



HIGH SCHOOL DIVISION
POLICIES AND
RULES OF PLAY

CATHOLIC METRO LEAGUE OF ATLANTA

Catholic Metro Sports



Approved March, 2017



1.00 – General

1.10 – Compliance: Member institutions are required to maintain full compliance with the Rules and By-laws of the CMHLA.

1.20 – Governing Rules of Play: All grade levels will play in accordance with the basketball rules of the Georgia High School Association with certain additions from the CMHLA. Specific Rules from the CMHLA will be determined by the Board.

2.00 - Uniforms: Legal numbers are required on the back (6") of the uniforms. Teams must have contrasting colors when they participate in their game. In the event the teams have similar colors, the gym in which the game is played will provide pennies for the home team. In the event that it is a neutral site game the team listed first on the game schedule will wear the pennies. Players will not be allowed to participate without appropriate uniforms.

3.00 – Forfeits: A grace period will be implemented in the event that one or both teams do not have the minimum number of players (5) to begin the game. At game time the appropriate amount of time for the 1st quarter will be placed on the clock. It will run without stopping until both teams have the minimum number of players to begin; ready to play or the clock reaches the end of the first quarter (0:00). If play cannot be started once the clock has reached 0:00 the game will be called and forfeit(s) will be declared. If play can begin, the first quarter will start from the time currently on the clock and will NOT be reset to the beginning of the quarter. ***Timeouts may NOT be used to stop the clock in this instance.***

4.00 – Sportsmanship: The CMHLA is a participation-based, semi-competitive league. Behavior and decorum typical of our mission and philosophy are expected at all times. All managers, parents, school representatives, etc, share in the responsibility for the success of our league, and for maintaining our reputation as a home of good sportsmanship, character, and class.

4.10 – Charitable Play: Adult managers will be aware of the score at all times and will actively refrain from “running it up”. Scores of 50-10 and 35-8 weaken our league and have a negative effect. Players are to respect their opponents and set an example of how to win and lose with both class and dignity. To reinforce this principle, margins of greater than 20 points will not be considered for tie breaker calculations.

4.20 – Behavior: Any managers, parents, spectators, etc., displaying unsportsmanlike conduct may be asked to leave the gymnasium for the duration of the game. Notice will be sent to the Commissioner to determine if further action is necessary.





Adult managers will bear responsibility for everyone present who are associated with their team, and will aid in maintaining a positive playing environment. A limit of three (3) non-players are allowed to sit on the bench. At least one non-player on the bench must be a high school graduate and at least 18 years of age. Any manager or player ejected from a game will be reported the Commissioner and will be suspended for the next game. If a manager or player is ejected from a second game, they will be suspended for the remainder of the season and the post-season tournament.

4.30 – Game Officials: NO PLAYER, MANAGER, PARENT, OR SPECTATOR MAY OPENLY OR OTHERWISE HARASS OR DISAGREE WITH A REFEREE.

4.31 - “The kids will play and the officials will officiate”. Children are taught to respect and listen to adults; as a result it is the adults who must help maintain the sanctity of every game. Our Referees are authority figures whose integrity must be maintained and reinforced by the adults in order to prevent negative situations from developing. Parents and Managers are integral in this process.

***For example:** a player dribbling near center court appears to commit a backcourt violation. Several parents and a manager begin yelling “Backcourt” creating confusion for the players as to whether a call was actually made. This type of behavior can affect the end result of a game. It is our intention to provide an environment where the players decide the outcome of their ballgame on the court free from distractions derived from interference or poor conduct.*

5.00 – Team Rosters: Prior to the start of the season, each team must supply a roster containing a minimum of eight (8) players to the league. The exact last date for submission will be established by the board prior to each season and will be forwarded to member institutions. All players must be prepared to present picture ID if asked by the scorer’s table at any time during a game. Any player failing to provide a picture ID will not be allowed to participate. In the event the player has already entered the game, the game will be terminated and the team with such player will receive a forfeit.

5.10 – Teams may submit up to three (3) additional players to the roster. Submission shall be to the Commissioner from the Member institution’s coordinator or their designee. For an added player to be eligible in the upcoming game, the addition must be received no later than Thursday prior to the game.





5.20 – To be eligible to participate in the post-season tournament, a player must have participated in at least one game during the regular season.

5.30 – Each team must submit a contact email and phone number for:

- (1) Adult manager, and
- (2) Player manager

6.00 – Team Fees: Each Member institution shall submit a fee established by the board for each team participating in the league associated with their institution. These fees must be paid prior to the beginning of the season. Any games played prior to their fee being paid will cause the member institution to lose the gym credit for all such games.

7.00 – Player Eligibility: To be eligible to participate in CMHLA a player must fulfill at least one of the following criteria:

- (1) Have gone to a catholic elementary/middle school or
- (2) Presently attending a catholic high school, or
- (3) Be an active member of a parish within the Archdiocese of Atlanta; and
- (4) Must be enrolled in high school and ;

7.01 – Player is in the appropriate grade for the league and is not on the following types of **GHSA** or **GISA affiliated** high school basketball team rosters:

- a. Boys JV league will be comprised of 9th and 10th boys,
- b. Boys Varsity league will be comprised of 11th and 12th boys
- c. Girls league will be comprised of 9th through 12th girls,

7.02 – PLAYER IS NOT ON ANY OF THE FOLLOWING ROSTERS:

- a. Boys JV league and Varsity league participants must not be on any high school basketball roster at the commencement of the CMHLA season.
- b. Girls league participants must not be on a high school varsity basketball roster at the commencement of the CMHLA season.





HIGH SCHOOL 9-12

RULES OF PLAY

HS-1: Length of Games

Four seven (7) minute quarters with a three (3) minute halftime.

HS-1.1: Game Clock: The game clock will be a Regulation Clock throughout the entire game.

HS-1.2: Overtime: There will 3 minute overtime periods when games are tied at the end of regulation. Overtime periods will continue until a winner is declared. Timeouts will not carry over from regulation. Each team will be granted one full timeout per overtime period.

HS-1.3: Timeouts: There will be three (3) full and two (2) 30 second timeouts per game.

HS-2: Ball Size, Basket Height, & Free Throw Distance:

The home team will provide a minimum of 2 balls for warm-up of the visiting team.

GENDER	GRADE	BALL	BASKET HEIGHT	FT LINE
Boys	9-12	29.5	10 Feet	15 Feet
Girls	9-12	28.5	10 Feet	15 Feet

HS-3: Equalizer Rule: If a team obtains a 20 or more point lead, the game clock will become a running clock and remain a running clock until the lead is less than 20 points. In the event there is a 20 point lead with two minutes or less remaining in the game, the running clock will continue for the remainder of the game.

