

CENTRAL MISSOURI PAROCHIAL ATHLETIC LEAGUE (CMPAL)
JUNIOR VARSITY GIRLS
2020-2021 SEASON

PLEASE REFER TO COVID-19 GUIDELINES LINKED TO SCHEDULES

GENERAL:

1. The admission charge (effective 2020-21) will be \$3.00 for adults and \$2.00 for students in grades K through 12. **There is no league established senior citizen discount. Teachers and administrators from all participating schools are admitted free to all games.**
2. The host school (school where games are to be played) will be responsible for paying the officials a fee of **\$30.00 per scheduled game**, as well as furnishing a timekeeper, scorekeeper, gate keeper, and all warm-up basketballs. Forfeits: Officials will be paid by the host school. The school that forfeits must reimburse the host school.
3. Rosters must be submitted on-line through the CMPAL website.
4. Players may not play on more than one league team. Once a player is on a team, he/she may not be dropped or moved to another team.
5. The league schedule will cover a period that is set at the annual league meeting. **No league games will be canceled or rescheduled except through the league Sports Director and/or athletic directors.** League officials will cancel games in case of bad weather.
 - a. If more than one host school dismisses early for inclement weather, then all CMPAL activities are cancelled for that evening automatically.
 - b. It will be the discretion of the CMPAL Administration in coordination with the Diocesan School Office whether to host games or not on days that school has been cancelled prior to the start of that school day. Continued bad weather, temperature, and host locations will all be considered prior to making the decision. For weekday games the decision can be made as late as 2 hours before the first game (4 pm) and on Saturdays as late as 1 1/2 hours before the first game (6:30 am).
 - c. If a school official determines it is unsafe for that school's players to travel, they can contact CMPAL administration and they will contact the host school. The school will not be charged a forfeit fee or credited with a loss.
 - d. The decision to cancel games on a given day will be posted to the CM-PAL website (CMPAL.org) and school officials will be notified via email as soon as it is made.
 - e. Other than any scheduled make-up dates, it will be the responsibility of each school to reschedule the games canceled due to bad weather. All rescheduled games must be reported to the sports director.
6. It is the host site supervisor's responsibility to contact the Basketball Director by email if a player, coach or fan is disciplined for unsportsmanlike conduct. Any player or coach issued an unsportsmanlike technical foul will be suspended for a minimum of two games.

RULES:

1. Basket Height: 10 feet
2. A women's basketball (28½ inch circumference) will be used.
3. The NFHS basketball rules, as adopted by the MSHSAA, will govern play except for the following:
 - a. Each quarter will be six (6) minutes, with one minute between quarters and five (5) minutes between halves.
 - b. Four one-minute time-outs per game, with one additional time-out for each overtime period.

- c. If a team has a fifteen (15) point lead or more, no backcourt defense (full court press) will be allowed. Defensive pressure at mid-court is allowed at such times. The first violation for backcourt defense will result in a warning, while the second and later violations will result in technical fouls.
 - d. Overtime periods will be two (2) minutes.
 - e. If after the end of the third quarter the point differential is 30 points or more, a running clock shall be used. The clock will be stopped under the following conditions:
 - i. charged time-out,
 - ii. injury time-out,
 - iii. to confer with scorers or timers,
 - iv. unusual delay in getting a dead ball live,
 - v. to administer all technical, flagrant, and disqualifying fifth fouls, and
 - vi. for any emergency.
 - f. After stoppages, the clock will restart with normal play procedures. If during the fourth period the lead drops below 30 points, normal timing procedures will resume.
4. **NOTE:** During free throws, players in marked spaces may enter the lane on the release of the free throw.
 5. Other than players, bench personnel should be limited to two coaches/assistants.
 6. No jewelry or hard surface head decorations or hair accessories will be allowed while playing.
 7. Guidelines for fair playing time: at least 25% playing time for all participants (7-8th grade).

CMPAL WEBSITE: <https://cm-pal.org/>

CMPAL FACEBOOK PAGE: <https://www.facebook.com/CentralMoPAL>