

3rd & 4th Grade OHAB Youth Basketball Rules

Playing Rules

All players should sit at least once per half and all players should play at least once per half. Exception to this rule would be for a team that only brings five players to the game.

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

Basketballs will be women's sized (28.5").

Basket will be 9' and the foul-line will be 12'.

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

No double-teaming – this will be enforced from the “bucket” out. Players and coach warned first time and on subsequent violations the players in violation will have to sit out until next dead ball.

No full-court defense.

The 7th team foul in a half will be one-and-one and two shots on the 10th foul of the half and for every subsequent foul.

Foul shot violations will be called (on the release). Due to foul line being closer on any miss the shooter cannot be the first to touch the ball.

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

5-personal fouls in a game will result in the player being removed from the game. Teams can finish with no less than 4 players.

Quarters will be 6-minutes in length with the clock stopping on all whistles. Scores can be kept throughout the game or erased after each quarter. This should be determined at the start of the game between the two coaches and can be altered if the score becomes embarrassing for one team. Teams ahead by a considerable margin late in the game are encouraged to sit best players for 4th quarter.

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

3-point FG's will not count.

There will be a round robin at the end of regular season. It will be conducted in the same manner as the regular season.

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Program Rules

Only SAD 17/RSU 16 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 Basketball Coordinator in conjunction with parents and coaches involved.

Players will be placed based upon the school they attend and their current grade level. The Basketball Coordinator must approve any exception to this. If schools do not have enough to form a team the Basketball Coordinator will place those players. 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 from 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/RSU 16 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.

There will be a skills event fundraiser during the season. Information will be dispersed to all coaches when details are final.