

- ✚ **One JV competition division is divided up into 2 sites as it is a 9 team league. Please check carefully**
- ✚ Everything *italicized* shows special needs in the schedule.
- ✚ All change requests must go through game change protocol, (listed in the update section).
- ✚ Check your schedule weekly!!!

Changes will now be color coded:

Changes 12/28; 1/5/12; 1/10/12; 1/12/12; 1/16/12; 1/19/12; 1/23/12; 1/31/12;

P.A.L. BASKETBALL 2011 – 12

Competition Varsity Level

Varsity North Division - St. Rose Tuesday Nights

633 Vine Avenue

Roseville, CA 95678

Site Director – Dave Koumelis (916) 367-3383

Times	1/3	1/10	1/17	1/24	School	Wins	Losses
5:00	N2 – S3	C5 – N2	4 – 5	5 – 2	1 St. Rose	1	1
6:00	C2 - S5	N1 – S3	2 – 3	3 – 1	2 St. Joseph - Aub.	1	1
7:00	C3 - N1	S5 bye	1 bye	4 bye	3 St. Mary	3	
	Practice Game	Practice Game			4 Holy Family	1	1
T.B.A.					5 St. John Christian		3
	1/31	2/7	2/14	2/21			
5:00	3 – 5	3 – 4	2 – 4	1st round			
6:00	1 – 4	1 – 2	5 – 1	Playoffs			
7:00	2 bye	5 bye	3 bye				
T.B.A.							

Varsity South Division - St. Robert Friday Nights

2251 Irvin Way

Sacramento, CA 95822

Site Director – Liz Luttrell (916) 207-4369.

Times	M. 1/9	1/13	1/20	1/27	School	Wins	Losses
5:00	N5 – S6	S2 – C3	5 - 3	3 - 2	1 St. Robert		3
6:00	N4 – S2	C2 – S4	6 - 2	4 - 5	2 St. Elizabeth	3	
7:00	S1 – C6	N4 – S1		1 - 6	3 St. Francis		3
	Practice Game	Practice Game			4 St. Charles	2	1
T.B.A.			1 - 4*		5 St. Patrick	2	1
	2/3	2/10	2/17		6 St. John Evangelist	2	1
5:00	3 - 6	6 - 5	6 - 4				
6:00	2 - 4	4 - 3	5 - 2		* 1/30 @ St. Robert 6:30		
7:00	5 - 1	2 - 1	1 - 3				
T.B.A.							

Varsity Central Division - St. Ignatius Monday/Tuesday Nights

3245 Arden Way

Sacramento, CA 95825

Site Director - Rich Romo (916) 813-5026

Times	Tu. 1/3	M. 1/9	Tu. 1/17	M. 1/23	School	Wins	Losses
5:00	N5 - C4	N3 - C5	6 - 2	3 - 2	1 St. Ignatius	3	
6:00	N3 - C6	S4 - C1	5 - 3	1 - 6	2 Sacred Heart	3	
7:00	C1 – S6	C4 bye	1 - 4		3 O.L.A.	1	2
	Practice Game	Practice Game			4 Holy Trinity		2
T.B.A.				4 - 5	5 St. Michael		2
	M. 1/30	M. 2/6	M. 2/13		6 Holy Spirit	1	2
5:00	2 - 4	4 - 3	6 - 4				
6:00	3 - 6	6 - 5	5 - 2				
7:00	5 - 1	2 - 1	1 - 3				
T.B.A.							

Competition Junior Varsity Level

The South - West Division is made up of 9 teams. In order to get all games in we have split sites for games. Both St. Charles and St. James will host this division. Teams will occasionally play 2 games in a week. Please check both sites for games!

South - West Division - St. Charles Wednesday Nights

7580 Center Parkway
Sacramento, CA 95823

Site Director – Maliana Bourke 275-1369 (c)

Times	1/4	1/11	1/18	1/25	School	Wins	Losses
5:00	6 – 9	5 – 6	7 – 9	8 – 5	1 St. James	1	3
6:00	5 – 2 F	9 – 8	2 – 4	2 – 9	2 Holy Spirit	6	
7:00	4 – 3	7 – 3	3 – 5	3 – 6	3 St. Charles	2	4
					4 St. Ignatius	4	1
T.B.A.					5 St. Robert		5
	2/1	2/8	2/15		6 O.L.A.	6	
5:00	2 – 7	4 – 6	5 – 9		7 St. Mel	3	3
6:00	9 – 4	7 – 5	8 – 4		8 St. John Vianney	3	2
7:00	3 – 8	1 – 3	3 – 2		9 St. Elizabeth		6
T.B.A.							

South - West Division - St. James Site Friday Nights

1215 B Street
Davis, CA 95616

Site Director -

Times	1/6	1/13	1/20	1/27	School	Times	Losses
5:30	5 – 4	8 – 2	4 – 7	6 – 7	1 St. James	1	3
6:30	9 – 3	6 – 1	8 – 1	1 – 2	2 Holy Spirit	6	
7:30	1 – 7				3 St. Charles	2	4
					4 St. Ignatius	4	1
T.B.A.					5 St. Robert		5
	2/3	2/10	Th. 2/16		6 O.L.A.	6	
5:30	6 – 8	7 – 8	2 – 6		7 St. Mel	3	3
6:30	9 – 1	4 – 1	1 – 5		8 St. John Vianney	3	2
					9 St. Elizabeth		6
T.B.A.							

North Division - Holy Family Saturday mornings
 7817 Old Auburn Road
 Citrus Heights, CA 95610

Site Director – Erin Keith 380-9836

Times	1/7	1/14	Th. 1/19	1/28	School	Times	Losses
8:30	7 - 8	1 - 8		2 - 7	1 Holy Family	5	
9:30	5 - 6	4 - 2	6 - 2 (5:30)	3 - 6	2 St. Alban	1	4
10:30	3 - 4	5 - 7	4 - 5 (6:30)	8 - 4	3 St. Joseph – Aub.	1	4
11:30	2 - 1	1 - 3	7 - 3 (7:30)	5 - 1	4 Holy Trinity	3	2
T.B.A.		8 - 6			5 St. John Evangelist	4	1
	2/4	2/11	Wed. 2/15		6 St. Rose	2	2
8:30	3 - 8	6 - 7	7 - 4 (4:30)		7 Sacred Heart	2	3
9:30	4 - 6	8 - 5	3 - 5 (5:30)		8 St. Mary	1	3
10:30	2 - 5	2 - 3	2 - 8 (6:30)				
11:30	1 - 7	4 - 1	1 - 6 (7:30)				
T.B.A.							

Recreation Varsity Level

West Division - Holy Rosary Wednesday Nights

505 California Street

Woodland, CA 95695

Site Director – Mark Torricelli (530) 867-7042

Times	1/4	1/11	1/18	1/25	School
4:30	7 - 8	8 - 6	7 - 3	2 - 7	1 Holy Rosary
5:30	5 - 6	4 - 2	6 - 2	3 - 6	2 Holy Cross
6:30	3 - 4	5 - 7	4 - 5	8 - 4	3 St. James
7:30	2 - 1	1 - 3	1 - 8	5 - 1	4 O.L.G.
T.B.A.					5 O.L.A.
	2/1	2/8	2/15		6 Merryhill - South
4:30	3 - 8	6 - 7	7 - 4		7 Woodland Christian – Bl
5:30	4 - 6	8 - 5	3 - 5		8 Woodland Christian - R
6:30	2 - 5	2 - 3	2 - 8		
7:30	1 - 7	4 - 1	1 - 6		
T.B.A.					

East Division - Country Day Saturday Afternoons

2636 Latham Drive

Sacramento, CA 95864

Site Director – Nick Domich 612-2990

Times	1/7	1/14	1/21	1/28	School
1:00	2 - 4	3 - 6		2 - 3	1 Country Day
2:00	5 - 7	7 - 2	3 - 5	6 - 7	2 Holy Trinity
3:00	1 - 3	1 - 5	6 - 1	4 - 1	3 St. John Vianney
	6 bye	4 bye	7 - 4 (4:00)	5 bye	4 St. John N.D.
T.B.A.			2 bye		5 Holy Family
	2/4	2/11	2/18		6 St. Joseph – Sacramento
1:00	4 - 6	7 - 3	3 - 4		7 Presentation
2:00	5 - 2	6 - 2	5 - 6		
3:00	1 - 7	4 - 5	2 - 1		
	3 bye	1 bye	7 bye		
T.B.A.					

Recreation Junior Varsity Level

NORTH DIVISION – ST. ALBANS WEDNESDAY NIGHTS

2312 VERNON STREET

ROSEVILLE, CA 95678

Site Director -

Times	1/11	1/18	1/25	2/1	School
4:30	7 - 8	8 - 6	6 - 2	2 - 7	1 St. Albans
5:30	5 - 6	4 - 2	4 - 5	8 - 4	2 Holy Family
6:30	2 - 1	5 - 7	1 - 8	5 - 1	3 St. Mary – dropped 12/28
7:30	4 bye	1 bye	7 bye	6 bye	4 St. John Notre Dame
T.B.A.					5 St. Rose
	2/8	2/15	2/22		6 St. Joseph – Auburn
4:30	2 - 5	6 - 7	7 - 4		7 Holy Trinity
5:30	4 - 6	8 - 5	2 - 8		8 St. Francis
6:30	1 - 7	4 - 1	1 - 6		
7:30	8 bye	2 bye	5 bye		
T.B.A.					

EAST DIVISION - ST. MICHAEL WEDNESDAY NIGHTS

2140 MISSION AVE.

CARMICHAEL, CA 95608

Site Director – Doug Brandenburg 485-3418 ext. 105

Times	1/4	1/11	1/18	1/25	School
4:30	3 – 4	8 – 1	2 – 6	2 – 7	1 O.L.A.
5:30	1 – 2	6 – 9	1 – 5	9 – 4	2 Sacto. Country Day – Black
6:30	5 – 6	4 – 7	7 – 3	3 – 8	3 Holy Rosary
7:30	7 – 8	5 – 2	9 – 8	6 – 1	4 Sacto. Country Day – Red
	9 bye	3 bye	4 bye	5 bye	5 Sacred Heart
T.B.A.					6 Presentation
	2/1	2/8	2/15		7 St. Ignatius
4:30	5 – 4	9 – 1	6 – 7		8 Woodland Christian
5:30	2 – 8	3 – 2	5 – 9		9 St. Philomene
6:30	1 – 7	4 – 6	8 – 4		
7:30	9 – 3	7 – 5			
	6 bye	8 bye	2 bye		
T.B.A.			1 – 3		

SOUTH DIVISION – ST. ELIZABETH ANN SETON WEDNESDAY NIGHTS
9539 RACQUET COURT
ELD GROVE, CA 95958

Site Director: Sue Earl-Lynn (916) 947-9017.

Times	1/4	1/11	1/18	1/25	School
4:30	3 - 4	8 - 6	4 - 5	3 - 6	1 St. Elizabeth
5:30	5 - 6	4 - 2	7 - 3	2 - 7	2 Courtyard
6:30	7 - 8	5 - 7	6 - 2	8 - 4	3 Merryhill South
7:30	2 - 1	1 - 3	1 - 8	5 - 1	4 Holy Spirit
T.B.A.					5 St. Patrick
T.B.A.	2/1	2/8	2/15		6 St. Mary
4:30	2 - 5	6 - 7	3 - 5		7 Our Lady of Grace
5:30	4 - 6	8 - 5	7 - 4		8 St. Joseph - Sacramento
6:30	3 - 8	2 - 3	2 - 8		
7:30	1 - 7	4 - 1	1 - 6		
T.B.A.					

GIRL'S BASKETBALL RULES 2011 – 12

MEDICAL RELEASE FORMS MUST BE WITH THE COACH AT ALL TIMES– TEAMS WILL FORFEIT THE GAME WITH OUT THESE FORMS.

Competition Varsity contests *seven minute quarters stop time*. There are three full timeouts per contest. There is a 10 second backcourt rule in effect. There is a 5 second closely guarded rule (holding the ball and dribbling). *Both coaches are required to sign the official book along with the site director to signify that all league policies were followed during the contest.*

For 6 team leagues the top 3 schools qualify for the Tournament of Champions. Leagues with 7 or more schools will advance 4 teams to playoffs.

Competition JV contests are *six minute quarters stop time*. There are three full timeouts per contest. There is no 10 second backcourt rule in effect. The free throw line will be moved up 3 feet. *Both coaches are required to sign the official book along with the site director to signify that all league policies were followed during the contest.*

For 6 team leagues the top 3 schools qualify for the Tournament of Champions. Leagues with 7 or more schools will advance 4 teams to playoffs.

Recreation Varsity contests are *six minute quarters stop time*. Shooting fouls-1 shot for two points. On seventh team foul again 1 shot for two points. Last two minutes shoot all foul shots. There are three full timeouts per contest. Pressing is permissible along PAL basketball guidelines. There is no 10 second backcourt rule in effect. *If player is fouled with a made basket, automatically add 1 point. Both coaches are required to sign the official book along with the site director to signify that all league policies were followed during the contest.*

Recreation JV contests are *sixteen minute halves running time*. Last minute of game is stop time if 10 point or less point differential. Shooting fouls-1 shot for two points. On seventh team foul again 1 shot for two points. There are 3 timeouts per game. Pressing is permissible along PAL basketball guidelines. There is no 10 second backcourt rule in effect. *If player is fouled with a made basket, automatically add 1 point. The free throw line will be moved up 3 feet. Both coaches are required to sign the official book along with the site director to signify that all league policies were followed during the contest.*

1. Each team must supply and be responsible for the following at each game:

- Medical Release forms for each athlete (forfeiture without this)
- A scorekeeper and book
- First aid kit
- Cleaning up their bench after each game
- Showing PCA Certification (forfeiture without this)
- Submitting a team roster at first league game and updating the roster at the site as appropriate (all teams)

2. **Each (home) team will additionally be responsible for the following:**

- Keeping the official book (possible forfeiture without this)
- Game ball

The first team listed is considered the HOME team.

Forfeit time is ten minutes after the scheduled game time, but the site director has discretion for the ultimate call.

Overtime is three minutes with one additional time out. If there is still a tie, the game goes to sudden death overtime.

There is **NO** pressing with a 20-point or greater advantage and the clock will go to running time.

*****If a coach or player is ejected from a game they are banned from that game plus the next game (including tournaments).**

- The second ejection of a coach in one season will result in a two game suspension and probation.

Parochial Athletic League guidelines will govern all participants in P.A.L. competition. League games will follow the National Federation of State High School Associations 2011-12 rulebook for basketball. *For 6 team leagues the top 3 schools qualify for the Tournament of Champions. Leagues with 7 or more schools will advance 4 teams to playoffs.*

*****NOTE:** Any player, coach or fan who swears at an opposing player, official, or who causes a fight will be removed from the game for the rest of the half if the site director deems it necessary. Any coach who badgers or becomes verbally OR physically abusive will be disqualified for the rest of that game and longer. The game can only continue if the team has an assistant coach (this person must be identified prior to the game, no walk-ons are allowed).

Basketball Terms and Interpretations

Basic knowledge: Games are usually officiated with 2 or 3 officials. If there are two officials, one official is around the half court line and one is out-of-bounds on the endlines (baseline). The officials move with the ball.

An official's job is to officiate the consequence of the ball formerly called "advantage or disadvantage" of a foul. Every contact between players could be classified as a foul. However, this contact needs to have an advantage gained or lost between opposing players. The official "referees" the defense primarily. When a **foul is not** called, then the following things happened:

1. Incidental Contact - Normal body movement between players.
2. The person that made the contact got **NO** advantage in the play. It was better to let the play continue.
3. There may be some contact away from the ball that two opposing players engage in, not severe, but has offset each other and the referee chooses to use their voice instead of calling a foul.
4. The referee was screened and missed it.
5. Displacement between players is what determines the foul

Always remember whiners and criers get no call, instead talk the “correct” basketball lingo and who knows!!! Common words to communicate are displacement, verticality, call consistency!

Common misinterpretations:

1. Over the Back
2. Reaching
3. Using the player’s behind to “boxout” by pushing
4. Catching a shot “airball” by the same player that shot the ball
5. Carry vs. high dribble
6. Traveling on the first dribble
7. Traveling on the basketball court without control
8. Backcourt call on an out-of-bounds or rebound
9. Charging/Blocking
10. Frontcourt/Backcourt
11. 3-Seconds in the key
12. Moving Screen

Rule interpretations:

1. There is **NO over the back** rule in Basketball. The correct foul is a push. Just because someone comes over the back of an opponent does not mean someone has committed a foul. That is determined by the following criteria:
 - a. Is it a long rebound?
 - b. Did the player behind jump straight up in the air?
 - c. Did someone push to get position for the rebound before the ball hit the rim?
 - d. Is the person in front making contact with the player behind?
2. **Reaching is NOT a foul.** If the players do not reach, then they cannot get the ball. Generally, the correct call will be *Illegal Use of Hands or hit*. This is determined when a defender touches the ball handler. Key is do not touch the ball handler. Remember **the hand IS part** of the ball, therefore contact needs to be on the wrist or the forearm.
3. Once position is established for a rebound, that player may not use their behind to push a player back away from the basket. Pushing a player is displacement. This is **NOT BOXING OUT**.
4. Any player may catch a ball, once a legitimate shot is attempted and that does include the person that shot the ball. Yes, the player that shot the ball can catch an **airball**.
5. A dribbler, who dribbles a basketball, may not allow the basketball to come to rest in their hands; therefore, a **high dribble** is legal as long as the ball does not come to rest.
6. A player starts a dribble by pushing, throwing or batting the ball into the floor; however, the pivot foot may not come off the floor until the ball is released to touch the floor. *The pivot foot may be lifted to make a pass or to shoot only.*

7. If a ball is passed/batted towards a player, they may run after it and this does included moving down the court, until they have control of the basketball. This is called a **fumble**.
8. There is **NO backcourt on an out of bounds play or a rebound attempt**. The mere tapping the ball backcourt or throwing the ball when out of bounds to the backcourt is **NOT** a violation.
9. In order to call a **charge**, the following items must be observed by an official:
 - a. Obtain initial guarding position on a player with the ball by:
 - 1) Get to the spot first without contact
 - 2) Have both feet touching the floor
 - 3) The defender must be initially facing the opponent
 - b. The defender may move laterally, at an angle, or backwards to maintain position.
 - c. The defender may raise their hands in a normal stance or may jump vertically within their vertical plane.
 - d. A defender may turn or duck, (usually seen as a slight movement, not bend over) to absorb shock.
 - e. A defender may not move into the path of the opponent after the opponent is in the air.
 - f. The defender that extends an arm, shoulder, hip or leg into the path of an opponent and causes contact will be “blocking”.
 - g. The defender may not move forward into an opponent to cause contact. This is also a block. The defender must reestablish their position if they move forward toward the dribbler.
 - h. The player with the ball must get their head and shoulders past the front torso of the defensive player.
 - i. If the defensive player is NOT in position he/she may be “run” over.
10. The basketball is considered to be in the frontcourt from the backcourt only when **3-points** have been established. **Both feet of the person in contact with the ball, as well as the basketball itself** need to cross the halfcourt line completely first, before the possibility of backcourt being called. In addition, a player **catching the ball in the air** from the frontcourt and landing in the backcourt is considered to be a backcourt violation, because the last place the player made contact with the floor is frontcourt.
12. **There is no such thing as a MOVING SCREEN. It should be classified as an illegal screen.** A screen is legal when a player, without causing contact, delays or prevents an opponent from reaching a desired position. The screener may face any direction. They **MAY NOT** lean, or extend his or her hips into the path of the opponent. Remember **contact MUST be made for any screen to take place, whether it is legal or illegal.**