

# NORTHWEST CATHOLIC CONFERENCE

## BASKETBALL "A" & "AA" LEAGUE RULES

Current IESA/ IHSA rules apply, except as noted BELOW.  
(Updated 11-2024)

1. Time - Quarter Length
  - a. 8<sup>th</sup> grade – (4) 7-minute quarters
    - i. Stop Clock
    - ii. 4<sup>th</sup> Quarter – 20+ Point or greater lead, Running Clock
  - b. 7<sup>th</sup> grade – (4) 6-minute quarters
    - i. Stop Clock
    - ii. 4<sup>th</sup> Quarter – 20+ Point or greater lead, Running Clock
  - c. 6<sup>th</sup> grade – (4) 10-minute quarters – Running Clock
    - i. 2<sup>nd</sup> Quarter – Stop Clock at 1-minute mark.
    - ii. 4<sup>th</sup> Quarter – Stop Clock at 2-minute mark
    - iii. 4<sup>th</sup> Quarter – 15+ or greater lead, Running Clock

**In all 3 levels, once the clock becomes a running clock it remains a running clock regardless of score!**

2. (4) Four timeouts per game. Each (1) one-minute. (1) One timeout in overtime "No carry over".
3. Overtime - (1) minute, with the clock stopping on all whistles. The game will end at the completion of the (1) minute even if it's a tie. A (2) minute overtime period will be played during the "playoffs" until there is a winner.
4. (5) Five Minute Halftime
5. 6<sup>th</sup> Grade – must play man to man defense all year – No Zone in frontcourt.
6. Full Court Press – **A Level**
  - a. 8<sup>th</sup> Grade – Press entire game until a 15 point or greater lead
  - b. 7<sup>th</sup> Grade – Press entire game until a 15 point or greater lead
  - c. 6<sup>th</sup> Grade – Press entire game until a 10 point or greater lead boys start date 12/15 and girls 1/15

**AA Level – No press in first half and then rules below are applied:**

- a. 8<sup>th</sup> Grade – Press 2nd half of game until a 12-point or greater lead
  - b. 7<sup>th</sup> Grade – Press 2nd half of game until a 12-point or greater lead
  - c. 6<sup>th</sup> Grade – Press 2nd half of game until a 10-point or greater lead boys start date 12/15 and girls 1/15
7. Bonus – IHSA Rules apply - Two shots awarded after 5<sup>th</sup> foul per quarter.
  8. IHSA Rules apply - Players may enter the lane on a free throw once the ball is released by the shooter.
  9. Every player dressed on the bench must play in a league game. If a team does not play all their players, they will forfeit the game (**playoff games included**). At 6<sup>th</sup> grade all players should have equal play

time. At 7<sup>th</sup> and 8<sup>th</sup> grade play time should be reflection of ability, effort, attendance at practices and commitment to the team.

10. **All players are limited to playing in (6) Six Quarters a day.**
11. Regulation size (29.5) ball will be used in Boys games. 28.5 size ball will be used in the Girls game.
12. Players may enter the lane on a free throw once the ball is released by the shooter.
13. Mercy Rule: **MUST play man-to-man defense within the arc.**
  - a. 8<sup>th</sup> Grade – reach a 20+ or greater lead
  - b. 7<sup>th</sup> Grade – reach a 20+ or greater lead
  - c. 6<sup>th</sup> Grade – reach a 15+ or greater lead

**The penalty for not following the mercy rule above is as follows: a warning from the referee, the second and every time thereafter the referee will stop the clock and award a team technical foul to the defensive team. The losing team will be awarded 2 points and the ball at half court.**

14. **REPORTING OF SCORES:** Home team must report scores within 48hrs of the games completion. Failure to report scores **will result** in a forfeit for the home team.