

# **1<sup>st</sup> & 2<sup>nd</sup> Grade OHAB Youth Basketball Rules**

## **Practices**

Have drills that teach dribbling, passing, footwork and shooting technique for each practice. Please teach different parts of the court such as baseline, sideline, half court, foul line, bucket and any others you may get to this season.

## **Playing Rules**

Teams should be 8 players or less. When substitutions are made all players on the bench should enter the game. It is recommended that each team substitutes at least once per quarter and again to start a new quarter. No player should ever play a whole half without sitting at least once in the half. The only exception to these substitute rules would be when a team only has four eligible players.

High School rules will be enforced with the following changes and additions:

Basketballs will be youth sized unless gym does not have them then women's sized (28.5") may be substituted.

Games will be 4-on-4 to allow more touches and space to play.

No zone defense – must play man-to-man with help-side principles.

No double-teaming – this will be strictly enforced from the three-point line and out. After second warning a technical foul will be called resulting in two free throws and possession of the ball for the offensive team.

No full-court press.

Free throws will only be shot when players are fouled in the act of shooting

Travelling and double-dribbling should be given some leniency (three steps for travelling and do not call two-hand dribbling). Do not call 3 seconds in the bucket or any other timed infractions.

Each team will be given 3 timeouts per half. Unused timeouts do not carry over to second half.

6-personal fouls in a game will result in the player being removed from the game. Teams can finish with no less than 3 players.

Quarters will be running 8-10 minutes (coaches can decide prior to game – maybe longer as season goes) with the clock stopping on foul shots, substitutions and timeouts only. Scores will be erased from the scoreboard at the end of each quarter.

Basket will be 8' where possible but no higher than 9' and the foul-line will be 10'.

On the ball screens/picks **will not be** allowed. Off the ball screens/picks will be allowed

3-point FG's will not count.

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## **Program Rules**

Only SAD 17 players will be allowed to participate. To play at a different grade level than a player's current grade dictates can only occur with the approval from OHAB Basketball Coordinator in conjunction with parents and coaches involved.

Players will be placed based upon the school they attend and their current grade level. Any exception to this must be approved by the OHAB Basketball Coordinator. If schools do not have enough to form a team those players will be placed by the OHAB Basketball Coordinator. If there are enough players to form more than one team a draft will be conducted to divide teams. Returning players will play for same team they played for in the prior season.

Concerns about playing time should be first addressed with player's coach. If resolution is not reached then the OHAB Basketball Coordinator will rectify the issue.

Each team must supply on referee for each game. It is recommended referees be set prior to game day to avoid grabbing someone from the stands.

No school during the week means no practice or games on that day. For Saturday games it will be up to the home coach to determine whether the game should be played when weather is a concern. If a game is postponed both coaches should make arrangements to play as soon as possible – preferably within the next calendar week.

No jewelry shall be worn by players. Religious medallions and/or medical alert bracelets should be taped to the player's body.

### Coaches:

1. Must be adults and 18 years of age unless Coordinator makes an exception.
2. Must control the conduct of themselves, their team, parents and spectators.
3. Must submit a coach application to the Basketball Coordinator for approval.
4. Will remove a player immediately for displaying unsportsmanlike conduct.
5. Conduct practices in a fun and learning manner that includes all players.

### Facilities:

1. Food and beverages are not allowed in the gym. Only bottled water is allowed.
2. The facility (which includes hallways and bathrooms) should be left in the same condition or better than it was found upon arrival. This includes turning lights off.
3. Facility is to be used for just basketball – please refrain the use of other equipment and apparatus not pertaining to basketball. This is especially of concern for those siblings who may be on the sidelines.
4. There is NO SMOKING permitted anywhere on SAD 17 properties including outdoors.
5. Profanity is not allowed.
6. No person should verbally or physically abuse another person – this includes players, coaches, referees, spectators and others attending a practice or game.
7. All spectators and personnel involved with the team should remain in the gymnasium. If siblings need to use the bathroom they should be supervised by an adult.