

**FORT OSAGE YOUTH LEAGUE
AND
GRAIN VALLEY SPORTS LEAGUE**

**BASKETBALL RULES
2ND THRU 7TH Grades**

Games will be played under the rules of National Federation of State High School Associations in accordance with the Missouri State High School Activities Association with the following exceptions:

1. Every player listed on the game roster at the start, **must play one full uninterrupted quarter**. If a player is injured this rule is waived at the official's discretion. Any player benched for disciplinary reasons is exempt from this rule and the scorekeepers and/or officials must be notified prior to the start of the game.

Violation of this rule will result in a forfeit!

Special Provision: A player who has a serious medical condition that would not allow them to fulfill the requirements of playing a full uninterrupted quarter may be granted permission to play under special provisions as approved by the FOYL Board of Directors/GVSL Commissioners. Each case will be looked at and decided on separately by the FOYL/GVSL Board. If permission is granted for the player to be allowed to play under this provision, they must provide the following documents to the FOYL Board/GVSL Commissioners: 1) A notarized medical release to play signed by a physician (M.D.) And 2) A notarized release to play signed by the parents or legal guardians. Failure to provide any one of the documents will result in the player not being allowed to participate in the FOYL/GVSL basketball league.

- 1a. To be eligible for the FOYL/GVSL end of season tournament and Best of the Best Championship Tournament, a player must play in at least one regular season game. If a player is found to have not played one league game during the tournament, the team will forfeit the game.
2. If a player arrives after the beginning of the game, the player must wait until the second half of the game to play. The player must still receive their one full uninterrupted quarter of play. If a player arrives after the second half of the game has commenced, they will not be able to play in that game.
3. All game rosters will need to be completed by the head coach prior to the start of warm-ups. Only players in attendance at the start of game should be listed on the roster.
4. There will be 2 grade levels of play- elementary (2nd,3rd & 4th) and the middle level (5th-7th). Ball sizes used will be:
28.5 – 2nd thru 7th girls and 2nd thru 4th boys
29.5 – 5th and 7th boys
5. 2nd and 3rd Grade boys & girls will shoot at 9 ft goals. All other grades will shoot at 10 ft goals.
6. Free throw lanes 12 feet for 2nd,3rd, 4th grades and 15 feet for 5th,6th and 7th grades.

The 3 second rule is in effect for all grades starting at their respective free throw line.

7. 2nd, 3rd and 4th Grades will play 8 minute quarters with a running clock. 5th thru 7th Grades will play 9 minute quarters with a running clock. The clock will only stop for time-outs (including injuries), free throws, unusual delays (official's discretion). In the last **2 minutes of the game**, the clock will stop on each whistle as is done in a high school basketball game. Halftime will be 3 minutes.
Exception: If the point spread is 20 or more points, the clock will run, and the score will be frozen until point spread is under 20 points.
8. Tie games in all grades will have one 2-minute overtime period. If the game is still tied after the over period, we will go into a sudden death overtime, meaning the first team to score will be declared the winner.
9. **Pressing**
 - a. 2nd and 3rd grades may **not** play any defense beyond the half court line. This includes a rebound in possession of a player. The defensive team must fall back to half court. Even if the offensive team loses control of the ball prior to crossing the half court line, the defensive team still must fall back because by rule the offensive team last had control of the ball and it is considered to be in that team's possession. After 1 warning per half, the penalty will be a 2 shot technical foul. **Exception:** In the last 2 minutes of the game, either team may play full court defense until a team has a 10 point lead. At that point, the team with the 10 point lead must fall back to half court.
 - b. 4th thru 7th grades: Any defense is allowed until a team has a 10 point lead. At that point, the team with the 10 point lead must fall back to half court to play defense. After 1 warning, the penalty will be a 2 shot technical foul for each violation thereafter.
10. 3 point shots are allowed in all grade levels.
11. There will be 4 time-outs per game that can be used anytime throughout the game at coach's discretion. If there is overtime, each team will receive one additional timeout per overtime period.
12. Only 2 coaches or non-roster people may be on the bench at any time during games. One coach must be seated at all times.
13. Officials are in charge of the rules and conduct during the game and a FOYL/GVSL board member will be in charge of the gym/facility.
14. Teams are to conduct themselves in an orderly manner at all times. No one is to go into any classrooms or mess with the lockers in the hallways. Misbehavior, profanity, or unsportsmanlike conduct, on or off the court will not be tolerated. Persons guilty of this conduct will be subject to disciplinary action by the FOYL Board of Directors/GVSL Commissioners. Absolutely, no basketballs are to be dribbled except for on the "playing court." If any balls are dribbled inside the facility except for the "playing court", they will be taken away from the guilty party and returned when the party leaves the facility.

15. NO dunking before, during, or after the game! During halftime, no spectators are allowed on the court.
16. A team shall consist of a maximum of 12 players with a minimum of 6. A minimum of 4 players is needed to start a game. If a team does not have at least 4 players to start the game, then the game will be forfeited.
17. A player may be moved up 1 grade to complete a team if deemed necessary and appropriate by the FOYL/GVSL Board. Any player held back for more than 1 school year may be reviewed by the FOYL/GVSL Board for the grade level placement.
18. ***There will be NO protests allowed in this league period!***
19. **The head coaches assume the responsibility of their respective teams fans and may be subject to penalty if their fans behave in an unsportsmanlike manner.** Any coach, player, or fan ejected from a game or the facility will be automatically suspended for 1 game and may be subject to further disciplinary action after review by FOYL/GVSL Board. Being suspended, means you will not be allowed in the school building at all. Failure to comply with these stipulations could result in a team forfeiting their game.
20. Each team is allowed **2** basketballs for pre-game warm ups and half time.
21. No jewelry, watches, bobby pins, hair pins, hard casts, or metal braces can be worn at any time. Beads may be worn, but must be flat upon the head. No beads are to be hanging loosely from the head.
22. In case of bad weather, your grade rep will call you(FOYL) or receive a text & email alert(GVSL) if the games are moved back or canceled and posted on www.foyl.org, www.grainvalleysportsleague.com and their respective Facebook pages.

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