. Only boys are allowed on the boys team and only girls are allowed on the girls team.
- Players not in game must remain in bench area. A technical foul will be issued if this rule is violated.
- A player must play in at least TWO regular season games to be eligible for the playoffs.
- Playoff format – TBD
- Games will start at the scheduled time. A team forfeits when it does not have at least five players or arrives ten minutes after the scheduled time. Forfeit policy is as follows:
 - A. The team causing the forfeit will pay for expenses as required.
 - B. The opposing team will be awarded the win.
 - C. The site director reserves the right to make the final decision.
- Official basketball rules will govern play, except for modifications by The League Director. The Georgia High School basketball rules book will be consulted as required.
- Any conduct not considered sportsmanlike, or in the best interest of LUKESPORTS will not be tolerated. Such players will be ejected from the game by the officials, and possibly from the league if the League Director deems necessary. Un-sportsmanlike actions include any verbal or physical abuse directed at another player, fan, or referee, i.e., swearing, pushing, intimidation, etc. This rule will be in effect before, during and after games. Violation of this rule after a game will result in a player receiving a one game suspension. Fighting or posturing to fight will result in ejection and possibly a one to three game suspension.

Additional Guidelines:

Players may enter lane on foul shots when the ball is released from the shooter's hand. Shooter and players behind the three (3) point line must wait until ball hits rim.

In any disputes or disruptions, not specifically covered by the rules will be determined by the League Director. Rules and regulations are subject to change, modification and/or alterations by the League Director only!

Once the schedule has been issued, games will not be rescheduled.

LUKESPORTS will provide the game ball only. LUKESPORTS will not supply practice balls for the School. Teams are not allowed to use the game ball for game warm-up, no exceptions.

SPECTATORS ARE NOT ALLOWED TO CONSUME ALCOHOLIC BEVERAGES OR USE TOBACCO

OUTSIDE FOOD AND/OR BEVERAGES ARE NOT ALLOWED IN THE GYMNASIUM.

Team benches or team bench area, adjacent to official score table, are to be used by team roster members / coaches only!

Please wear your LukeSports Coaches Badge / Team Badges.

Smoking is not permitted in the gymnasium, bathrooms or outside of the gym doors.

Fast breaks allowed.

Zone & Man on Man defense allowed.

Full Court Press allowed.

Three-second rule strictly enforced.

Jump ball will determine initial possession, followed by alternating possession(s).

Each team is allowed two time-outs per half. (30 seconds per time-out)

Deliberate delay (freezing the ball) is permitted!

Ties for playoff position are determined by regular season record vs. opponent.

Constructive suggestions / recommendations are always welcome.

Submit to League Director if related to positive upgrading.

All players must wear gym shoes with non-marking soles.

Respect the decisions of the League Director, officials and other coaches as they often are required to make difficult judgment calls. Accept the decisions of the above mentioned as being fair and performed to the best of their ability.

RULE 18 - Slaughter Rule: When a team is ahead by 18 or more points the following apply.

- **No half court or full court press**
- **No defense permitted outside the three point line**
- **No three point attempts**
- **No fast breaks**
- **No freezing of the ball**
- **Violation of the slaughter rules results in a technical foul.**

This rule applies when a team is ahead by 18 or more points and is in effect until “your” team wins or the losing team pulls within 8 points of tying the game. If this occurs the official rules apply for the remainder of the game.

Final Note: Traveling, Carrying, and Walking will be called based on (Georgia High School Rules) not on the NBA “style of play.”

Attention Athletic Director(s) – Teams will be eligible for participation in LukeSports when the League office is in receipt of all applicable paper work with signatures as required.

Switching of Jerseys during a game or season will result in a one game suspension for the coach and players involved in the offense. Exceptions apply for lost or damaged jerseys.

Coaches are permitted to request the League Director to obtain a copy of an opposing player’s birth certificate during the season before the playoffs. One request permitted per school.

LUKESPORTS - BILL OF RIGHTS

FOR YOUNG ATHLETES

1. Right to participate in LUKESPORTS.
2. Right to play as a student athlete not as an adult.
3. Right to participate at a level commensurate with each child's maturity and ability.
4. Right to have qualified adult leadership.
5. Right of children to share in the leadership and decision-making of their sport.
6. Right to participate in competitive, safe and healthy environments.
7. Right to proper preparation for participation in the sport.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity and learn to treat coaches, officials and League Representatives with respect.
10. Right to excel and have fun in sports.

LUKESPORTS - Coaches' Code of Ethics

It shall be the duty of each Coach to:

1. Read, sign, and return Coaches' Code of Ethics to the League Director.
2. Comply with the philosophy, policies and procedures of LUKESPORTS. Respect all employees and volunteers involved in the program. Remember that each coach is a representative of the School.
3. Remember to encourage and compliment players when they show improvement, play with extra effort, or simply need kind words. Do not unduly criticize players in front of spectators or other players. Criticism should be constructive in nature.
4. Do not allow a player to enter or re-enter a game or practice if there is any doubt as to the seriousness of an injury.

5. Abide by a doctor's and or League Director's decision in all matters of players health, injuries, and ability to play.
6. Exhibit good sportsmanship by demonstrating at every practice and game respect and positive support for all players, officials, coaches, staff and spectators by refraining from rude or abusive language, actions or gestures. Never use physical means against spectators, players, officials, or other coaches. Refrain from criticizing any of the above verbally or by gesture. Never allow an emotional reaction to result in a derogatory, violent or inappropriate response.

Respect the decisions of the League Director, officials and other coaches, as they often are required to make difficult judgment calls. Accept the decisions of the above mentioned as being fair and performed to the best of their ability.

7. Assist in maintaining a drug, alcohol, and tobacco-free environment by refraining from their use when in the presence of the players.
8. Be responsible for ensuring that players and team spectators are aware of and abide by league rules.
9. Remember these are young athletes who are still learning. Please encourage and compliment any player who demonstrates effort, good sportsmanship and or improved play.
10. Demonstrate dignity in winning or losing, recognizing that both offer opportunities for the personal growth of our youth participants.

Coaches' Name - (please print)_____

Date:_____ / Signature_____

Team Name:_____ / School Name:_____

Note: Players and coaches are not permitted to make religious statements, political statements or statements of protest by wearing jewelry, clothing, arm bands, etc...