



EXCEL
EXCELLENCE CENTER FOR ENHANCED LEARNING

BASKETBALL LEAGUE
OFFICIAL RULEBOOK

Mission:

The mission of ExCEL is to inspire, enhance and impact our youth and community through access to programs and resources that strengthen the mind, body, and character.

League Goal & Values:

The overall goal of every ExCEL Youth Sports League is to positively impact the lives of our student-athletes through physical, social, emotional, and educational growth opportunities that accompany participation in sports.

In order to accomplish this goal, it takes commitment, great effort, and “buy in” toward the following key values:

- **Players Have a Great Experience:**
All of our student-athletes should get to play in a safe & positive environment
- **Adults Focus on Development:**
Right now, getting better is way more important than getting trophies
We should strive to recognize and foster the development of both hard and soft skills:
 - Sport-specific skills, character, problem solving, teamwork, leadership, communication, resilience, and work habits
- **Everyone Takes Responsibility:**
We all contribute to the success of the league by:
 - Being Present, Prepared and On Time
 - Being Cooperative, Supportive, Knowledgeable, and Respectful
 - Being your Best

Final Note for Parents & Coaches:

Always remember that our players are impacted by all we say and do; whether at practices, games, in the car, or at the dinner table.

So, before saying or acting upon what may be on our minds...

Let's ask: *Is what I'm about to say or do going to make my Player or Team better at this sport? Will it make them better as a person?*

If not, we should move on to more important things so we can make sure, to the best of our abilities, that these athletes are developing as players, and young men & women.

Together, through our combined efforts, we can maintain these values, accomplish our goal, and fulfill the mission.

Thank you for being part of the ExCEL, and thank you for the investments you have decided to make toward the success of our youth.

Respectfully,

A.J. Knight
ExCEL Director

League Rules

Game Rules:

- All games scheduled by the ExCEL Basketball League are played under the National Federation of High School (NFHS) rules **except where modified by the ExCEL Basketball Rules.**

Rosters / Players:

- Teams are limited to 10 players on their roster.
- Coaches may edit rosters (remove players due to injuries or leaving the team / add players not to exceed 10) before the 4th game of the season.
- Under special circumstances, Coaches may request an exception to the roster lock date and teams may petition the ExCEL to have more than 10 players by emailing excel@terrellisd.org
- ExCEL may check the validity of rosters at any time and if requested by opposing coach.
- Players must be registered and on the roster in order to practice and play in the games; no exceptions.
 - Guest players are not authorized at any time or under any circumstances.
- A player may only play on one (1) team per grade or grade level combination.
 - Players may play in their grade level and higher (ex. Player in 6th grade can play in 6th, 7th and 8th Grades) If grades 7-8 are combined, the player cannot play for more than one (1) team in that grade level combination.
- Established teams will be assigned to the division of their players' highest grade level.

The use of an illegal player by any team will result in forfeit of the game(s) in which he / she played and may result in the suspension of both the player and the coach.

An illegal player is defined as an Unregistered / Un-Rostered Player, or;

A Player competing in a younger division (5th grader playing in a 4th grade division), or;

A Player that is on 2 rosters in the same grade or grade level combination division.

Coaches / Managers:

- Each team is allowed a Head Coach, Manager and/or 1 Assistant Coach.
- One adult, **18 years or older, must be on the roster.**
- **Must have a current, approved ExCEL / TISD background screening renewed annually (August 1st) based on ExCEL Policy. Upon clearance, Coaches must obtain an ExCEL Coaches Badge, that is to be worn for ALL Practices & Games.**
- The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, scorekeepers, parents and fans)
- **In the event that no coach is available, a parent may act as the stand-in Head Coach; the parent must be 21 or older and have a current, approved background screening with TISD.**

Team Uniforms:

- Uniforms are the responsibility of the team.
- Players should have uniform tops with the same or similar color to the rest of the team and a pair of shorts also the same or similar in color to the rest of the team.
- Each player must have a unique number to identify them.
- Teams should have a dark and light (white) version of their jersey or a unique color that is different from other teams.
 - In the case of two teams with similarly colored tops, the HOME team will be required to either change or wear pinnies of an alternate color that will be provided by the ExCEL.
- **Home team should wear light color (white) and Visitors should wear dark color.**
- In the event of a dispute, the Game Officials have final say on Jersey colors.
- All uniform designs must be above reproach. Any uniforms deemed inappropriate by ExCEL will not be allowed and the team will be required to produce an approved replacement.
- All jewelry must be removed prior to entering the game. Studs in newly pierced ears may be allowed to be taped / covered at the discretion of the official.
- Any type of cast or medical device must be approved by the officials.
- Report of any failure to comply with these requirements will be reviewed by ExCEL and the team may be penalized either by forfeit or “up to” one point per violation.

Game Time

- Games are four (4) quarters – six (6) minutes each - **STOPPED** clock.
 - The time clock stops for violations, fouls, timeouts and court issues.
- **Game Officials have the authority to switch to a “running clock” when the game has a score differential of 20+ points and/or when mutually agreed upon by the Official and Coaches of both teams.**
- Halftime is 3 minutes.
- **Time Outs**
 - Each team is allowed two (2) thirty (30) second timeouts per half.
 - One (1) thirty (30) second timeout is allowed for each team in Overtime.
 - Time outs do NOT carry over at any point.
- Teams are allowed at least five minutes to warm-up before the game starts as long as both teams are present at the scheduled start time.
- Games must not start earlier than the scheduled time unless mutually agreed upon by the Official and Coaches of both teams.

Bench

- Only eligible players and coaches on the official roster are permitted on the bench.
- During the game, coaches are not permitted on the court and must stay within the coach’s box area.
 - **The coach’s box extends from his/her side of the scorer’s table to the end of their bench and does NOT extend onto the court.**
- **Officials may require that coaches remain seated at the official’s discretion.**
- Failure to follow the referees’ instructions may result in a technical foul up to ejection from the game.

Game Sheets

- ExCEL game sheets are provided at the time of the game and will be located on the scorer’s table. These sheets serve as the official scorebook and must be completed each game in order for the ExCEL to record the game and update the league standings.
- Game sheets will list all players and coaches eligible to participate in the game.
- Both Coaches must write down each player’s name & number or designation.

Scorekeepers

- **The Home Team** provides the official scorekeeper and keeps the official scorebook.
- The Visiting Team provides the “Timekeeper” to operate the scoreboard & game clock.
- The Official Scorekeeper is required to sit at the scorer’s table beside the clock operator. (Scorekeepers may not sit in the stands or on the team bench)
- The scorekeeper is responsible for ensuring that both coaches list all players on each team by full name and number or designation.
- Scorekeepers are required to record **overall running score, personal fouls, team fouls, and time-outs**. (Individual scoring is optional)
- It is recommended that both teams have a scorekeeper to ensure accuracy. If there is another (non-official) scorekeeper from the opposing team, it is also recommended for the scorekeepers to compare their scorebooks at the end of each quarter to ensure there are no discrepancies.
- Scorekeepers must remain neutral and cannot **coach** from the scorer’s table.
- Officials may request to have a different scorekeeper.

Playing Time Requirements

- Playing time requirements apply to all developmental league divisions.
- Coaches are responsible to ensure that all players meet their league specific mandatory playing time requirements.
- A coach who has a dispute over playing time must bring the infraction to the attention of the official and opposing coach in time for it to be resolved during the game. If a team does not provide a scorekeeper or notify the referee and opposing coach of an apparent violation, there is no basis for protest.

All Divisions up to 6th Grade:

- The following table provides the recommended playing time requirements based on the specific number of players at the game.
- All players should play one full quarter in the first half and should play a minimum of 6 minutes during the second half. It is realized the 6 minutes could be slightly less or more but the intent is for everyone to play the equivalent of 6 minutes or more.

This table is a guide to help coaches ensure playing time – it is not mandatory

Players	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
4	All Play	All Play	All Play	All Play
5	All Play	All Play	All Play	All Play
6	Players 1-5 play full Qtr. No substitution	Player 6 plays full Qtr. Players 1-5 can sub	All Players should play minimum of 6 minutes of the 2nd Half	All Players should play minimum of 6 minutes of the 2nd Half
7	Players 1-5 play full Qtr. No substitution	Players 6-7 play full Qtr. Players 1-5 can sub (3)	All Players should play minimum of 6 minutes of the 2nd Half	All Players should play minimum of 6 minutes of the 2nd Half
8	Players 1-5 play full Qtr. No substitution	Players 6-8 play full Qtr. Players 1-5 can sub (2)	All Players should play minimum of 6 minutes of the 2nd Half	All Players should play minimum of 6 minutes of the 2nd Half
9	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 1-5 can sub (1)	All Players should play minimum of 6 minutes of the 2nd Half	All Players should play minimum of 6 minutes of the 2nd Half
10	Players 1-5 play full Qtr. No substitution	Players 6-10 play full Qtr.	All Players should play minimum of 6 minutes of the 2nd Half	All Players should play minimum of 6 minutes of the 2nd Half
11	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 10-11 Sub	Players 10-11 plays a full quarter either in the 3rd or 4th. All other players must participate in the 2nd half	Players 10-11 plays a full quarter either in the 3rd or 4th. All other players must participate in the 2nd half

Substitutions

- Prior to entering the game, all players must report to the scorer's table.
- Officials direct the player into the game.

Possession

- Games will start with center jump ball.
- For 2nd, 3rd, 4th quarters, teams will inbound the ball at mid court based on possession.
- The timekeeper will maintain the possession arrow.
- **Teams will start the game shooting at the opposite end of their bench.**
- Teams switch directions after half-time and at the beginning of the third quarter, they will shoot on their own end.

Ten Second Clock

- Teams have ten (10) seconds to get the ball over the half court line.
- Timeouts taken prior to crossing the half court line will reset the ten (10) second count.
- **When back court pressure is not allowed, the ten (10) second count will not be reset.**

Overtime

Applies to 3rd grade and above

- If the game remains tied at the end of regulation, a sudden death overtime period will be played. **In the sudden death overtime period, the first team scoring any point whether off a free throw or a basket wins the game.**
- Overtime periods start with a center jump ball.

Forfeits

- A team must have a minimum of 4 players and 1 coach in order to start the game.
- If a team is unable to fill a team (4 players and 1 coach) within 10 minutes of the scheduled game time the game will be forfeited.
- Forfeited games will not be rescheduled. A scrimmage between the teams may be possible during the practice time of the team that forfeited if agreed upon by the opponent. The scrimmage may not have an official and the result / score will not count toward league standings.
- After a forfeit is declared, the teams can also elect to scrimmage that day. This scrimmage must end 5 minutes before the start of the next game or at the scheduled end time. Again, the scrimmage may not have an official and the result / score will not count toward league standings.
- The forfeited game will be recorded as 10 to 0.
- Please refer to the Forfeiting Procedure under ExCEL Basketball Procedures.

Fouls

- Individual fouls: a player must leave the game after being charged five (5) personal fouls. This applies to all divisions except Kindergarten.
- Team fouls: every foul counts as a team foul, including offensive and technical fouls. On the seventh (7th) foul, the team will be in the bonus (1 and 1) situation. On the tenth (10th) foul, the team will be in the double bonus (2 shots). An offensive foul results in turning the ball over to the other team (no foul shots).

Foul Shots:

- **A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. All other players may enter the lane when the ball hits the rim.**

Technical Fouls:

- A technical foul will result in two (2) free throws and loss of possession. **Two (2) technical fouls against a player or coach will result in ejection from the game.** The player or coach must immediately leave the playing area. Any ejection also carries an automatic one (1) game suspension. The suspension will be served in the next scheduled game (regular season, tournament or playoff)
- Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the team's bench. Officials will fill out an ejection form on the same day.
- Ejection of a coach requires suspension until review by the ExCEL and head of officials.

Disciplinary Action

Disciplinary action may be taken against a coach, parent and/or player for violation of the rules or code of conduct. Depending on the severity of the infractions, a recommendation may be made to suspend the individual for the remainder of the season or ban them from all ExCEL sponsored events. The decision will be made by the ExCEL Director or designee.

Illegal Players:

- Playing an illegal player could result in suspension of players and/or coaches for the season.
- Periodic roster checks will be made by the officials and or if requested by opposing coach.
- Fighting will not be tolerated.
- Players or coaches, who fight, start or attempt to instigate a fight, will be expelled from further league play.
- There are no refunds to anyone expelled from the league.

Playing Time:

Violation of playing time rules is not tolerated. League coordinators will investigate all suspected playing time violations. If it is determined that a coach violated the playing time requirements, then the coach will be counseled on the rules and given a warning. Any further violation will result in an automatic one (1) game suspension. A coach, who continues to violate the playing time rules, will be brought to the attention of the ExCEL Director for disciplinary action. Disciplinary action result in additional suspension or immediate replacement of the coach.

Code of Conduct:

- Infractions/violations could result in leaving the game immediately and/or suspension from ExCEL.
- Officials will enforce before, during and after game times.
- ExCEL employees will report any infraction and take necessary action at the time.

Protest

The ExCEL Administration will only hear protests for ineligible players and mandatory playing time violations. Coaches may not protest a referee's judgement call. During the regular season, all protests must be submitted to the Director in writing within 48 hours of the game in question. **A protest will not be allowed if the protesting coach did not inform the referee and opposing coach of the infraction in time for it to be resolved during the game.** During playoffs and tournament, the time between games does not allow for the normal protest process. The Director in conjunction with the Head Official or other basketball representative will have the authority to rule on the protest.

ExCEL Basketball Procedures

Forfeiting Procedure:

- If a team knows they have to forfeit an ExCEL Basketball Game more than 4 days in advance:
 - Find a team within the same division to play the game.
 - Notify the opposing coach that you are forfeiting the game and that there will be a team from the same division playing instead.
 - If a team cannot be found, then contact the opposing coach and contact the league coordinator or Director at least 24 hours before game time.
- If for some reason a team must forfeit a game at the last minute (within 24 hours of game time):
 - Contact opposing coach.
 - Send an email to the ExCEL and/or Contact the ExCEL Customer Service desk.
 - excel@terrellisd.org / 972-551-5716
- Note: The game score will be recorder as 10-0 for all forfeited games. All coaches can contact the ExCEL for a list of teams, coach's names, and emails that are in your division.

Game Swap Procedure

- Schedule conflicts should be limited to those situations where a team is unable to fill the minimum number of players (4) and would otherwise be forced to forfeit. In all other cases the games should be played as published.
- Please follow these guidelines for resolving scheduling conflicts.
 - Step 1: Determine any scheduling conflict well in advance.
 - Forfeited games will not be rescheduled.
 - If a team is unable to field at least 4 players at game time, then they must forfeit the game. Please refer to the **Forfeiting Procedure** to forfeit your game.
 - Step 2: Coordinate an opponent or game time swap with another team from within your division
 - **All swaps (opponent and time) require notification to and approval from ExCEL.**
 - Coaches should contact, via e-mail or phone, the other teams in their divisions. Please coordinate these swaps on your own. Opponent swaps also require the agreement of the two coaches switching games.
 - Game time swaps require that all four coaches agree with the change and are more difficult to accomplish than one team swapping with another.
 - *Note: swapping opponents may result in playing a team more than once or not playing a team at all.*
 - In an event that you are unable to arrange a swap and will be forfeiting the game, e-mail the coach you are playing and he/she may attempt to arrange an alternative opponent for the game, in order to avoid both teams losing a game. It will still be counted as a forfeit, but one team gets to play an extra game and the other team gets to play and not just win by forfeit.

Pre-K & Kindergarten Division Specific Rules:

Game Format:

- Running Clock - Entire Game
- Scores Not Kept

Basket Height: Eight Feet (6ft)

Ball Size: Intermediate Ball (28.5") or Junior Ball (27.5")

Mandatory Playing Time Requirements:

- Teams with ten (10) or less players: Each player must play at least one (1) full quarter from start to finish in each half.
- This rule may be waived under the following circumstances:
 - If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - If a player arrives after the start of the second half, the coach is not obligated to play the player.
 - A player can be substituted anytime during the game if a player is ill or injured.

Ball Handling Violations: Called progressively throughout the season.

Defensive Pressure:

- No defensive pressure in the backcourt.
- Once ball control has been established on a rebound, the defensive team must retreat to the opposite end of the court.
- **The team on offense must make a timely (10 seconds) attempt to advance the ball across half court (white line / volleyball center line) or the referee will call a 10-second violation and award the ball to the other team.**
- **Initial defensive pressure is not allowed until the ball passes the white line just above the top of the key (this is the 10ft. line for volleyball)**
- After initial penetration, defensive pressure is allowed to continue until change of possession.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- Over & Back Violations are progressively enforced.

Zone Defense: Not Permitted.

Pre-K & Kindergarten Division Specific Rules (continued):

Foul Shots:

- No Foul Shots are taken. Ruled as a turnover and other team takes ball out of bounds at nearest location of the foul.

Three-Second Lane Violations:

- Violations are not called.

Technical Fouls:

- Not called on players. They may be called on the coaches.

Games:

- No overtime games.

Important Note Regarding Violations & Fouls in Pre-K & Kindergarten Division

- **Violations:** ExCEL encourages and instructs Referees & Coaches in this division to utilize the occurrence of violations as teaching moments during the first half of the season. There will be some leniency and personal discretion in calling violations as the goal is to ensure players are learning the game and correcting these common or unknown mistakes. We aim to tighten up on violation calls as the season continues and the players develop.
- **Fouls:** ExCEL encourages and instructs Referees to consistently call fouls throughout the season in order to ensure player safety.
- Coaches & Referees should have a pre-game discussion before every game to make sure there is common understanding and expectations for that game and to avoid potential discrepancies & frustrations.

1st & 2nd Grade Division Specific Rules:

Basket Height:

- Eight Feet (8ft)

Ball Size:

- Intermediate Ball (28.5")

Mandatory Playing Time Requirements:

- Teams with ten (10) or less players: Each player must play at least one (1) full quarter from start to finish in each half.
- This rule may be waived under the following circumstances:
 - If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - If a player arrives after the start of the second half, the coach is not obligated to play the player.
 - A player can be substituted anytime during the game if a player is ill or injured.

Ball Handling Violations:

- All ball handling violations called inside 3pt circle on offensive end.

Defensive Pressure:

- No defensive pressure in the backcourt.
- Once ball control has been established on a rebound, the defensive team must retreat to the opposite end of the court.
- **The team on offense must make a timely (10 seconds) attempt to advance the ball across half court (white line / volleyball center line) or the referee will call a 10-second violation and award the ball to the other team.**
- **Initial defensive pressure is not allowed until the ball passes the white line just above the top of the key (this is the 10ft. line for volleyball)**
- After initial penetration, defensive pressure is allowed to continue until change of possession.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- Over & Back Violations are enforced.

Zone Defense:

- Not Permitted.

1st & 2nd Grade Division Specific Rules (continued):

Foul Shots:

- Foul shots are taken from inside the regulation free throw line (may be marked with tape or the existing hash lines of the paint / key area)
- No Foul Shots are taken. Ruled as a turnover and other team takes ball out of bounds at nearest location of the foul.

Three-Second Lane Violations:

- Violations are not called.

Technical Fouls:

- Not called on players. They may be called on the coaches.

Games:

- No overtime games.

Important Note Regarding Violations & Fouls in 1st & 2nd Grade Division

- **Violations:** ExCEL encourages and instructs Referees & Coaches in this division to utilize the occurrence of violations as teaching moments during the first half of the season. There will be some leniency and personal discretion in calling violations as the goal is to ensure players are learning the game and correcting these common or unknown mistakes. We aim to tighten up on violation calls as the season continues and the players develop.
- **Fouls:** ExCEL encourages and instructs Referees to consistently call fouls throughout the season in order to ensure player safety.
- Coaches & Referees should have a pre-game discussion before every game to make sure there is common understanding and expectations for that game and to avoid potential discrepancies & frustrations.

3rd & 4th Grade Division Specific Rules

Basket Height:

- Ten Feet (10ft)
 - Girls Divisions may be played @ Eight Feet (8ft)

Ball Size:

- Intermediate Ball (28.5”).

Mandatory Playing Requirements:

- These rules may be waived and up to the Coach’s discretion under the following circumstances:
 - Chronic or repeated lateness or absenteeism of a player at games or practices may result in loss of playing time.
 - Coaches may enforce their own playing rules based on participation at practice and for other disciplinary reasons. These playing rules are to be submitted to the league for approval and distributed to each member of the team and enforced equally.
 - A player can be substituted anytime during the game if a player is ill or injured.

Defensive Pressure:

- 3rd & 4th Grade Division:
 - Full court defensive pressure is permitted only in the **second half** of the game.
 - **No** back court pressure when up by **10 points**.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- The third defensive pressure violation results in a technical foul. Two (2) free throws and possession.
- Ball handling errors will be called anywhere on the court.

Zone Defense:

- Not Permitted.

Foul Shots

- Foul shots are taken from the regulation free throw line.

Three-Second Lane Violations:

- Three-second lane violations are enforced.

5th and 6th Grade Division Specific Rules

Regular Basketball Rules apply unless specified below.

Ball Size:

- 5th/6th Grade Girls – Intermediate Ball (28.5”)
- 5th/6th Grade Boys – Official Regulation Ball (29.5”)

Mandatory Playing Time Requirements:

- These rules may be waived and up to the Coach’s discretion under the following circumstances:
 - Chronic or repeated lateness or absenteeism of a player at games or practices may result in loss of playing time.
 - Coaches may enforce their own playing rules based on participation at practice and for other disciplinary reasons. These playing rules are to be submitted to the league for approval and distributed to each member of the team and enforced equally.
 - A player can be substituted anytime during the game if a player is ill or injured.

Defensive Pressure:

- 5th & 6th Grade Division:
 - Full court pressure is permitted for the **entire game**.
 - **No** back court pressure when up by **10 points**.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- The third defensive pressure violation results in a team technical foul, two (2) free throws.

Zone Defense:

- Not Permitted.

Foul Shots

- Foul shots are taken from the regulation free throw line.

Three-Second Lane Violations:

- Three-second lane violations are enforced.

7th & 8th Grade Division Specific Rules

Ball Size:

- Girls: Intermediate Bal (28.5”).
- Boys: Official Regulation Ball (29.5”).

Mandatory Playing Time Requirements:

- These rules may be waived and up to the Coach’s discretion under the following circumstances:
 - Chronic or repeated lateness or absenteeism of a player at games or practices may result in loss of playing time.
 - Coaches may enforce their own playing rules based on participation at practice and for other disciplinary reasons. These playing rules are to be submitted to the league for approval and distributed to each member of the team and enforced equally.
 - A player can be substituted anytime during the game if a player is ill or injured.

Defensive Pressure:

- Full court defensive pressure is permitted for the **entire game**.
- **No** back court pressure when up by **10 points**.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- The third defensive pressure violation results in a team technical foul, two (2) free throws.

Zone Defense:

- Is Allowed.

Foul Shots

- Foul shots are taken from the regulation free throw line.

Three-Second Lane Violations:

- Three-second lane violations are enforced.

ExCEL Tournament Rules

The following replace ExCEL Rules for ExCEL hosted tournaments or playoffs.

- No Mandatory Playing Time Rules.