

DIABLO FOOTHILL ATHLETIC LEAGUE

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BOYS AND GIRLS BASKETBALL GUIDELINES

1. SEASON

- 1.1 Practice may begin the second Monday of November.
- 1.2 Maximum number of contests: 26 for all levels.
- 1.3 Number of scrimmages: 2 for all levels.
- 1.4 Definition of a scrimmage:
 - 1.4.1 There will be no paid officials.
 - 1.4.2 No official score will be kept.
 - 1.4.3 Admission will not be charged.
 - 1.4.4 There will be no band, cheerleaders, etc.
 - 1.4.5 Newspapers will not be notified.
- 1.5 Each tournament game counts as one contest.

2. CONTEST INFORMATION

- 2.1 Starting times:
 - 2.1.1 Site 1: (Schedule) JV Boys, 4:00; Games 1 through 7: Boys Varsity 5:30, Girls Varsity 7:00. Games 8 through 14: Girls Varsity 5:30, Boys Varsity 7:00.
Site 2: JV Girls, 4:00; Girls Frosh, 5:30; Boys Frosh, 7:00.
- 2.2 Days of Competition:
 - 2.2.1 Generally, Tuesdays and Fridays
 - 2.2.2 Three game weeks: Monday, Wednesday, Friday
 - 2.2.3 Last week of the season: Monday & Friday
 - 2.2.4 Exceptions can be made for holidays: A game may be moved to Thursday when Friday is a holiday.
- 2.3 Varsity, JV, and Frosh all play 8-minute quarters.
- 2.4 Contest locations:
 - 2.4.1 For all games:
 - 2.4.1.1 Varsity boys and varsity girls play at the same site.
 - 2.4.2 Changes may be made regarding the site and game times if agreed upon by the Coaches, Principals and Athletic Directors of both schools.
 - 2.4.2.1 The other league schools should be notified of these changes for scouting purposes.

3. RULES

- 3.1 Basketball games shall be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DFAL rules, regulations, and guidelines.
- 3.2 Eligibility shall be determined by rules predetermined by each district in the league, in the hopes that rules will be similar between member schools and districts.
- 3.3 Coaches have the option of moving eligible Frosh, JV and Varsity players up and down on a game-by-game basis.
 - 3.3.1 If a player suits up for a game it counts as participation.
 - 3.3.2 Seniors are not allowed to play in JV games.
 - 3.3.3 Players are not to participate in two (2) games on the same date at different levels.
- 3.4 Team conduct; pre-game and pre-second half
 - 3.4.1 When entering the court from the locker room prior to the start of the game and after half time, players must run directly to their side of the court. They may not circle the entire basketball court, they may only circle their side of the court. All celebrations or team unity gatherings must take place in their key area and not at mid court.

3/5 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

4. **EQUIPMENT AND UNIFORMS**

- 4.1 Each basketball team must have two (2) sets of jerseys:
 - 4.1.1 Traveling uniforms will be dark colored jerseys.
 - 4.1.2 Home uniforms will be light colored jerseys.
- 4.2 Home team will provide game balls.

5. **OFFICIALS**

- 5.1 The officials association under contract to the league must be used for all scheduled home games of DFAL member schools.
- 5.2 Number of officials:
 - 5.2.1 Each home Varsity contest will have two (2) officials,
 - 5.2.2 Lower level games may begin with only one official.
- 5.3 Evaluation of officials:
 - 5.3.1 The officials association will evaluate and rate their members during the first half of the season, for assignment for the second half of the season.
 - 5.3.2 At the conclusion of each season there will be an evaluation process:
 - 5.3.2.1 The coaches and a representative of the officials association will meet to evaluate the season.
 - 5.3.2.2 The officials will be rated by the coaches for assignment for the first half of the following season.
- 5.4 An adult will be used for timing all Varsity games.
 - 5.4.1 A competent person will be appointed by the home team as the official score book keeper

6. **DETERMINATION OF LEAGUE CHAMPIONS**

- 6.1 The team with the best record in regular league play will be the league champion. If there is a tie , the tied teams will be designated co-champions.
- 6.2 Tie Breaker criteria for NCS Competition between two teams:
 - 6.2.1 Head to head competition record.
 - 6.2.2 Record against second-best team (or teams if tied) in league. If still a tie, then record against 3rd best team (s).
 - 6.2.3 Winner of the second round game.
- 6.3 Tie breaker between three teams:
 - 6.3.1 Head to head among the three teams
 - 6.3.2 Same as 6.2.2
 - 6.3.3 If two teams have a better record than the third at any point in the process, the third team drops out, and the procedure reverts to the two-team tiebreaker method beginning with the second place team.
 - 6.3.4 Coin flip
- 6.4 Junior Varsity and Frosh Champions:
 - 6.4.1 Champions at the JV and Frosh levels will not be officially recognized.

7. **ALL LEAGUE TEAM SELECTION**

- 7.1 All League selection for a First team, a Second team and Honorable Mention players for Varsity teams will be voted upon at the post-season coaches meeting.
- 7.2 The all league team will consist of the following:
 - 7.2.1 One MVP Player
 - 7.2.2 Five members on the first team
 - 7.2.3 Five members on the second team
 - 7.2.4 Any athlete who receives at least four points and two coaches votes will be named honorable mention
- 7.3 Each team must have at least one representative on the all-league team
- 7.4 Process for nominating and voting:
 - 7.4.1 Each coach will nominate any player worthy of an all-league position
 - 7.4.2 Each coach will have one vote for MVP, 5 votes for first team, 5 votes for second team, and 5 votes for Honorable Mention
 - 7.4.3 Coaches will vote for all-league using the following point system
 - 7.4.3.1 Five points for first team

- 7.4.3.2 Three points for second team
- 7.4.3.3 One point for honorable mention

7.5 Coaches may vote for their own players.

8. **AWARDS**

8.1 All League Certificates will be awarded to players selected for the all-league team.

10. **NORTH COAST REPRESENTATION**

10.1 The League Champion will be the automatic NCS Representatives.

10.2.1 If there is a tie for first place, The tie breaker (6.2) will be used to determine the automatic bid to NCS.

10.2 Any other qualified team may apply for an at large berth in their division.