

2025-26  
CrossPoint Basketball League  
Rules and Regulations

Section One:

The CrossPoint Basketball League exists to provide the following

1. An outreach for the community
2. An opportunity to develop basketball skills
3. A healthy competitive atmosphere
4. A first class basketball league that will Glorify God with actions, deeds and play

Section Two- Participation:

The following is a list of available leagues

1st-2nd grade boys and girls (co-ed)

3rd-4th grade boys

3rd-4th grade girls

5th-6th grade boys

5th-6th grade girls

7th-9th grade boys

10th-12th grade boys

10th-12th grade girls

Participation will be determined by the grade (not age) that the participant is currently in. Participants may play in a league one grade level up from their current grade in school if desired. Under no circumstances may a participant play in a league designated younger than their current grade. We will goViolations of this rule will result in forfeiture of games played in.

No one may participate in the CBL and a AHSAA, home school or private school league in the same season or academic year.

All home school situations will be reviewed on a case-by-case basis in regards to which league they will participate in based on their age.

Team rosters must be turned in by the second game. If a team desires to add an individual to their team they must receive permission from the Minister of Recreation at CrossPoint.

\*Always check the schedule on the quickscores link each week. Game times are subject to change.

Section Three – Rules:

1. Each game will begin in prayer led by a designated coach or participant from the home team.
2. Halftime for each game will consist of a 3-5 min devotion as well as a 2 min warmup period for each team.
3. Head coaches must be at least 18 years of age.
4. There will be no more than 3 coaches on a team bench unless approved by the league.

5. Each game will consist of 4 quarters. The quarter length and game times will be designated as follows:
  - a. 1st-6th grade will play 7-minute quarters
  - b. 7th-12th grade will play 8-minute quarters
  - c. No game shall end in a tie. If the game is still tied at the end of regulation, 2-minute overtime periods will be held until the first team reaches the benchmark score, or until a team is leading by the end of the 2 minutes. Each team will be awarded one 30 second time-out in the OT period.
    - Game winners for 1st-2nd grade, 3rd-4th boys and all girls' leagues will be determined by the first team to reach the benchmark score of 2 points or by whoever is leading at the end of the 2 minutes. If a basket is scored on the first possession after the tip in the first period, the opposing team will then be given one possession to score. If a basket is then scored on that second possession, the next point wins. The gym supervisor can call for a free throw shootout if the game goes too long.
    - Game winners for all other leagues will be determined by the first team to reach the benchmark score of 3 points or by whoever is leading at the end of the 2 minutes. If a 3-point basket is scored on the first possession after the tip in the first period, the opposing team will then be given one possession to score. If a 3-point basket is then scored on that second possession, the next point wins.
6. A running clock will be used during all league play except in the last two minutes of the game, all time outs and all shooting fouls.
7. No player shall play on more than one team in the same league.
8. Due to the large volume of games at CrossPoint staying on schedule will be imperative. Forfeits will not be rescheduled. Any players that are present may play a scrimmage without officiating but the court will be cleared fifteen minutes before the next scheduled game. A team may start a game with 4 players but no less. If a team does not have 4 players to start they will be given 5 minutes past the scheduled start time of the game to get their team in the gym ready to play. No extensions will be made after this and the game will be declared a forfeit.
9. CrossPoint will provide all basketballs for games and warm ups. Please do not bring outside basketballs into the gym. A 28.5 size basketball will be used in boys' leagues grades 1-6 and all girls' leagues. A regulation size basketball will be used in all other leagues.
10. The 3-point line will be used in all leagues.
11. The score sheet will be filled out by a designated coach from each team before the start of the first game. After that the score sheet will be printed and on the table. It is up to the coach to verify it is correct. A two-shot technical foul will be issued for each player not on the book before the start of each game.
12. Uniforms will be required for all games. All uniforms must match in color and style. Each uniform must have a legible number on one side of the uniform. Teams that report with illegal jerseys will be given the opportunity to borrow a set of jerseys from CrossPoint for one game. The second offense will result in a forfeit.
13. There will be no full court pressing, by the leading team, once said team has established a 20-point lead. If the lead dips below 20 points a team may full court press again. A warning will be given for the first offense and a 2 shot technical will be awarded for each offense thereafter. If repeated offenses occur the gym director reserves the right to end the game.
14. A team will shoot 2 shots on the 5th team foul per quarter in accordance to the rule change for the AHSA. Team fouls will reset at the end of each quarter.

15. Games may be called if one team is leading by 20 points with 4 minutes remaining. It is our desire that this be a competitive yet positive experience for everyone. The Recreation Staff may determine that a game can continue if there have been no problems. If any team is up by 30 points or more at any point of the 4th quarter the clock will not stop the remainder of the game.
16. A jump ball will start each game. The possession arrow will determine possession from quarter to quarter and at the half. If a game goes to overtime a jump ball will be used.
17. Each team is allowed 4 time outs per game, two full and two 30 second. Time outs do carry over from the 1st to 2nd half and they also carry over from 2nd half into overtime. No team will have more than 3 timeouts in the 2nd half. Each team will also be awarded one 30 second time for the overtime period.
18. The designated home team will choose the jersey color if teams have reversible jerseys. If the home team has reversible jerseys and the visiting team has a one color jersey the home team must change to a contrasting color.
19. Leagues will abide by the current Basketball Officials Series written and published by the National Federation of State High School Athletic Association with the addition of the current CrossPoint Basketball rules.
20. Rules are subject to change if the Recreation Staff sees that a rule needs to be changed.

#### Section Four- Conduct:

1. The gym director has the authority to stop a game if play is too rough or players/fans act in an unsportsmanlike manner.
2. If a player in any league receives two unsportsmanlike technical fouls in one game that player shall be ejected from the game and suspended for one additional game.
3. The third unsportsmanlike technical foul by any one player shall result in suspension from the league for the remainder of the season.
4. Fighting will result in an unsportsmanlike technical foul, ejection from the game and immediate suspension from the league for the season.
5. There will be NO grabbing the net or rim at any point you team is on the court. This will result in a technical foul. There will be NO dunking in pregame or halftime this will also result in a technical foul. Dunking is allowed during the game.
6. Any team that receives three flagrant fouls, unsportsmanlike technicals or any combination of these will be awarded a defeat for the game. The game shall end upon the receipt of the third violation and the opposing team shall be awarded a victory.
7. All conduct violations, flagrant fouls and technical fouls will be reviewed by the Minister of Recreation with appropriate disciplinary actions to follow.
8. Sportsmanship will be required by all players, coaches and fans. Each team/church will be responsible for all fans and players. Technical fouls can be called on a team for unsportsmanlike fan behavior.

#### Section Five – Rules Specific for Grades 1-2 and 3rd-4th Grade Girls:

1. A #285 (28.5) ball will be used.
2. An 8 ft goal will be used in 1st-2nd grade league and a 9 ft goal for 3rd-4th grade girls.
3. Free throws will be shot by the abbreviated foul line, equivalent to the bottom of the circle.
4. There will be no penalty for lane violations.

5. There will be no defense in the backcourt unless there is a turnover above the freethrow line extended. When the defense gets a rebound or a turnover below the freethrow line extended, they must walk the ball up the court to the mid court line.
6. Defensive play may start inside the red/green line past half court. Once this line has been crossed if the offensive player passes back over the red/green line the defensive player may continue to play defense.
7. Teams will be given 15 seconds to cross the red/green line past half court. If the team has not crossed the red line after 15 seconds defense will be allowed. After the 15 second violation the referee will signal that defense can be played.
8. In the last minute of the game the clock will stop on any change of possession or made basket in addition to every whistle. The clock will start once the ball is possessed across the red/green line. There will be NO pressing or full court pressure.
9. Each team member will shoot a free throw during halftime of each game under the referee's observation. One point will be awarded for each made free throw. Both teams will be allowed the same number of shots. If one team has 7 players and one has 10 the team with 7 will be awarded 3 extra shots. The extra shots must be taken by a player that missed his/her original free throw attempt. If nobody missed any three children may be selected to take the free throw.
10. 3rd-4th grade girls league will NOT shoot free throws for points at halftime.

Section Six – Rules Specific for Grades 3-4 boys:

1. A #285 (28.5) ball will be used.
2. A 9-foot goal will be used.
3. Free throws will be shot from the red line inside the regular foul line. Violations will not be called for stepping on or over the line.
4. Lane violations will be called for 5 seconds in the lane.
5. Fast breaks are allowed.
6. There will be no full court pressing allowed but defense may be played in the backcourt. An example would be that the defensive team is not allowed to set up defense in the backcourt after a made basket or any other dead ball throw in but they can play defense after a missed shot or turn-over. In a dead ball situation where defense is not being played in the backcourt, the defense may pick up and begin playing defense at mid-court.
7. Full court pressing is allowed during the last two minutes of the game