

CROSSCHECK BASKETBALL RULES

I. GUIDING PRINCIPLES

- A. Mission: To spread the gospel of Jesus Christ through sharing the truth and word of God
- B. Vision: Reach our community through service to all who desire to participate
- C. Priorities:
 - Share the gospel
 - Encourage all people in their walk with Christ
 - Community as friends and family
 - Athletic development
 - Train young people not only in body but spirit and mind as well (1 Tim 4:8)

II. AGE & GRADE QUALIFICATIONS

- A. Age eligibility will be determined by using the TSSAA cutoff date of August 1, 2019 to the appropriate grade level
 - **1st Grade Boys Division:** Maximum grade for a player is 1st grade or no younger than 6 years of age and no older than 7 years of age by August 1, 2019
 - **2nd Grade Boys Division:** Maximum grade for a player is 2nd grade or no younger than 7 years of age and no older than 8 years of age by August 1, 2019
 - **3rd Grade Boys Division:** Maximum grade for a player is 3rd grade or no younger than 8 years of age and no older than 9 years of age by August 1, 2019
 - **4th Grade Boys Division:** Maximum grade for a player is 4th grade or no younger than 9 years of age and no older than 10 years of age by August 1, 2019
 - **5th Grade Boys Division:** Maximum grade for a player is 5th grade or no younger than 10 years of age and no older than 11 years of age by August 1, 2019
 - **6th Grade Boys Division:** Maximum grade for a player is 6th grade or no younger than 11 years of age and no older than 12 years of age by August 1, 2019
 - **1st/2nd Grade Girls Division:** Maximum grade for a player is 2nd grade or no younger than 6 years of age and no older than 8 years of age by August 1, 2019
 - **3rd/4th Grade Girls Division:** Maximum grade for a player is 4th grade or no younger than 8 years of age and no older than 10 years of age by August 1, 2019
 - **5th/6th Grade Girls Division:** Maximum grade for a player is 6th grade or no younger than 10 years of age and no older than 12 years of age by August 1, 2019

III. COACHES

A. Registration

- All coaches participating in practices and/or games must be registered online as a volunteer within their family account. By registering as a volunteer coach you agree to the following:
 1. Reviewed, understand, and meet the Tennessee concussion requirements (link found during registration and can be found on the www.graceathletics.org Crosscheck website under “Documents”)

Note: Coaches registration is requested to be complete before the first practice

IV. CONCUSSIONS

- A. Crosscheck will subscribe to the TSSAA Concussion Policy
- B. All signs of concussion should be reported via email to Scott Elliott at scott@graceevan.org by the head coach and head official within 24 hours of displayed symptoms and medical diagnosis
- C. No player displaying any sign of a concussion may return to activity on the same day as the injury
- D. The TSSAA Return to Play form signed by the examining physician will be required for the athlete to resume practice and league play and all liability to the league will be waived
- E. Please visit <http://tn.gov/health/article/tbi-concussion> for concussion requirements, forms, checklists, and additional information

V. EQUIPMENT (applies to practice & games)

- A. All players must wear non-marking sole athletic shoes
- B. Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes and bobby pins, are prohibited.
- C. No earrings (including other piercings), necklaces, bracelets or watches
 - *Newly pierced ears can be completely covered by a band aid or athletic tape*
- D. T-shirts worn under uniforms should be one of the two main colors in the jersey or white
- E. Jerseys must match and be numbered front and back individually in accordance with NFHS regulations
- F. Home and Away jersey options must be available and should be in the form of reversible jerseys

VI. PRE-SEASON / SEASON / GAME RULES

Crosscheck players and Crosscheck teams are not allowed to play on other teams or in any other basketball leagues during the Crosscheck season!

- A. **Players Participation:** A Crosscheck player may only play on **ONE** team (within Crosscheck and throughout the city) within the same season. Season is defined as the Crosscheck season – first practice to last game and includes Crosscheck ‘off-times’. **Failure to follow this rule will result in player suspension for the remainder of the season, a forfeit of all games in which that player participated, and no refunds will be granted**
 - **Note:** This rule was established because we are trying to teach the importance of making a commitment. (Matthew 5:34-37) Whether we are joining a team, an activity or a class, God expects us to fulfill our obligations. Volunteer work, job, church, marriage, home mortgage, etc., we should live up to our word. In many circles today, the breaking of an oath is just standard business practice – but before God, it is simply sin. No single sin is greater than another, however reinforcing this example can be done often during the season. Let your yes be yes and your no be no. When a player plays on multiple teams they are going to break a commitment and most likely will break it for both teams. When a team plays in multiple leagues there will inevitably be schedule conflicts and someone will be impacted. That decision has a high probability of negatively affecting both teams
 - **Playing Time:** Players may be docked playing time if they fail to demonstrate proper behavior and respect for the coaching staff and other players, authority figures during practices and/or games. Coaches must document dates, times, reasons and consequence and must make that documentation available upon request by Grace Athletic staff
 - **Post Season Participation:** Crosscheck players must participate in 50% of Crosscheck games in order to qualify for Crosscheck post-season/tournament participation
- B. **Coaches**
 - All coaches are mandated to attend the preseason coaches meeting. Multiple meetings will be provided. If not able to make one of the meetings coaches may not participate in Crosscheck as a head or assistant coach
 - Only **ONE** designated head coach is allowed to stand during play. The coaches will remain in the coach’s box as defined by the chairs or the length of the bench itself and any assistant coaches must remain seated during play. If one or more coaches are found to be in violation of this rule deemed by an Official or a Crosscheck representative, the Official will warn the coaches on the first offense. If the violation continues, the Official will penalize the coach and team with an indirect technical foul (other team will shoot **1** free throw and be awarded possession) and the **head** coach will have to remain seated the rest of the game. If the violation occurs again, a direct technical foul against the **head** coach will result and immediate ejection from the game and reinstatement to return to the league will be reviewed by the Crosscheck Accountability Committee on a case-by-case basis
 - NO coaches, parents or siblings are to stand under / play under the goal area during play

C. Teams

- **A Crosscheck team (or player) playing in Crosscheck basketball cannot participate in an additional league during the Crosscheck season**

- Crosscheck teams may be registered in and play in up to THREE (3) tournaments during the Crosscheck season – defined as first Crosscheck practice to last Crosscheck game and includes Crosscheck ‘off-times’. Playing tournaments as a Crosscheck team fosters team building and further skill development. (Crosscheck leadership arrived at 3 tournaments allowing for approximately 1 tournament per month during the Crosscheck season.) Crosscheck coaches must notify Crosscheck Executive Director of tournament names and dates. **Teams identified to play in 4+ tournaments will be allowed to play in the remaining Crosscheck season however will forfeit Crosscheck tournament/post-season participation**
- **Note:** Crosscheck will NOT adjust Crosscheck schedules based on non-Crosscheck tournament games, tournaments, or conflicts
- **Note:** Formal issues/complaints may only be made by Crosscheck **head** coaches to the Crosscheck Executive Director
- **Note:** Formal issues related to player or team participation must be filed prior to the completion of **the fourth (4th) Crosscheck season game**
- **Note:** Crosscheck leadership can review cases any time after the **fourth (4th) Crosscheck season game** for non-player/team participation related items
- **Note:** Formal issues are reviewed by the Grace Athletic team. If violations or sanctions are not 100% unanimously agreed upon, then the issues are submitted to the Crosscheck Accountability Committee for final arbitration

- **Playing Time for Players**

1. Players should play at least 25% of the game time
2. Each coach should maintain a focus on developing each player - spirit, mind, and body
3. Crosscheck encourages coaches to give all players ample playing time to develop each and every player’s skills
4. A coach may reduce playing time for a player not demonstrating proper behavior and respect toward coaches and/or other players or officials
5. Any reduction in playing time must be documented, citing date, time and incident and consequences and must be made available at the request of the Crosscheck director
6. Once a 15-point lead is obtained by a team, Crosscheck encourages coaches to give players other than starters playing time

D. Zero-Tolerance Policy (for *coaches, players, and spectators*)

- Absolutely no foul language, behavior, etc.
- **Officials’ calls are to be honored without protest.** A **head** coach may reasonably ask for an explanation of a call; **just not during play.** Call a timeout or wait until ball is not in play
- **Responsibility:** The head coach will ultimately be held responsible for the actions of their players, coaches and fans
- **Taunting:** Taunting will result in an unsportsmanlike conduct penalty on the team.
 1. There will be no tolerance for taunting from players, coaches, or fans
 2. Cheer for your team and team members
 3. Applaud all good plays regardless of team
- **Consequences & Enforcement**
 1. An indirect technical foul will be called towards a player or players standing in the bench area (other team will shoot **1** free throw and awarded possession)
 2. If a team’s spectators are displaying inappropriate behavior as deemed by an official or a Crosscheck representative, the official will warn the team’s coach on the first offense. If the behavior continues, the official will penalize the coach and team with an indirect technical foul (other team will shoot **1** free throw and awarded possession)

3. A direct technical foul will be called to enforce the Zero-Tolerance Policy
4. For a direct technical foul, the other team will shoot **2** free throws and be awarded possession
5. Any direct technical foul against a player or coach will result in immediate ejection from the game and reinstatement to the league will be reviewed by the Crosscheck Accountability Board on a case-by-case basis. **A player, coach or spectator receiving a direct technical foul must leave the building**
6. If a spectator, player or coach does not leave the building, his team will forfeit the game
7. If a player or coach receives **two (2)** direct technical fouls during the season, their participation in the league will be revoked for the remainder of the season including post season play

• **Site / Gym Director Notes:**

1. Site directors, officials and/or Crosscheck representatives have the right at their discretion to remove unruly coaches, players and/or spectators from the premises
2. **A player, coach or spectator receiving a direct technical foul must leave the building**
3. At the discretion of the Grace Athletic Staff - a team, coach, player and/or spectator may be removed from the league if behavior is regarded as systemic and is passively condoned and/or not addressed by the sponsoring organization. In this case, no refunds will be issued.

***Crosscheck leadership has final authority and discretion for player, coach, and spectator consequences and enforcement adjudications stated in the Crosscheck rules**

E. Practices

• **Pre-Season Begins November 1, 2019**

1. No practices, walk-throughs or conditioning is to take place before that date

• **Practice Limits**

1. **1st - 4th Grades:** *Maximum of two practices a week*, two hours per day
2. **5th - 6th Grades:** *Maximum of three practices a week* for a total of 5 hours. No greater than 2 ½ hour increments
3. **NO practices should occur on Sundays. We desire Crosscheck families to respect the Sabbath**

F. Championship:

- Top 4 teams will participate in the post-season tournament
 1. Seeding's will be determined by games won and not by points scored or point differential
 2. The top 4 seeded teams will play in the post-season tournament with the winning teams advancing to the championship game
 3. Tie Breakers:
 - a. Head to head
 - b. Head to head with highest seeded team against whom both teams have played
 - c. Coin toss or two teams' numbers will be drawn (in the case of a greater than a 2-way tie)

VII. MATCH RULES

A. Home teams (as shown on schedule) should wear the lighter-colored jersey

B. NFHS rules will govern unless specific Crosscheck exceptions are noted in this document

C. Start of Game

- Forfeit time equates to the game time as noted by the Official or Crosscheck representative (unless extenuating circumstances are noted by Crosscheck representative)
- Teams must start the game with 5 players; anything less will result in a forfeit

- Each game will begin with all team members and coaches gathered at half court for a Gospel presentation and prayer led by a Crosscheck, church or team representative
- Teams should warm up prior to the game on the opposite end from their benches
- Each game will begin with a jump ball followed by rotating possessions

D. Time:

- The clock should run continuously (except for injuries or timeouts) until the last minute of the first half AND the last two minutes of the second half; whereas the clock will stop on the official's whistle (fouls & out of bounds play) and will start at the touch of the ball inbounds

E. Timeouts:

- Four 1-minute timeouts are allowed per game. **2 per half**. These do not carry over from 1st to 2nd half nor from 2nd half to overtime
- One timeout will be awarded per overtime

F. Warm-up: There will be a short 5 minute warm-up before the game, **time permitting**, however, the Crosscheck representative may change this duration at their discretion

G. Halftime: Halftime will be 5 minutes in duration unless changed necessarily by the Crosscheck representative

H. Mercy Rules (for all age groups)

- When the 15-point Mercy Rule is being applied, **leading team is expected to not fast break**
- Lead
 1. If there is a 15-point lead the clock will run continuously
 2. With a 15-point lead, the leading team must play defense behind the free-throw line extended within 1 step of the lane. If this defense is not observed:
 - a. 1st Violation - warning to leading team
 - b. 2nd Violation - indirect technical foul charged to the coach and timeout taken away. (If no timeouts remain, an additional indirect technical foul will be charged)
 - c. 3rd Violation - game is over and opposing team wins 2-0

I. Overtime

If a game is tied after regulation play, an overtime period will proceed according to the time periods described below respective to each age group, with a continuous running clock, only stopping for a dead ball whistle, timeouts or an injury call in the **last minute** of that overtime period

- Overtime periods:
 - 1st-2nd Grade levels will be 2 minutes in length
 - 3rd-4th Grade levels will be 3 minutes in length
 - 5th-6th Grade levels will be 4 minutes in length
- Each team will receive one timeout per overtime period
- Any unused timeouts do **not** carry over from regulation play to overtime nor to any additional overtime periods
- If there is still a **tie** after the first overtime period, any additional periods will be handled in this manner using the time periods described above. This process will continue until a winner is decided

J. Defense

- 1st-2nd Grade Boys & Girls: In the first half the players will play man-to-man or zone defense; second half you can play coaches choice. Full-court press will **NOT** be allowed at any time
- 3rd-4th Grade Boys & Girls: In the first half the players will play man-to-man or zone defense; second half you can play coaches choice. Full-court press allowed **only** in last 2 minutes of the game
- 4th-6th Grade Boys and 5th-6th Grade Girls: Players can play either **half-court** man-to-man or zone throughout the game. Full-court press allowed **only** in last 2 minutes of the game unless winning by 15 points

1. **No full-court press** will be allowed when a team is up by 15 or more points
2. Sagging away or help-side defense **IS** permitted
3. 2 warnings per game will be given for illegal defense:
 - a. No double-teaming at any time for all ages
 - b. No triple-teaming at any time for all ages

Consequences:

After two warnings, an indirect technical foul will be called with 2 free throws and possession being awarded to the offended team. Ball will be inbounded on the sideline at the time line.

Indirect technical fouls on the team pertaining to illegal defenses will not count against a player or coach

Pressing and Defense

- Defensive teams must play behind mid-court line
- The mid-court line is the line that dissects the court in ½, and extends sideways to each out-of-bounds line
- On fast breaks the defensive players may not engage the ball until it crosses the mid-court line
- Defense prior to ball crossing mid-court causes delay of the game, and is Defensive Interference
- Defensive Interference will result in an Indirect Technical

K. Offense

- No 3-point line will be observed
- All jump-ball situations shall be administered through the alternating possession arrow except for beginning of game and overtime
- Free-throws: **ALL players CANNOT move until the ball hits the rim!**

AGE-SPECIFIC COURT RULES - Due to gym constraints, goal and court sizes may vary from locations

<p>1st Grade Boys 2nd Grade Boys</p> <ul style="list-style-type: none"> ● Court Size: One half of regulation court with sidelines becoming baselines ● Goal Size: 8.5 feet ● Ball Size: 27.5 ● Free Throw Distance: 9 feet from basket ● Defense: First half man-to-man or zone; second half coaches choice ● NO full-court press allowed at any time ● Game Time: 16-minute halves 	<p>3rd Grade Boys</p> <ul style="list-style-type: none"> ● Court Size: One half of regulation court with sidelines becoming baselines ● Goal Size: 8.5 feet ● Ball Size: 28.5 ● Free Throw Distance: 12 feet from basket ● Defense: First half man-to-man or zone; second half coaches choice ● Full-court press allowed ONLY in last 2 minutes of game ● Game Time: 18-minute halves 	<p>4th Grade Boys* 5th Grade Boys 6th Grade Boys</p> <ul style="list-style-type: none"> ● Court Size: Regulation* ● Goal Size: 10 feet ● Ball Size: 28.5 ● Free Throw Distance: 15 feet from basket ● Defense: Half-court man-to-man or zone allowed at any time ● Full-court press allowed ONLY in last 2 minutes of the game ● Game Time: 20-minute halves ● * 4th grade boys court size depends on available gym inventory. Court size may be one half of regulation court or full court.
<p>1st/2nd Grade Girls:</p> <ul style="list-style-type: none"> ● Court Size: One half of regulation court with sidelines becoming baselines ● Goal Size: 8.5 feet ● Ball Size: 27.5 ● Free Throw Distance: 9 feet from basket ● Defense: First half man-to-man or zone; second half coaches choice ● NO full-court press allowed at any time ● Game Time: 16-minute halves 	<p>3rd/4th Grade Girls:</p> <ul style="list-style-type: none"> ● Court Size: One half of regulation court with sidelines becoming baselines ● Goal Size: 8.5 feet ● Ball Size: 28.5 ● Free Throw Distance: 12 feet from basket ● Defense: First half man-to-man or zone; second half coaches choice ● Full-court press allowed ONLY in last 2 minutes of game ● Game Time: 18-minute halves 	<p>5th/6th Grade Girls:</p> <ul style="list-style-type: none"> ● Court Size: Regulation ● Goal Size: 10 feet ● Ball Size: 28.5 ● Free Throw Distance: 15 feet from basket ● Defense: Half court man-to-man or zone allowed at any time ● Full-court press allowed ONLY in last 2 minutes of the game ● Game Time: 20-minute halves

VIII. Uniform Vendors — Crosscheck has identified these local uniform companies for teams to purchase basketball uniforms

All American Inc. - Billy Horner (901) 497-8027: bhorner@allamericaninc.com

BSN - Bobby Green (901) 581-4741: bgreen@bsnsports.com

Midsouth Solutions – (901) 373 – 8597