

SOCCKER RULES

1. Games should begin at 4:00 PM and will consist of two 25-minute halves. **No timeouts. No shoot-outs. No overtimes.** The clock will stop after each goal, for injuries, and for long delays. Half-time will be 5-10 minutes long. Size 5 Soccer ball is to be used.
2. Home teams are to provide the official and procure two volunteer sideline officials.
3. Teams may sub on their own goal kicks or throw-ins; but if they do sub, then so may the opponent.
4. **NO SLIDE TACKLES;** they will result in an indirect kick for the offended team.
5. Players may wear cleats only if they are the rubber/plastic type.
6. **Shin guards must be worn.** Each school decides if they'd like their players to wear soccer socks.
7. The goalie is to wear a shirt colored differently than other team members.
8. Each school has the choice if they'd like girls to play or not play on their soccer team.
9. TOURNEY RULES:
 - a. 25 min. halves
 - b. 5 min. sudden-death OT
 - c. If necessary: 5 person shoot-out
 - d. Tourney games scheduled every 75 minutes

BASKETBALL RULES

1. Both "A" and "B" games will have 6-minute quarters with a 5-minute half-time. Overtime is 3 minutes.
2. Basketball Size: **A-Team Boys use 29.5 in ball. B-Team Boys and all Girls use 28.5 in. ball.**
3. Game times are at 3:30/4:30 PM. Boys play first in odd years (2017/2019...); and Girls play first in even years (2018/2020...).
4. Home teams should get 2 referees for A-team games. B-team games should have 2 refs, but could get by with 1 referee if absolutely necessary.
5. A 3-point line distance is 19'9". There are no 3-point shots in "B" games.
6. **B-team players** have the option to shoot from a 12' free-throw line indicated by a painted or taped line. ***Normal FT rules apply.*** If any shooter steps over the line/tape before the ball hits the rim, a lane violation should be called.
7. A free-throw rebounder can step into the lane on the "release" of the ball.
8. A free-throw rebounder should have their arms raised straight up or at their sides, NOT stretched out across the opposing player.
9. "Bonus" (7 fouls) & "Double Bonus" (10 fouls) rules are to be followed in all games.
10. A player receiving their 5th foul MUST leave the game. If this results in less than 5 players on the court, the opposing team can decide if they wish to play with less players.
11. A-Teams may press until they have a lead of 15 or more points. B-Teams are not allowed to press until there are 2 minutes left in the **GAME**. However, a B-team with a lead of 10 or more points may not press.
12. There is no "mercy rule" with regards to a running clock, but can be agreed upon by both coaches.

VOLLEYBALL RULES

1. B-Team games begin at 3:30 PM/A-Team- 4:30 PM. Net height in the middle should be 7 feet, 4 inches. B-teams will use Volley-Lites for game balls.
2. 2 games will be played with rally scoring up to 25 points (must win by 2). If a tiebreaker game is needed, play to 15 points (must win by 2).
3. A non-deciding 3rd game may be played if time permits and both coaches agree to it.
4. Regarding choosing sides/serving, per AIA rules: The home team chooses their side for the 1st game. The visiting captain calls the coin toss, and winner chooses whether to serve or receive. If necessary, prior to the 3rd and deciding game of a match, the home team calls the coin toss, and the winner chooses serve/receive **OR** side.
5. Receiving team must rotate before serving for the 1st time in a game. A substitution must be made known to the official & opposing coach in advance. The position of the substitute must be that of the player replaced without changing the service order. A re-entering player must assume the original place in the serving order.
6. **A-team** players must serve from behind the normal serving line.
7. **B-team** players will serve behind the service line. Any B-team player requiring an "exception" must be told to the referee AND opposing coach BEFORE the game. The "exception" serve will allow a player to begin on the service line and then take ONE step into the court.
**Further "exceptions" can be made with the coach and referee BEFORE the game. ALL overhand serves must be from behind the service line.
Referee has discretion to instruct any "exception" player to serve behind the serve line if a player has demonstrated the "exception" is no longer needed.*
8. It is **not illegal** to set when receiving the serve.
9. Any celebratory cheer will be kept positive for your team. "Ace" cheers and others like it ("Ball Up") will NOT be allowed
10. **NO LIBERO ALLOWED!**

GIRLS SOFTBALL RULES

1. Official slow pitch softball rules will be followed unless otherwise noted.
2. Games should **begin at 4:00 PM** and will be 6 innings long OR no new inning beginning after 50 minutes from the 1st pitch.
3. Soft, all-purpose rubber/plastic cleats may be worn.
4. Girls use **an 11-inch softball**. Any type of bat is acceptable.
5. A regulation pitch must arc not less than **5 feet** or more than **12 feet**. **Pitching distance 37 foot minimum** with a 6 foot diameter/3ft radius painted circle on the field. Pitcher may pitch anywhere within that circle.
6. Both A & B teams will play the usual **4 balls/3 strikes in the count**. **A foul on the 3rd strike is an out**.
7. If the pitch hits home plate (**regardless if it bounces forwards or backwards**) or the mat behind the plate, the pitch will be called a strike.
8. **B-Teams** will play with a “7 runs/inning” rule. **A-Teams** have no limit on the number of runs scored, **unless both teams** discuss and agree to it.
9. Coaches may need to umpire and coach at the same time; however, at the A-Team Tourney teams should provide umpires other than coaches.
10. A team should consist of 10 players; but will not be penalized for having fewer than this during regular season games. However, at the A-Team Tourney, if a team has less than 10, the players missing from the batting line-up will be automatically out when their turn comes up to bat.
(I.e.: A team with only 9 players will always record an out when the 10th batter was supposed to hit). If teams bat entire team they may make unlimited changes and moving of players around in the field.
11. There will be no leading off before the ball is hit, no bunting, or running on a dropped third strike. The runner’s foot must be on a base when the ball is hit.
12. It is not against the rules to slide into first base; however, **no head-first sliding**.

SPIRITUAL GOALS:

It is the intent of our league to:

- Teach our athletes that their talents and skills are given to them by God.
- Remind our athletes that all of life is a form of worship, and one’s conduct while participating in athletics should be God-pleasing.
- Provide Christian discipline when there is a lack of appropriate conduct or philosophy whether it involves athletes, students, fans, or coaches.

SOCIAL/EMOTIONAL GOALS:

It is the intent of our league to:

- Develop character traits such as self-discipline, self-control, responsibility, leadership and teamwork.
- Display Christianity when under pressure, or in defeat.
- Display the proper acceptance of success and victory.
- Demonstrate the principles of sportsmanship, fair play, and team support.
- Stimulate and encourage school spirit, pride, and enjoyment of the sport.
- Foster respect for the pride and school spirit of others.

PHYSICAL GOALS:

It is the intent of our league to:

- Develop the fundamental skills of the game as well as knowledge of the rules.
- Help prepare our students for participation in advanced levels of athletics.
- Provide for the training, safety, and protection of our athletes.

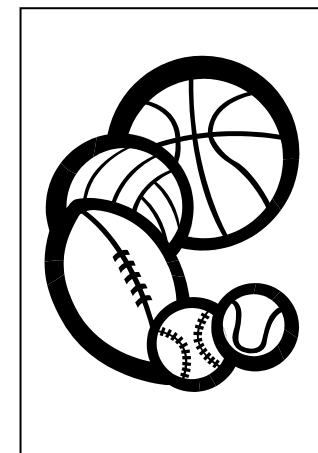
COACHING GUIDELINES:

We expect the coaches of our league to:

- Be accepting of the referee’s decisions.
- Remain calm and cool under pressure.
- Not make loud and offensive remarks.
- Concentrate on coaching rather than on the accuracy of the referee’s decisions.
- Be a role model of fair play.
- Be positive and avoid confrontations.
- Teach proper skills and use fair tactics.
- Discourage unfair gamesmanship.
- Use their coaching skills wisely so as not to embarrass or humiliate their opponent.

Black Canyon Lutheran Athletic League 2016-2017

- This brochure is intended to inform and guide all coaches & referees in order that our athletic programs are conducted in a consistent, orderly, and God-pleasing manner.
- This brochure includes the **BCLAL’s** goals and guidelines for coaches; and also the general rules for each of our league sponsored sports.



Revised September 2016