

## Article II - Basketball

### 200. Practice

"The WBAL will reflect the CCS By-Laws (Article V, Section 3, F-Practices) regarding practices."

- a) Interscholastic practice during the school year is defined as:
  - i. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
  - ii. any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
  - iii. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
  - iv. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 3 hours between any two practice sessions in a single day.
- d) Double day practices shall not be held on consecutive days.
- e) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

### 201. Games

- a) All games shall be played according to the current National Federation Basketball Rule Book published by the National Federation of State High School Association including California Modifications.
- b) The length of quarters for League games shall be

Varsity 8 minutes

Junior Varsity, Frosh 7 minutes

- c) The official game ball for league games shall be any ball accepted in the National Federation Rule Book.
- d) Artificial noise makers are not permitted at league games.
- e) Recommended start times 3:30 Frosh/ 5:00 JV/ 6:30 Varsity, recommended unless mutually agreed upon by both schools.
- f) If a quad game then game times 3:00 JV Boys/ 4:30 JV Girls/ 6:00 Var Girls/ 7:30 Var Boys. JV Boys and girls will flip time slots each year.

#### 202. Officials

- a) There should be two referees, an official timer and an official scorer for all games.
- b) Referees for all varsity and junior varsity games shall be members of a recognized officials association.
- c) If a home team would like to use three officials they must first get permission from their opponent.
- c) Game officials shall be secured by the home team.
- d) The official scorer and timer should be qualified and experienced in their respective duties.

#### 203. Determination of League Champion

- a) Head to head competition
- b) Record vs next highest finisher (tie for first place then look at record vs second place team. If tie for second place then look at record vs first place team, then go to third place team).
- c) 2<sup>nd</sup> half of leave overall record
- d) winner of originally scheduled 2<sup>nd</sup> half head to head game

#### 204. CCS Advancement

- a) The four automatic qualifying girls berths will go to the top four place finishers in the Foothill Division
- b) First and second place boys teams will receive automatic berths.

c) CCS at large qualifiers .500 record in league, .500 record out of league, .500 overall record

205. Methods for breaking ties in league standings (for CCS Advancement only)

a) Head to Head competition (win vs loss)

b) Second Round Record

c) Head to Head competition with the next highest finishing team (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>).

d) Winner of originally scheduled second round game

e) Coin toss

206. All League Process

a) Each coach can nominate (put on the board) their team members who they believe have earned all league consideration. There is no limit on the number of team members each coach can nominate.

b) Each coach will discuss the merit of their respective nominations. If schools are not represented at the meeting, other league coaches can propose players from that missing school.

c) A silent vote will take place and coaches will vote for eleven nominated players. They will weigh those votes as follows: 11-10-9-8-7-6-5-4-3-2-1. Coaches can vote for their own players.

d) Player earning the most points will be league MVP...next six players receiving the most points will first team all league recipients...next five players receiving the most points will be second team all league.

e) In case of a tie for first team all league, there will be a vote off (silent vote, 1 point for each player, coaches can vote for their own player). If there is still a tie, then both players are awarded first team and there will be one less spot on the second team. If there is a tie for the last spot on the second team, the same vote off procedure will take place until the coaches can agree on the last recipient.

207. Division Movement (Girls Basketball) – at the conclusion of the season the highest finishing Skyline team will switch divisions with the lowest finishing Foothill team – unless both teams decide that they do not want to switch divisions.

208. Crowd Control

- a) The home school has every right to ask any home or visiting spectator to leave due to inappropriate behavior.
- b) If an incident does occur, fill out the CCS incident form and send it to the league commissioner.