

CFL-NORTH (2023-2024) LEAGUE RULES

- **ALL GAMES PLAYED @ North Shore Sports & Wellness Facilities:**
 - North Shore SportsCenter | 1900 Old Willow Road (Northbrook)
 - Berto Center | 550 Lake Cook Road (Deerfield)

- 18-Game Season:
 - 16-Game Regular Season
 - 2-Game end of the season tournament (Championship & Consolation)

- Season Dates:
 - **DECEMBER 2023** | 2nd, 3rd, 9th, 10th, 16th, 17th
 - **JANUARY 2024** | 6th, 7th, 20th, 21st, 27th, 28th
 - **FEBRUARY 2024** | 3rd, 4th, 10th, 11th, 17th, 18th, 24th, 25th
 - **MARCH 2024** | *2nd & 3rd (End of Season Tournaments)*

- Team Fees:
 - \$1,700.00 per team (includes all gym costs and game officials for 18 Games)
 - No regular season admission fees for parents
 - Admission will be charged for the end of the season tournament only; Pricing TBD

GAMEPLAY

- A team arriving more than 15-minutes past its scheduled game time will forfeit that game.
 - All forfeits will be scored 15-0.

- If a team has at least four (4) players at the starting time, they **MUST** start the game. Once a game starts, a team may play with no more than five (5) players and no less than three (3) players.
- A parent or representative from each team is responsible for keeping the book (home team) and working the clock (away team).

- IHSA Rules will be followed unless otherwise stated within.
- All divisions will use a 28.5 size basketball.
- Gameplay consists of two 14-Minute stopped-clock halves:
- Bonus free throws shot on the team's 7th Foul; Double-Bonus free throws shot on team's 10th foul
 - 3rd Grade "A" & "B" players and 4th Grade "B" players will be permitted to (slightly) cross the foul line on free throw attempts if needed; closer free-throw line option to be discussed at preseason coaches meeting.

- Players have five (5) total fouls to use; after a player's 5th foul, that player must exit the game; teams will receive :20 as a substitution timeout.
- Only two (2) coaches will be allowed on the bench; only the head coach will be allowed to stand.
- Teams will have one two (2) FULL timeouts to use throughout the game, and one (1) :30 timeout to use each half (:30 timeouts do not carry over).
- If a game goes into OVERTIME, each team will be allowed one (1) :30 timeout **ONLY**. No timeouts will carry-over from regulation into overtime. In the event of a sudden death 2nd overtime period (see below for more), no timeouts will be allowed for either team.
- Man-to-Man & Zone Defense allowed at all levels EXCEPT 3rd Grade "B" and 4th Grade "B"
 - 3rd Grade "B" and 4th Grade "B" divisions MAY use a full court zone-press during the appropriate pressing windows, but must **ONLY PLAY MAN-to-MAN** defense in the half court.
- Two (2) player trapping is allowed on defense. Sending more than two (2) players to the ball is not allowed at any level; **rule applies to all levels EXCEPT 3rd Grade B (no trapping allowed for 3B or 4B, unless within the final two minutes of each half when pressing is allowed - see below).**

PRESSING (Only allowed during the first 7-minutes of 1st Half gameplay & final 7-minutes of 2nd Half gameplay!)

Pressing - 3rd Grade A & B Divisions ONLY:

No Pressing allowed except in the last two (2) minutes of each half.

- No Press is allowed if a team is leading by 20-or-more points.
- Additionally, if a team is leading by 20-or-more points, they will only be allowed to play defense within the 3point line.
- Clock will RUN if a team is ahead by 20-or-more points with seven (7) or fewer minutes remaining in the game; a stopped-clock will go back into effect if the losing team cuts its deficit to ten (10) points or less.

OVERTIME & TECHNICAL FOULS

- The first overtime period will be 2:00 with a stopped-clock. If a second overtime is needed, the ball will be tipped at half court and the first team to score will be declared the winner.
- ALL technical fouls will result in an AUTOMATIC two (2) points (no free throws shot) and possession of the ball.
- A team may NOT win a sudden-death overtime due to a technical foul on the opposition.

Technical Fouls on players will also be counted as a personal foul for that specific player, as well as a team foul. If a player receives two (2) technical fouls in the same game, that player will be disqualified. A player receiving two (2) technical fouls WILL be able to participate in his team's next game. If that same player is later disqualified from a second game (or more) he must sit out his team's next game following the disqualification.

The first technical foul issued to a coach will result in that coach needing to sit on the bench for the remainder of the game. If a coach receives two (2) technical fouls in a game, he will be disqualified and must exit the gymnasium before gameplay continues. A coach receiving two (2) technical fouls will be disqualified from his team's next game.

If for any reason a fan becomes unruly, that fan will be ordered to exit the premises; a team will not be penalized due to the actions of its fans, unless the situation calls for greater restraint and gameplay comes to a halt.

TEAM ROSTERS & WAIVERS

- Each team within each organization is required to submit a digital roster to league officials BEFORE December 1st, 2023. A digital roster template will be provided to all organizers.
- All families must have a signed waiver on file with the CFL before being allowed to participate in league games.
- Team rosters should consist of a minimum of five (5) players and a maximum of 14 players, and players MUST reside in the town/attend the school for which they're playing.
- Players may only play for ONE (1) organization/community and may only be listed on ONE (1) team roster for the season, **UNLESS**, a player from a younger age division or a lower-level (B) team at the same age division is called-up.
 - "A" players may NOT play on "B" teams, nor may anyone play in a younger age division.

PLAYING TIME, JERSEYS, REPORTING of SCORES & OTHER

- It is MANDATORY that every player plays in each game they attend; the amount of time they play is the discretion of the player's coach. The CFL will NOT regulate the playing time each rostered player receives - that is a program-specific decision and will NOT become the interest of the league director(s).
- NSSW will provide scorebooks/score sheets for all league games played.
- Each team should have a light-colored (HOME) uniform and a dark-colored (AWAY) uniform with visible and easy-to-read numbers (any number is allowed 00-99)
 - It is suggested that players bring BOTH home and away uniform tops to each game
- The WINNING TEAM is responsible for reporting the game's final score. When submitting scores, please EMAIL the following information to **andrew.j.braverman@gmail.com**:

- Grade and Division (A or B)
- Home Team
- Away Team
- Time of Game
- Location
- Final Score (Winning Team Score - Losing Team Score)

INSURANCE

** All organizations are required to submit a certificate of insurance before games begin December 2nd, 2023. If your team does NOT have a COI to me before your first game, that game will be considered a forfeit and will not be played.

Please list the following as additionally insured:

North Shore Sports and Wellness
550 Lake Cook Road
Deerfield, IL 60015

North Shore SportsCenter
1900 Old Willow Road
Northbrook, IL 60062