



# BASKETBALL



**RULE BOOK**

**1ST EDITION**

# **2024 WINTER BASKETBALL**

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## **SEASON DATES:**

### **-REGISTRATION:**

**-OPENS AUGUST 1**

**-REGISTRATION ENDS SEPTEMBER 30**

### **-SEASON:**

**-YOUTH: OCTOBER 26 - DECEMBER 7**

**-ADULT: NOVEMBER 3 - DECEMBER 15**

## **DIVISIONS:**

**-K/1ST COED INSTRUCTIONAL**

**-2ND/3RD BOYS/GIRLS**

**-4TH/5TH BOYS/GIRLS**

**-6TH GRADE BOYS/GIRLS**

**-ADULTS (16 Y.O.+)**



## **COMPETITION, COMMUNITY, CHRIST**

### **MISSION — OUR “WHAT”**

3:16 Field House Sports exist to create an atmosphere of competitiveness and community so that Christ would be lifted up and draw all people to Him.

### **VISION — OUR “HOW”**

3:16 Field House Sports seeks to impact our community for the Gospel by:

- 1) Creating authentic relationships which model the truth & hope of the Gospel.
- 2) Sharing the Gospel with every athlete, family member, supporter, and volunteer.
- 3) Striving to redeem the use of competition within our fallen world by focusing on the Character that sports reveals and transforming the way that participants compete.
- 4) Refocusing the emphasis on winning, so that the definition of a win mirrors the progress of a growing, authentic relationship with Christ.
- 5) Competing at the highest level that each athlete and coach is capable of, because the way in which we compete is an opportunity to honor Christ.
- 6) Celebrating victories, but also encouraging those who have fallen short to not quit.
- 7) Showing sportsmanship for all levels of play, from every athlete, coach, and volunteer, both on and off the field or court.

### **PHILOSOPHY — OUR “WHY”**

The Language of Sports is a language that is spoken across all manner of cultures and communities. It is a common denominator that allows relationships to be built. When Jesus ministered to people He met a physical need, and *then* He met a spiritual need. Sports ministry helps us to build connections with people to appeal to their physical needs (exercise, community, purpose, vision, etc) so that we can meet their spiritual needs (salvation, exhortation, realization of their calling, etc).

## **WHAT IS COMPETITION, AND WHY DOES IT MATTER?**

Competition is an issue that elicits several different responses, but when we understand a healthy reason for competition, we can see that competition is not only a good thing but is a necessary thing! God is the creator of all things— including competition!

The World wants to define competition as establishing dominance over their opponent. This is an example of “***Broken Competition.***” The World has a desire to take things that God has created and change the focus from God to ourselves. In this Broken mindset, it is easy for our identity to be rooted in wins and losses. The outcome of games can begin to define who we are and what we can be.

The opposite of Broken Competition is what we call “***Redeemed Competition.***” The Bible uses the imagery of competition quite often throughout Scripture. The Greek word that we use for “contest” or “compete” can be translated as “to strive ***with.***” If we view Competition as an opportunity to strive ***with*** one another in order to bring out the best in ourselves and our opponent, competition can be redeemed and the glory from competition can be shifted back to God.

No one finds joy in losing, but with a Biblical perspective on competition we can glorify God in how and why we compete. When we understand that competition is an opportunity to push ourselves and our opponents to improve, we can celebrate progress rather than outcomes. We are able to compete more intensely when we realize that our identity is not wrapped up in the outcome and we can leave it all on the field!

# **EXPECTATIONS FOR SPECTATORS AND PLAYERS**

## **THE FOLLOWING EXPECTATIONS ARE IN PLACE FOR ALL SPECTATORS AND PLAYERS:**

- Teach accountability and responsibility by making practices and games a priority.
- Maintain a positive attitude towards all players, athletes, coaches, officials, volunteers, and other spectators.
- Encourage all players and spectators to view sports as an opportunity to focus on progress, not just wins and losses. Competition is a healthy way to learn how to overcome adversity and achieve goals as an individual and as part of a team.
- Compete at the highest level that you are capable of, knowing that striving for excellence is a way to honor God.

\_\_\_\_\_ Athlete's Name \_\_\_\_\_ Athlete's Signature

\_\_\_\_\_ Parent Name \_\_\_\_\_ Parent Signature

\_\_\_\_\_ Date

## **SCRIPTURE MEMORIZATION**

Scripture memorization is an important part of spiritual development. With a high emphasis on hiding God's Word in our heart, teams will be given Challenge Verses for players to memorize throughout the season. This helps to hold our coaches and parents to a high standard when it comes to sharing the Gospel and helps develop these athletes both on and off the court. The teams will line up prior to each game and will recite the verse to a coach from the opposing team. Every athlete who successfully recites the verse will be tallied, and the total tally will go towards an end of season reward for the team with the most verses memorized. Scripture memorization will also be the first criteria in a tiebreaker scenario.

There will be several verses to memorize throughout the course of the season. If a player can't memorize the verse for the first game, they will get another opportunity to memorize a verse for the following game. **COACHES SHOULD MAKE EVERY EFFORT TO SEND OUT ALL OF THE CHALLENGE VERSES FOR THE WHOLE SEASON BEFORE WEEK 1 OF THE REGULAR SEASON.** This will help players be prepared ahead of time, and the coaches will teach the devotional each week at practice to reinforce the Scripture. If a team has multiple games each week, then they will only be responsible for reciting 1 verse that week.

## **EQUIPMENT RULES**

- Players must wear league approved shoes. Shoes with a soft sole including running shoes, Crocs, slides, clogs, etc will not be allowed on the court at any time, no exceptions.
- Players may tape their forearms, hands, and fingers. Players may wear elbow pads and knee pads. Braces with exposed metals are not allowed.
- Players are not permitted to wear jewelry of any kind (necklace, chain, earrings, etc).
- Players are not permitted to wear hats of any kind during play.
- Players jerseys must be tucked into shorts or pants during play.
- Players must have shorts without pockets.
- All players will be checked for appropriate equipment prior to start of the game. Please have players in place at least 10 minutes prior to the start of each game.

# **CHILDREN'S LEAGUES**

## **K/1 COED INSTRUCTIONAL**

### **4V4**

#### **LEAGUE FORMAT**

- The K/1 Coed Instructional Season is 6 games long, and there are no playoffs in the instructional league.
- The K/1 Coed Instructional league will keep score, but coaches are encouraged to play with the highest levels of sportsmanship and are asked not to unnecessarily run up the score.**

#### **CLOCK FORMAT**

- Four 8 minute quarters, rolling clock; no Overtime.
- 5 Minute Half-time.
- Each team has one 60-second Time Out per half.
- Coaches must equalize playing time (if possible). Substitutions will be made after each quarter.

#### **RULES**

- Each Team will line up 10 minutes prior to game time and will recite their memory verse to the coach from the opposing team. Each game will begin with a prayer with both teams and coaches. Players and coaches will line up and shake hands after each game.
- Visitor Team is the first team listed in the matchup (Visitor vs Home) and will receive possession of the ball to begin the 1st Half. The Home team will receive possession of the ball to begin the 2nd Half.**
- Possession arrow determines possession for all other changes of possession.
- After the 1st and 3rd Quarters, each team will send all of their players to attempt a Free Throw.
  - If a team has fewer players than their opponent, they will choose extra shooters to equalize the amount of Free Throws attempted by both teams. All FT's made will be added to the teams' scores.
- Players are required to play man-to-man defense. No zone defense allowed. Players are not allowed to defend past half court.
- Matches will be played on a sideways court, and there will be no 3 point arc.
- There will be 4 players on the court for each team at a time.
- One coach from each team will be allowed on the court to assist their players.
- The coaches on the court will officiate the match.
- The official match ball will be a Size 5 basketball (27.5", aired to 17 oz).
- The basket height will be 7'4" for this division.



## 2ND/3RD COMPETITIVE GENDER SPECIFIC

### LEAGUE FORMAT

- The 2nd/3rd Grade regular season is 6 games long. **This division will keep score, but coaches are encouraged to play with the highest levels of sportsmanship and are asked not to unnecessarily run up the score.**
- During the regular season, Standings will be determined by the record of each team. The top 4 teams in this division will advance to the postseason. **In the event of a tie in the standings, the team with the highest percentage of Challenge Verses recited over the course of the season will advance.**

### CLOCK FORMAT

- Four, 10 minute quarters with rolling clock.
- 5 minute halftime.
- Each team will have one 60-second timeout per half, not to be rolled over to the subsequent half or OT period (OT in playoffs only).
  - OT in Playoffs will be a 5 minute period. Each team will have one, 60-second time out per OT
- Coaches must equalize playing time (if possible based on number of players present at each match).

### RULES

- Each Team will line up 5 minutes prior to game time and will recite their memory verse to the coach from the opposing team. Each game will begin with a prayer with both teams and coaches. Players and coaches will line up and shake hands after each game.
- Visitor Team is the first team listed in the matchup (Visitor vs Home) and will receive possession of the ball to begin the 1st Half.**
- Possession arrow determines possession for all other changes of possession, including change of quarter/half.
- There will be 5 players on the court at a time for each team.
- Players may not defend past half court.**
- There are no rules regarding the use of Man or Zone defense.
- Fouls will be assessed in this division. Any player who accumulates 6 fouls during the game will have reached the foul limit and will have “fouled out” of the game.
- Free Throws will be awarded for shooting fouls. **5 second shot clock on each Free Throw attempt.**
- No “Bonus” or “Double Bonus”—shooting fouls on shooting attempts only.
- Any flagrant fouls will be subject to discussion between the referee and Recreation Pastor or 3:16 Field House representative for a possible ejection and 1 game suspension.
  - Any player or coach who has been ejected from a game will be automatically suspended for the remainder of that game and the subsequent game, and must be reinstated upon appeal.
- Coaches are not allowed on the court and must stay within the coaching area.
- The official match ball for this division will be a Size 5 basketball (27.5”, aired to 17 oz).
- The basket height will be 9’ for this division.

# 4TH/5TH COMPETITIVE GENDER SPECIFIC

## LEAGUE FORMAT

The 4th/5th Grade regular season is 6 games long. **This division will keep score, but coaches are encouraged to play with the highest levels of sportsmanship and are asked not to unnecessarily run up the score.**

During the regular season, Standings will be determined by the record of each team. The top 4 teams in this division will advance to the postseason. **In the event of a tie in the standings, the team with the highest percentage of Challenge Verses recited over the course of the season will advance.**

## CLOCK FORMAT

- Two 20-minute halves, rolling clock.
- 5 minute halftime.
- Each team will have two 60-second timeouts per half, not to be rolled over to the subsequent half or OT period (OT in playoffs only).
  - OT in Playoffs will be a 5 minute period. Each team will have one, 60-second time out per OT
- Coaches encouraged to equalize playing time. Regular substitution rules apply (dead ball substitutions).

## RULES

- Each Team will line up 5 minutes prior to game time and will recite their memory verse to the coach from the opposing team. Each game will begin with a prayer with both teams and coaches. Players and coaches will line up and shake hands after each game.
- Visitor Team is the first team listed in the matchup (Visitor vs Home) and will receive possession of the ball to begin the 1st Half.**
- Possession arrow determines possession for all other changes of possession, including change of quarter/half.
- There will be 5 players on the court at a time for each team.
- Players may not defend past half court if leading by more than 15 points.**
- There are no rules regarding the use of Man or Zone defense.
- Fouls will be assessed in this division. Any player who accumulates 6 fouls during the game will have reached the foul limit and will have “fouled out” of the game.
- Free Throws will be awarded for shooting fouls. **5 second shot clock on each Free Throw attempt.**
- No “Bonus” or “Double Bonus”—shooting fouls on shooting attempts only.
- Any flagrant fouls will be subject to discussion between the referee and Recreation Pastor or 3:16 Field House representative for a possible ejection and 1 game suspension.
  - Any player or coach who has been ejected from a game will be automatically suspended for the remainder of that game and the subsequent game, and must be reinstated upon appeal.
- Coaches are not allowed on the court and must stay within the coaching area.
- The official match ball for this division will be a Size 6 basketball (28.5”, aired to 19 oz).
- The basket height will be 10’ for this division.

# 6TH GRADE COMPETITIVE GENDER SPECIFIC

## LEAGUE FORMAT

The 6th Grade regular season is 6 games long. **This division will keep score, but coaches are encouraged to play with the highest levels of sportsmanship and are asked not to unnecessarily run up the score.**

During the regular season, Standings will be determined by the record of each team. The top 4 teams in this division will advance to the postseason. **In the event of a tie in the standings, the team with the highest percentage of Challenge Verses recited over the course of the season will advance.**

## CLOCK FORMAT

- Two 20-minute halves, rolling clock.
- 5 minute halftime.
- Each team will have two 60-second timeouts per half, not to be rolled over to the subsequent half or OT period (OT in playoffs only).
  - OT in Playoffs will be a 5 minute period. Each team will have one, 60-second time out per OT
- Coaches encouraged to equalize playing time. Regular substitution rules apply (dead ball substitutions).

## RULES

- Each Team will line up 5 minutes prior to game time and will recite their memory verse to the coach from the opposing team. Each game will begin with a prayer with both teams and coaches. Players and coaches will line up and shake hands after each game.
- Visitor Team is the first team listed in the matchup (Visitor vs Home) and will receive possession of the ball to begin the 1st Half.**
- Possession arrow determines possession for all other changes of possession, including change of quarter/half.
- There will be 5 players on the court at a time for each team.
- Players may not defend past half court if leading by more than 15 points.**
- There are no rules regarding the use of Man or Zone defense.
- Fouls will be assessed in this division. Any player who accumulates 6 fouls during the game will have reached the foul limit and will have “fouled out” of the game.
- Free Throws will be awarded for shooting fouls. **5 second shot clock on each Free Throw attempt.**
- No “Bonus” or “Double Bonus”—shooting fouls on shooting attempts only.
- Any flagrant fouls will be subject to discussion between the referee and Recreation Pastor or 3:16 Field House representative for a possible ejection and 1 game suspension.
  - Any player or coach who has been ejected from a game will be automatically suspended for the remainder of that game and the subsequent game, and must be reinstated upon appeal.
- Coaches are not allowed on the court and must stay within the coaching area.
  
- The official match ball will be a Size 7 basketball for Boys, Size 6 for Girls
- The basket height will be 10' for this division.

# ADULT BASKETBALL

## 16 Y.O.+

### LEAGUE FORMAT

- The Adult Basketball regular season is 6 games long.
- During the regular season, Standings will be determined by the record of each team. The top 4 teams in this division will advance to the postseason. **In the event of a tie in the points standings, the team with the highest point differential over the course of the season will advance.**

### CLOCK FORMAT

- Two 20-minute halves, rolling clock.
- 5 minute halftime.
- Each team will have two 60-second timeouts per half, not to be rolled over to the subsequent half or OT period (OT in playoffs only).
  - OT in Playoffs will be a 5 minute period. Each team will have one, 60-second time out per OT.
- Coaches encouraged to equalize playing time.

### RULES

- Each game will begin with a prayer with both teams and coaches. Players and coaches will line up and shake hands after each game.
- Visitor Team is the first team listed in the matchup (Visitor vs Home) and will receive possession of the ball to begin the 1st Half. The Home team will receive possession of the ball to begin the 2nd Half.**
- There will be 5 players on the court at a time for each team.
- There are no rules regarding the use of Man or Zone defense.
- Fouls will be assessed in this division. Any player who accumulates 6 fouls during the game will have reached the foul limit and will have “fouled out” of the game.
- Free Throws will be awarded for shooting fouls. **5 second shot clock on each Free Throw attempt.**
- No “Bonus” or “Double Bonus”—shooting fouls on shooting attempts only.
- Any flagrant fouls will be subject to discussion between the referee and Recreation Pastor or 3:16 Field House representative for a possible ejection and 1 game suspension.
  - Any player or coach who has been ejected from a game will be automatically suspended for the remainder of that game and the subsequent game, and must be reinstated upon appeal.
- Coaches are not allowed on the court and must stay within the coaching area.
  
- The official match ball will be a Size 7 basketball (29.5”, aired to 21 oz).
- The basket height will be 10’ for this division.
- Girls are permitted to participate, but the rules/regulations will not be amended (no “Coed” rules).

## **ADULT TEAM/ROSTER RULES**

- Adult games will be played on Sunday afternoons starting at 4PM.
- There are two divisions for this Season:
  - Division A (Competitive)
  - Division B (Recreational)
- Teams must be registered and fees paid in full prior to the close of registration.
- All players must have a completed waiver and be listed on an official roster filed with the league. Players may be added to adult team rosters until the start of the 3rd game of the season. No players shall be added to rosters after Week 3.
- Players must be 16 y.o. to play, **or be 14 y.o. by October 18** (last day of registration) if playing with a consenting, authorized adult.
- Teams may “pick up” (a maximum of) 2 players in order to be able to field a complete 5-man team.
  - You may not pick up more players than would fill out a 5-man team (ex.--your team has 4 players, the maximum number of pick up players would be 1).
  - You may start the game with less than 5 players and add more as they arrive.
- Players must abide by 3:16 Field House rules regarding Code of Conduct. Failure to adhere to the code of conduct will result in suspension from the league. **Zero tolerance policy on fighting, drugs/alcohol, and profanity/language.**

## **ADULT TEAM JERSEY RULES**

- Team jerseys are not required, but **all players must be in matching color shirts with a number.**
  - Numbers may be taped onto the shirt/jersey.
- In the event that teams have the same color uniform, we will provide practice jerseys for the Away team for that game.
- Teams may “pick up” additional players if they do not have enough to start a game. Players that are picked up may not start the game if the team has enough to begin the contest. A team is limited to a maximum of 2 pick up players, to be subbed at any time.
- ALL ADULT ROSTERS MUST BE FINALIZED BY THE THIRD GAME OF THE SEASON.**