

Lubbock-Cooper Lady Hoopsters' Constitution

2025-2026

1. Lubbock-Cooper Lady Hoopsters is a non-profit organization established to provide students living within the Lubbock-Cooper school district an opportunity to develop enjoyment for, and skills to be successful in, basketball.

ORGANIZATION / REGISTRATION

2. An organizational meeting will take place within the first semester of the school year. The board members will elect officers in attendance. Officers will include: (a) President; (b) Vice-president (c) Secretary; and (d) Treasurer.
3. Registration is open to all students living within the Lubbock-Cooper School District grades 1 through 6. Students in grades 1 and 2 will be placed in the Pixies Division. Students in grades 3 and 4 will be placed in the Minors Division. Students in grades 5 and 6 will be placed in the Majors Division. Exceptions to these guidelines will be reviewed (and approved/denied) by the Board on a case-by-case basis.
4. Jerseys will be provided by Lubbock-Cooper Lady Hoopsters and must be worn at all games. Gyms and Referees will also be provided by Lubbock-Cooper Lady Hoopsters.

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5. Teams in all Divisions will be selected through a try-out and draft process. Players are required to attend try-outs and are encouraged to perform their best to ensure a fair and competitive environment.

Teams are allowed two coaches (one head coach and one assistant coach) and two freezes. The frozen player must be a relative of either the coach or the assistant coach, unless approved by the Board. The frozen player(s) will be the team's pick in the first round of that player's grade pool. If two frozen players are from the same grade, they will be the first and second round picks of that team.

Players absent from Try-Outs will be placed on teams through a "hat pick" if not selected in the draft.

Separate drafts will be held for each grade within a Division, with the higher grade selected first in each league.

The draft will be a snake draft, with the draft order reversed at the end of each round until the number of remaining players is insufficient to allow all teams to select a player. At which point the remaining players, along with any absentees, will be included in a "hat pick" in the same draft order so long as there are enough of the remaining players and absentees to complete a draft round. Once the number of players available in the last round from the higher grade is less than the number of teams, then players remaining from the higher grade, will carry over and will be placed in the lower grade pool and eligible for selection. When the remaining players in the lower grade are insufficient to allow all teams to

select a player, the remaining players, plus the absentees, will be randomly picked by each team through a “hat pick.”

FACILITIES

6. All coaches must emphasize to their players and their parents our responsibility concerning the schools and gyms. We use the gyms with the consent of the school and this consent could be withdrawn. Coaches must stress to parents to instruct their children, who are not in games, on proper behavior. Coaches must notify players (and their parents) to keep off the floor until their game time. When advising your parents about practice and game time, please STRESS when the activities will end, so there will not be unsupervised players in the gym or on the school grounds. Please pick up after yourselves when leaving the gym. Try and leave it nicer than you found it. The gym and associated hallways are the only areas we have permission to be in. Do not allow children to roam around the school.

PRACTICE GUIDELINES

7. Time will be set aside for practice before games begin. Gym time will be made available and all teams will have equal opportunity for access.
8. Additional practice times will be arranged after the game schedule begins. These practices should be scheduled ahead of time and the gym should be reserved by using the procedures outlined on the Cooper Lady Hoopsters web site (www.cooperhoopsters.com) or through electronic mail and/or third-party communication applications such as GroupMe, TeamSideline, etc.

GAME GUIDELINES

9. Rules of play will be the same as the current UIL rules with the following exceptions and clarifications.
10. **JERSEYS:**

All players participating in a game must wear the current Cooper Hoopsters jersey. NO EXCEPTIONS. If your player does not have her jersey for any reason, the referee or board members reserve the right to refuse to allow the player to play. Coaches are required to notify the Board and a new jersey will be ordered at the parent's expense.

The HOME team will wear white. The AWAY team will wear the opposite color.

The schedule posted online at www.cooperhoopsters.com indicates the away vs. home team.

11. **TIME-OUTS:**

Pixies & Minors: Coaches are allowed to call time-outs (4, 60-second time-outs per game) from the sidelines. These should be recognized by the officials. One additional 30-second time-out is granted to each team during each overtime period (as applicable, see #24).

Majors: Time-outs are called as in regulation basketball (3 60-second and 2 30-second time-outs per game). One additional 30-second time-out is granted to each team during each overtime period (as applicable, see #24).

12. HEIGHT OF GOAL:

Pixies: The goal height will be 9 feet.

Minors & Majors: The goal height will be 10 feet.

13. POINT VALUES:

Pixies: UIL Scoring Rules apply. Three point shots will be recognized.

Minors & Majors: UIL Scoring Rules apply. Three point shots will be recognized.

Score Keeper – Each team is to provide a Clock Operator or Score Keeper. The Scorekeeper shall be 18 years of age or older. The Scorekeeper shall keep track of each Player's points, fouls, and shall mark each quarter that each player is in the game. The Score Keeper shall also track Team Fouls for each Quarter, Team Timeouts, and Total Team Points.

14. FREE THROWS:

All Divisions will operate under UIL rules for "Bonus" free throws– upon a 5th team foul in one quarter, the opponent will get two free throws for the 5th foul and each subsequent foul in the quarter. The team foul count will reset at each quarter.

Pixies: The free throw line will be moved forward twenty-four (24) inches.

Minors: Players will shoot from the regulation free throw line, but may cross the line to complete their shot.

Majors: Players will shoot from the regulation free throw line and may not cross the line.

15. PRESS: Repeated Violations of this rule will be enforced through the calling of a technical foul whereby an automatic point will be awarded to the other team (no shooting permitted).

Pixies: There will be no backcourt pressure allowed in any quarter. (see also #25)

Minors: There will be no backcourt pressure in the first three (3) quarters. In the last 3 minutes of the 4th Quarter, man-to-man backcourt pressure will be permitted. Teams may not use any zone press or trap. (see also #25)

Majors: There will be no backcourt pressure in the first three (3) quarters. In the fourth (4th) quarter, man-to-man backcourt pressure will be permitted. (see also #25). Teams may not use any zone pressing or trapping.

16. **10-POINT PRESS RULE:**

Minors/Majors: No press allowed by a team who has a 10-point (or more) lead.

17. **REQUIRED # OF PLAYERS:** Four players are required to begin a game. Two players are required to complete a game. If a team only has four players, the opposing team may still play five girls and should still abide by the Playing Time Rule set forth in #19, below.

18. **SIDELINE RULE:** Only players and coaches are allowed on the bench. All other people must leave the game area. Only one (1) coach is permitted to stand at a time and address the referees.

19. **PLAYING TIME:**

- a. **Pixies** All players are required to play one complete quarter during each half of the game. EACH PLAYER MUST SIT AT LEAST ONE FULL QUARTER unless a team has six or less players. Players may be temporarily subbed for injuries.
- b. **Minors:** All players are required to play one complete quarter during each half of the game. Players may be temporarily subbed for injuries. EACH PLAYER MUST SIT AT LEAST ONE FULL QUARTER unless a team has six or less players.
- c. **Majors:** All players must play 1 full quarter in the first half. Open substitutions in the 2nd half but each player must get meaningful playing time in the 2nd half. If a team has 7 or more players present for play, then EACH PLAYER MUST SIT AN ENTIRE QUARTER DURING THE GAME. Ex: If a coach wants a player to play the whole second half, that player can only play 1 quarter in the first half.
- d. A coach's failure intentionally or inadvertently, to comply with any of the Required Playing Time Division Rules or any part thereof, may result in forfeiture of the game in question. Coaches should make every effort to have the scorebook documented to reflect their compliance with these rules when they have either an ill, injured, or disqualified player, or a player absent from their official roster.

20. **CONDUCT:** There shall be no disrespectful or hostile activity by a coach, player or spectator directed toward officials, coaches, players or spectators. Occurrence of a second incidence will require that person to leave the gym area. Coaches should direct offenders to a board member if a problem should arise. This decision will be made and enforced by officials and the Board.

Any technical fouls assessed to a player or coach during a game will result in further action by the board. If the police are called for any reason, the board reserves the right to ban any and all players, coaches, parents, etc. from the league. Board member actions may include the following: sitting out the remainder of the game, sitting out the next game, removal from the league, being banned from the league in the future. **If a parent or coach is thrown out of a game and/or the gym by an official, the board and/or referees shall have the right to also remove their child/player and the board**

reserves the right to prevent their child from playing in future games. Further punishment will be decided by the board on a case-by-case basis.

21. **DISCIPLINARY BENCHING:** Players may be “benched” for one quarter (playing only one quarter) for behavioral issues such a poor attitude and poor sportsmanship conduct. Players will be formally warned and given the opportunity to improve their conduct before “benching” will be enforced for behavioral issues.

22. **CLOCK:**

****Each team is to provide a clock or score keeper, *must be 18 years or older.***

Pixies: All games will be six-minute quarters. There will be a running clock except for free throws and time-outs. The clock will stop on every whistle during the final two minutes of the game and during overtime. There will be a two-minute halftime, and one minute in between each quarter.

Minors: All games will be six-minute quarters. There will be a running clock except for free throws and time-outs. The clock will stop on every whistle during the final three (3) minutes of the game and during overtime. There will be a two-minute halftime, and one minute in between each quarter.

Majors: All games will be six-minute quarters with a two-minute halftime, and one minute in between each quarter. The clock will run as in regulation basketball. There will be a “running clock” if the score differential is 20 points or greater, and will return to normal if the lead is less than 20 points.

23. **GAME BALLS:**

Pixies: Games will be played with a junior size basketball (27.5”).

Minors & Majors: Games will be played with a women’s size basketball (28.5”).

24. **TIES/OVERTIME:** If the game is tied at the end of the fourth quarter, a two-minute overtime period will be played.

The clock will stop with each whistle during the overtime period. Pixies may not sub during the overtime period.

Pixies: If the game is tied following the end of the first overtime period, then the players currently in the game will each shoot one (1) free throw, and will alternate shots for each team. The team that scores the most free throws after all players have shot will be the winner.

Minors & Majors: If the game is tied following the end of the first overtime period, an untimed second overtime period will be played, and the first team to score will be the winner.

25. **DEFENSIVE/GAME STRATEGY:** Violations of this rule will be enforced through the calling of a technical foul whereby an automatic point will be awarded to the other team (no shooting permitted). **NOTICE:** Officials will be instructed to strictly enforce this rule, but will enforce at their discretion.

Lubbock-Cooper Lady Hoopsters exists to provide an environment for player development and fun. We understand the desire to win, and game strategy is definitely encouraged and welcomed. We are asking all coaches to adhere to the spirit of competitive, yet fair play. For example, we will not allow Pixies coaches to place 4 players in the corners so the 5th player can take the ball to the goal one-on-one.

Pixies: Teams will play man-to-man defense only with NO DOUBLE-TEAMING or “Trapping” at any time. However, as the ball get inside the three-point line, defending players are allowed to help the primary defender and recover as needed.

*Please note that it can get very congested inside the three-point line and the double-team rule may not get called as the ball gets closer to the basket.

**Illegal defenses are called at the discretion of the officials. Each team will receive one warning, then subsequent violations may result in a team foul for the offending team.

***If you are utilizing a ball screen in your coaching strategy, it is likely that player will be guarded by two players for a short time. It is recommended to avoid using ball screens if you complain about the double team rule.

At the beginning of each quarter, Coaches are asked to align their players according to playing ability strongest to weakest. Players will then be matched up with an opposing player of similar playing ability, and will be required to wear color-coordinated wristbands corresponding with the girl on the opposite team of similar playing ability that they must guard. Switching the colored wristbands any time during the quarter or timeout is not allowed unless discussed and agreed upon by both coaches. Per rule #19 above, players may switch wristbands if being substituted. Teams are encouraged to substitute players of similar abilities or quickly re-assign wristbands after substitution to avoid violating the spirit of this rule. Coaches who violate the spirit of this rule will be assessed a technical foul. (see also #15)

Minors: Teams will play man-to-man defense only with NO DOUBLE-TEAMING or “Trapping” at any time. However, as the ball get inside the three-point line, players are allowed to help the primary defender and recover as needed.

*Please note that it can get very congested inside the three-point line and the double-team rule may not get called as the ball gets closer to the basket.

**Illegal defenses are called at the discretion of the officials. Each team will receive one warning, then subsequent violations may result in a team foul for the offending team.

***If you are utilizing a ball screen in your coaching strategy, it is likely that player will be guarded by two players for a short time. It is recommended to avoid using ball screens if you complain about the double team rule.

Majors: Teams will play man-to-man defense only with no trapping outside the three-point line at any time. However, as the ball get inside the three-point line, players are allowed to help the primary defender and recover as needed.

MISCELLANEOUS

26. END OF SEASON TOURNAMENT:

A tournament will be played at the end of the regular season games for each division. League Officers, based upon the final regular season team standings, will design the tournament bracket.

27. AWARDS: Immediately following the final end of season tournament game, awards will be presented to players in all divisions as follows:

Pixies: Players will receive a trophy and/or medallion based upon their team's final standing in the regular season and end-of-season tournament.

Minors & Majors: Players will receive a trophy and/or medallion based upon their team's final standing in the regular season and end-of-season tournament.

28. ALL-STARS:

Pixies: No All-Star team will be selected.

Minors and Majors: Towards the end of the season, each coach may nominate players from their own team for all-star selection. Nominations will be sent to the league commissioner and then selected by the various members of the board based on input from the Coaches.

Please note that the teams who finish in the top of the division will likely have more than one all-star while teams that finish towards the bottom may not have any. These All-Star players will participate in an All-Star Showcase game, and will receive a commemorative gift.

CONSTITUTIONAL AMENDMENTS

29. Any changes or additions to these guidelines must be presented to and voted on by the board of directors.

Tie Breaker Guidelines for Tournament Placement

1. If only two teams are involved, the outcome of the regular season games between the two will determine which team enters that tournament as the higher-ranking seed.
2. If three teams are involved, and their regular season record shows one to have defeated the other two, the winner will play as number one and the second and third will be determined by the regular season games between the two teams.
3. If three teams are involved and their regular season record will not determine placement as in #2 above, then each team's record against the team(s) above them in the league standings will be used to determine placement with the remaining two teams being ranked by games between them.
4. If neither of three tied teams has defeated a higher-ranking team, then a point differential will be calculated using the scores of the games between the three teams, as to determine a highest positive and negative point value to determine the highest-ranking team with the remaining two teams being ranked by the game between them. (+ point scored – points allowed, using only the scores of the games between the involved teams.)
5. Ties involving more than three teams will be broken following the appropriate procedure above.
6. Ties involving two teams who have defeated each other one time during the regular season of play will be determined by the point spread (#4). Should equal spreads occur, a coin toss will break the tie.
7. All tie breaker procedures involve regular season play only. Pre-season play or scrimmages do not count.