

COLONIAL LEAGUE
GIRLS' & BOYS' BASKETBALL RULES AND REGULATIONS

1. The length of varsity, junior varsity and junior high games shall consist of four 8 minute quarters and middle school games shall consist of four 6 minute quarters. The second (add-on) middle school game shall consist of four 6 minute quarters. ~~One 70 second media time-out each quarter will be provided. This time-out shall occur at the first stoppage of play under the 4:00 minute mark (under 3:00 mark for 6-minute quarter games). No media time-outs will be used in extra periods.~~
2. Varsity players are to report promptly to the playing floor upon completion of the junior varsity game. Varsity players in uniform are allowed to warm-up before the junior varsity game, and at halftime of the junior varsity game with home game manager approval.
3. Cheerleaders should be limited to one cheer rather than a series – only during the time out.
4. In games where admission is charged, timekeepers and scorekeepers must be an adult. ~~When it is physically possible, the scorekeeper from each school must sit next to each other at the scorer's table.~~
5. Seating on the players' bench shall be limited to players, coaches, faculty, and student managers, a doctor, if possible, and a trainer.
6. No noisemakers or inappropriate banners will be permitted at any Colonial League basketball game. Live or recorded music is permitted at basketball games with the following conditions:
 - a) The home team may have live or recorded music at regular season games only...example is pep bands.
 - b) Pep bands will also be permitted at all league playoff games. Pep bands must sit directly behind or across from their teams bench.
 - c) Music may be played during pre-game, half-time, and during your teams respective time-outs only.
7. Seats for the visiting junior varsity players are to be provided ~~behind the varsity bench.~~
8. It is recommended that member schools establish a policy restricting fan movement during the varsity game.
9. ~~The host school must provide a chalkboard or whiteboard (portable or fixed) in the visiting team's locker room. It must be a size large enough to be easily seen by all of the players and coaches. It must also be displayed (hung on a wall, door, locker, or placed on an easel) at a location which is easily viewed by all.~~

10. The coach and/or scorekeeper of the home team is responsible to submit the results of the contest using the **Statistician Submission Form** on the Colonial League website. Home teams should provide phone facilities for visiting coaches or scorekeepers to call their local newspapers.
11. The Colonial League prohibits the use of tobacco and/or tobacco products by participating and non-participating team personnel, including coaches, during any interscholastic athletic contest at any level of interscholastic athletic competition.
12. The home team should provide a minimum of five (5) good basketballs for visiting teams.
13. Any ball approved by the National Federation & PIAA will be accepted as an official game ball.

Miscellaneous:

	Saturdays	Evenings	Afternoons
Middle School	10:00 AM	N/A	4:00 PM
Jr. High	10:00 AM	N/A	4:00 PM
JV	11:30 AM	5:30 PM	N/A
Varsity	12:45 PM	6:45 PM	N/A

1. Starting Times:

COLONIAL LEAGUE WINTER 2020-2021 GAME DAY ACTION PLANS

General:

- Prior to each scrimmage or contest, the Athletic Trainer (preferred) or their adult designee will:
 - Collect each coach, player, team personnel, etc. “screening form”.
 - Hard Copy or Electronic Copy
 - Perform a temperature check with a forehead or touchless thermometer.
 - Temperature greater than 100.4 for children and greater than 100 for individuals over the age of 18 is considered a fever.
 - Traveling school’s representative will complete the [“Colonial League COVID-19 Travel Screening Verification Form”](#) and sign verifying all team personnel were screened and cleared.
 - Provide the Travel Screening Verification Form to the Team to take with them on the trip.
 - Upon arrival at the facility, the Head Coach will provide the Travel Screening Verification Form to the Host Athletic Trainer or their designee.
 - If schools have student-athletes or coaches not traveling with the team then it will be that student-athlete’s responsibility to either bring their completed “school screening questionnaire form” or complete the host school’s screening questionnaire form and present it to the host site Athletic Trainer and/or their designee. Upon submission, host site Athletic Trainer or their designee will perform the temperature check.
 - All PIAA referees will complete the [“Colonial League COVID-19 Questionnaire Screening Form”](#) prior to arriving at the facility. Upon arrival, they will turn the form into the athletic trainer or their designee. Upon submission, host site Athletic Trainer or their designee will perform the temperature check.
- LVHN is the proud sports medicine partner of The Colonial League and has provided the following [“Guidelines for Returning to Sport Competition”](#).
- The PIAA has also provided general and sport specific [“Return to Competition Guidelines”](#)
- Coaches, Players, Referees, Event Staff, Spectators, etc. MUST all wear a face covering at all times, including during competition and practice.
- Provide Hand Sanitizing Stations for both teams and referees.
- Provide Option(s) for Refilling Stations for both teams and referees.

- If touchless cannot be provided, a single dedicated person should be placed in charge of refilling.
- Traveling Teams should still bring their own drinking vessels.
- Post Game handshakes / high fives are prohibited.
- Pregame Conference Procedures:
 - Limit conference to one official, head coach from each team, and single captain.
 - No handshakes.
 - Maintain social distancing throughout the conference.

Spectator General Guidelines:

- Follow updated guidance on October 6, 2020 from the Governor's Office.
- All sporting events must adhere to the gathering limitations set forth by PA Dept. of Health.
 - The facility as a whole cannot exceed 20% of total occupancy otherwise permitted by law.
 - ALL individuals present at the facility count towards the gathering limitations.
 - See sport specific Spectator Plan below.
- All spectators will be required to wear a mask at all times unless the individual falls under an exception listed in [Section 3 of Universal Face Covering Order](#).
 - Individuals who cannot wear a mask due to a medical condition, including those with respiratory issues that impede breathing, mental health condition, or disability.
 - Individuals who are unable to remove a mask without assistance.
 - Individuals two (2) years of age and under.
 - Individuals who are communicating or seeking to communicate with someone who is hearing impaired or has another disability, where the ability to see the mouth is essential for communications.
- Household family members may sit in clusters closer than the social distancing standard of 6 feet.
- Spectators should not enter bench areas or competition areas and must exit the facility immediately following the conclusion of the contest.
 - Meeting the teams as they come off the court / mat will not be permitted..
- Limit cash transactions to the extent possible.
 - Find alternative ways to charge admission and pay for concessions
- If operating concession stands or distributing food, must adhere to [Guidance for Businesses in the Restaurant Industry](#).

Colonial League Plan for Sport Specific Spectator Management:

- Basketball & Wrestling
 - Visiting Spectators prohibited.
 - Home School Spectator Procedures apply.
 - Spectators attending a game as part of a doubleheader or tripleheader should exit the facility if they do not have a family member playing in the subsequent games.
 - Exchange of money should be avoided according to the Governor's Guidance.
 - Ticket Sales are discouraged.
 - Live Streaming of events is strongly encouraged by host schools whenever possible.

Sport Specific Procedures:

Basketball

- Team benches should allow for bench players & coaches to be socially distanced (6 feet).
- No locker room usage.
 - Visiting Teams must come dressed.
 - At halftime, away teams will remain in the bench area / court area.
 - Teams must provide their own white boards.
- Pregame Conference:
 - Limit attendees to the referee, the head coach from each team, and a single captain from each team.
 - Will take place at midcourt.
 - Suspend handshakes prior to and following the Pregame Conference.
- Scorer's Table:
 - Limited to essential personnel which includes home team scorer, announcer, and timer with a recommended distance of 6 feet between individuals.
 - Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will be provided an alternative location in close proximity to the scorer's table.
 - Host school will provide hand sanitizer at the table for all participants.
- Other:
 - No post game shaking hands.
 - Line-Up foul line extended in front of bench and acknowledge opponents.
 - **Face coverings are required at all times for coaches, players, referees, spectators, and event staff.**

- Host school Athletic Trainer to provide sanitizer for basketballs.
- Host school will provide basketball for warm-ups.
 - Visiting teams have the option of bringing their own basketball for warm-ups.
- Overtime periods will NOT be played in sub-varsity contests.
- Visiting Team Cheerleaders & Visiting Team Pep Bands will NOT be permitted.
- Traditional Introduction of Starting Line-ups should be adapted:
 - Spread all players out.
 - Eliminate shaking hands / fist bumping of opposing coach and referees.
 - Eliminate running through “gauntlet” of teammates and physical contact “routines” after being introduced.