



## **2024/2025 Central Kansas Christian Basketball League**

### **Basketball, Cheer, Coach, and Spectator Guidelines**

#### **Equipment & Court Specs:**

- Ball size: Boys and Girls size (28.5")
- Height of Basket: 10 ft
- Distance of Free Throw Line:
  - 15 ft for "A" teams
  - 14 ft for "B" teams

#### **Game Structure**

- Game Length: Four 6-minute quarters
- Time Between Quarters: 1 minute
- Halftime: 8 minutes
- Warm Up: 10 minutes between games
- Overtime: 3 minutes
  - If tied after overtime sudden death (first to score wins)
- Jump Ball: At start of game and start of overtime
- Switching Ends: Teams will start on the opposite end of court from their bench and will switch sides at halftime
  - Half games will not switch and will start on the same side of the court as their bench

#### **Timeouts:**

- (3) Full Timeouts and (2) Half Timeouts permitted per game
- Overtime: 1 full timeout
- Full Timeout: 1 minute (warning horn at 45 secs and at 1 min)
- Half Timeout: 30 seconds (warning horn at 15 secs and 30 secs)
- Unused timeouts may not carry over to other games or into extra periods
- Ball does not advance after timeouts

## Game Tactics

### **Press Defense:**

- "B" Team - No full court press defense
- "A" Team - Full court pressing allowed throughout the game
  - may not press when leading by 20 points or more

### **Backcourt:**

- "B" Team – 10 seconds backcourt violation
- "A" Team – 10 seconds backcourt violation
- Backcourt violation apply to all levels

## Game Play Rules

### **Fouls:**

- Players allowed 5 personal fouls per game
- If your team fouls with no subs available and only have 4 players, you will be allowed to keep playing, unless both teams mutually decide to end the game.
- Overtime: no additional fouls awarded and fouls carry over from regular game play into overtime.

### **Free Throws:**

- Following KSHSAA Rules
  - Teams will shoot 2 free throws for common fouls when in the (bonus)
  - 2 foul shots for all common fouls, teams will reach the bonus when their opponent commits 5 fouls in each quarter and team fouls will reset at the end of each quarter.

### **Clock:**

- Game clock runs continuously and only stops in the following situations:
  - All dead balls
  - Timeouts
  - Free throws
- Running clock
  - Clock will run continuously if a team is down 30 points in the 3rd quarter OR
  - Clock will run continuously if a team is down 20 points in the 4th quarter

**Substitutes:**

- Either team may substitute when the clock is stopped for a dead ball, free throws, or start of new quarter.
- Players must check in at score table before entering the game

**Technical:**

- Players and coaches will receive (1) warning before being assessed a technical
- 1<sup>st</sup> Technical: Coach or Player must sit on the bench for the remainder of game in progress
- 2<sup>nd</sup> Technical: Coach or Player is removed from the game in progress. They are able to return for the next game(s)
  - If a coach is ejected, they would need to meet with the CKC Basketball League Board Representatives

**Violations:**

- Standard court violations apply (traveling, double-dribble, etc.)
- 3 seconds in the lane for offensive players
- 5 seconds to inbound the ball during deadballs
- 10 second backcourt violation

**Team Rules & Conduct**

- Game Play Order\*: (B) Girls, (B) Boys, (A) Girls, (A) Boys
  - \*If a team does not have enough players for an individual game, rotation would skip the forfeited team and move into the next game.
    - \*\*Coaches mutual discretion to allow altered player line-up for regular season games. If older players moved down to lower level games, games can still be played (mutual agreement), but ending score/standings will reflect 15 points to 0 points in favor of the team with the correct lineup.\*\*
- Players can only play for their designated enrolled school
- No outside students may play on CKCBL teams:
  - Homeschool Students are an exemption to this rule and are allowed to affiliate with a CKCBL team, if the CKCBL school allows them to participate with their team.
  - The CKCBL Board of Representatives are allowed to consider special circumstances with the final decision made by the President & Vice President and/or a unanimous vote
- Assistant coaches must remain seated throughout the game(s), except during timeouts
- Players do not have a quarter limit

- “A” team players (5th/6th Graders) may not play down to “B” team games (3rd/4th Graders) or the game will result in a forfeit
- **Uniforms:**
  - Player jerseys must be tucked in at all times
  - Home team is to wear their white uniforms and Visiting team is to wear their dark uniforms (unless team only has one color)
  - No piercings or jewelry allowed to be worn during the game
  - If a player chooses to wear an undershirt, players are encouraged to wear the same color undershirt as their main jersey color
  - Players must wear clean shoes on the court. No outdoor shoes allowed.
- School Cheerleading is allowed
  - Athletes must stay off court during game play
  - Athletes may cheer on court during timeouts, halftime, and between quarters
- Players, coaches, parents, and spectators are expected to show respect for one another at all times.
- Keep all cheering in a positive manner and show good sportsmanship.
- Unsportsmanlike conduct of any kind will not be tolerated whether during the game or afterwards.
- Violation of these rules for a player, coach, or spectator results in a technical foul and possible suspension from the league.
- Abusive behavior from parents and fans on a particular team's sideline may result in a bench technical which is charged to the coach.
- Any spectator or parent using foul language or determined to be acting inappropriately by officials or game administrators may be ejected.
- **Tip Off:**
  - Week Day Game Start Time: 4:30 PM
  - Weekend Game Start Time: 9:00 AM
  - End-of-Season Tournament - Hosted by CKCBL
    - Location to vary
    - Saturday and/or Sunday Tournament Tip Off @ 9:00 AM
- **Gym Locations:**
  - **CKCA:** 215 McKinley Street, Great Bend, Kansas 67530
  - **Holy Family Gym (St. Rose Church):** 1412 Baker Street, Great Bend, KS 67530
  - **Chase Gym:** 313 East Ave C, Chase, Kansas 67524
  - **Stafford:** All games @ opposing CKCBL team gym

### **Central Kansas Christian Basketball League (CKCBL) Representatives and Team Contacts:**

- **CKCBL President:** Ethan Thomas
- **CKCBL Vice President/Treasurer/Secretary:** Ashlie Thomas (CKCA Team Representative)
- **Board Member:** Debbie Hagans (Holy Family Team Representative)
- **Board Member:** Mitch Light (Chase Team Representative)
- **Board Member:** Jonathan Trotta (Stafford Team Representative)

### **Contact Info:**

- Ethan Thomas - (620) 566-7619
- [ckcbleague@gmail.com](mailto:ckcbleague@gmail.com)

### **Social Media Platforms:**

- [www.ckcbl.com](http://www.ckcbl.com)
- [www.facebook.com/ckcbleague](https://www.facebook.com/ckcbleague)
- [www.instagram.com/ckcbleague](https://www.instagram.com/ckcbleague)