



MidAmerica Sports Center East End Elementary Basketball and Cheerleading League

The ultimate goal of this league is to provide instruction in good health, teamwork, and fair play. Competition is secondary to good sportsmanship. The following rules have been developed to promote this league mission.

Basketball and Cheerleading League Participation:

- This league will consist of eight (8) basketball and eight (8) cheerleading teams representing the following elementary schools: Bowen, Chancey, Chenoweth, Dunn, Lowe, Norton, St. Matthews, and Tully.
- Each team will consist of 12 to 15 members who are active JCPS students in the respective schools. These participants will be 4th or 5th graders only.
- Team members will be selected by the team's coach or a school designee through an open tryout. No additional players or cheerleaders can be added once the team roster has been turned in to the league director. Teams may not have alternates.
- League Entry Fee: \$325 per team. Checks payable to MidAmerica Sports Center.

Admission Pricing:

Adults: \$5

NO CHARGE: Ages 18 & Under, 2 – Basketball Coaches, 2 – Cheer Coaches, Basketball Players, Cheerleaders

Try-Out and Practice Regulations:

- Try-outs for Basketball and Cheerleading teams may begin after **October 1**.
- All students must complete a JCPS/School Participation Registration Form **BEFORE** they attend try-outs for Cheer or Basketball.

- All coaches and sponsors must have a current JCPS Volunteer Background Check on file, **BEFORE** try-outs.
- Basketball and Cheer practices may begin after **October 1**.
- Practice time is limited to a **total of 4 hours per week**, regardless of location, with a 2 - hour time limit on any one practice.
- A complete roster must be turned in for basketball teams and cheerleading squads **before** the first game of the season. After this date, rosters are no longer subject to change.
- Coaches must submit a completed copy of the MidAmerica Sports Center Roster/Waiver Form for each player and cheerleader on a team's roster to and MidAmerica Sports Center **BEFORE** the first scheduled game.

League Format:

- 7 League Games plus Seeded Single Elimination Tournament.

League Standings / Tournament Seeding: Determined as follows:

- Most wins in League Play
- In case of a two-way tie, the first tie-breaker is head-to-head competition.
- In the case of a three-way tie, seeding will be determined using the highest accumulated winning margin during pool play. The most points credited for a win is +20, and for a loss –20.
- If there is still a tie using the established point system, seeding will be determined by Points Allowed, the total number of points scored by the opposing teams during League Play. The team allowing the least points will receive the higher seed.
- If the tie is still not resolved, seeding will be determined by the total number of Points Scored by the team over the course of League Play. The team scoring the most points during League Play will receive the higher seed.
- If there is still a tie, a coin-toss will be used to determine tournament seeds.

League Schedule and Results

- The League Schedule and Results will be posted on the MidAmerica Sports Center website at www.midamericasportscenter.com
- MidAmerica Sports Center App: The League Schedule with real time results is also available on the Free MidAmerica Sports Center App for Apple and Android users:



Basketball Game Rules: Rules Summary Posted on Page 8

- Each game consists of four Six Minute Quarters. Clock Stops on all dead balls.
- Players are expected to be at games fifteen minutes prior to the official start, or earlier if their coach requires.
- The ball size used for all games will be 28.5".
- Each team will be allowed 3 Full Timeouts for the Game. Unused timeouts may not be carried over from the first half to the second half.
- Five Minute Halftime
- Running Clock: The clock will run in the second half if the deficit is 15 point or more with the exception of timeouts. Once the lead is below 15 points, the clock will stop on all dead balls.
- Overtime Period (if needed): First Overtime – 2 Minutes. Clock stops on all dead balls. Second Overtime: First team to score wins. Each team will receive one additional timeout for the overtime period. Unused timeouts from regulation play **May Not** be carried over to Overtime. If the second overtime period is necessary, each team will receive an additional timeout. Unused timeout from the first overtime period **May Not** be carried over to the second overtime.

- No Full Court Pressing allowed until the last Quarter of the Game. Teams with a lead of 15 points or greater **May Not** press. Teams must retreat to Half Court when teams have possession on a rebound until pressing is allowed the last 6 Minutes of the game.
- Teams may play zone or man-to-man defense throughout the game.
- 15 Ft. Foul Line. No violation will be assessed if the player's momentum carries them across the line upon release of the ball.
- Only two coaches are allowed to sit on a team's bench with the players.
- Only one coach should approach the scorer's table for any reason.
- Two technical fouls in one game by any coach or assistant coach sitting on the players' bench will result in immediate removal from the bench for that game and a one game suspension. All coaches are subject to removal from the league if a chronic or extreme situation arises with their conduct.
 - *Coaches will have two warnings (total) to advise them of any rule infraction. After the second warning, a technical foul will be assessed against the coach.
 - *Coaches are reminded that this is primarily an instructional league. Coaches are not permitted to yell or scream in the direction of anyone at the scorer's table or insult or berate a player.
 - *No player or coach will use profanity. An immediate technical will be assigned to any player or coach who is caught using profanity.
 - *Players must check in at the scorer's table prior to entering the game.
 - *Basketball players' shorts must be pulled up to the waist and shirts must be tucked in at all times.
- Players must remove Jewelry, Ear Rings, etc. before playing.

Cheerleading Rules:

Cheerleading at the elementary level should be fun, safety driven and have an emphasis on the fundamentals of cheerleading. The first goal of cheer is to promote the school and athletic teams. Games and school functions should be the primary reason for the team with competition second. Safety must be the #1 concern of every parent and coach.

- Learn sportsmanship. Children should be taught that it is a game and may the best team win. Coaches should teach their cheerleaders to lead their own crowd with enthusiasm, refraining from booing (etc.) the opposing team. Cheers are to be kept general and humane (i.e. "Beat Tigers" not "Kill Tigers".)

- Students may learn/work on tumbling skills on a cheer mat ONLY. Tumbling at this level must involve constant contact with the mat. (One hand cart wheels, forward rolls, back handsprings, round-offs etc.)
- Limited Stunts. Top Person/Flyers should never leave the bases hands, with the exception of cradles, (i.e. no basket tosses). All stunts must have 3 bases (back spot and 2 side bases).

General Cheerleading Rules

- Coaches must require proficiency before skill progression. Coaches must consider the individual, group and team skill levels with regard to proper safety.
- All teams must be supervised at all events by their coaches, at all times.
- No jewelry of any kind is permitted other than post-type earrings. Nothing dangling from the earlobe is permitted.
- Flags, banners, signs, pom poms and megaphones are the only props allowed. Props with poles may not be used in conjunction with any kind of stunt or tumbling. During all dismounts, a flyer may only cradle/pop down with pom poms. All props must be safely discarded to the performing surface, out of harm's way and never thrown down from a stunt.
- Competition routines shall not exceed 2 minutes and 30 seconds, of which 1 minute and 30 seconds may be to music. Music must be age appropriate.
- The chewing of gum/candy while practicing or performing is prohibited.
- All stunts can only be performed on a mat - no concrete or hard surfaces.

Standing Tumbling

- Front rolls, cartwheels, one-handed cartwheels and round-offs are allowed.
- Back handsprings and series back handsprings are the only standing tumbling allowed. Tucks are NOT allowed.
- Jump skills in immediate combination with back handsprings are not allowed.

Running Tumbling

- Only round-off back handsprings or round-off back handspring series are allowed.
- A front walkover may be used to setup a backhandspring.

Stunts

- All stunts require a back spot and two bases, unless the stunt involves a kneeling base. If the base is kneeling, no additional bases are required.
- Single leg stunts must remain at prep level. Any lib variation is allowed (heel stretch, scorpion, scale, arabesque).
- The only extended stunt allowed is a two-leg extension.
- NO 360 degree rotation in pyramids or stunts allowed.

Pyramids

- The center base group may transition from prep level lib to extension lib if braced on both sides by preps prior to lifting to extension.
- The center base group must remain in hand-to-hand contact with prep level flyers during the duration of the pyramid.
- A braced stunt in the pyramid does not require a front spot.
- NO 360 degree rotation in pyramids or stunts allowed.

Dismounts: Only basic straight cradles and basic pop downs are allowed at this level.

Tosses: No basket tosses are allowed at this level.

Jumps: No more than two connected jumps are allowed at this level.

Cheerleading Showcase:

- At the end of the season, on the night of the Championship Game, each cheerleading team will have an opportunity to showcase their talents. This showcase replaces league competition. Each team will perform a cheer and a dance routine that lasts no more than five minutes.

Grades and Behavior

- Students on both the basketball and cheerleading teams MUST maintain no less than a "C" grade average or higher overall. A league participant who receives a "U" on the elementary Report Card will be removed from the team.
- If a student is not maintaining a "C" or above grade average, he/she will sit out the next game and be placed on academic probation until the teacher of record determines the average has returned to a "C" or higher average overall. If the student's grades improve, he/she will be restored to full

eligibility. However, if the student's grades DO NOT improve within four consecutive weeks, the student will be automatically removed from the team.

- Probation is defined as sitting out one game.
- If a student receives a conduct referral, he/she will sit out the next game. Two conduct referrals will result in the student being removed from the team.
- Bus referrals are considered a conduct referral.
- Each coach reserves the right to suspend a child from the team if behavior during practice or games is deemed inappropriate.
- Any player who is ejected from a league game by a referee or league official will be suspended and sit out the next team game. No exceptions will be made to this rule.
- Grades and behavior requests will be made weekly by each team's designated support person. Teachers will be asked to report the academic and behavioral standing of each team member. Coaches will be informed of academic and behavioral standings prior to each game and will act according to the rules when determining which team members will participate each week.

Presiding Official:

- All games will have a presiding official who will decide any controversy which may arise. This official is the league director, who is an employee of MidAmerica Sports Center.
- All inquiries about rules and league procedures are to be referred to the league director at MidAmerica Sports Center.

East End Elementary Basketball League Rules Summary

- 1. 6 Minute Quarters – Clock Stops on All Dead Balls**
- 2. 3 Timeouts for the Game**
- 3. 5 Minute Halftime**
- 4. Overtime Period:** First Overtime will be two (2) minutes. If second overtime is required, the first team to score wins. Each team will receive (1) additional timeout for the overtime period. Unused timeouts from regulation **May Not** be carried over. Unused timeout from the first overtime period **May Not** be carried over.
- 5. Running Clock:** The clock will run in the second half if the deficit is 15 points or more with the exception of timeouts. Once the lead is below 15 points, the clock will stop on all dead balls.
- 6. Teams may play Man-to-Man or Zone Defense.**
- 7. Pressing:** No Full Court Pressing until the last Quarter of the Game. Teams with a lead of 15 points or more may NOT press.
- 8. Teams must retreat to Half Court when teams have possession on a rebound until pressing is allowed the last 6 Minutes of the Game.**
- 9. 15 Ft. Foul Line.** No violation will be assessed if the player's momentum carries them across the foul line upon release of the ball.
- 10. A player fouls out on five (5) fouls.**
- 11. Ball Size: 28.5**