

FORT OSAGE YOUTH LEAGUE BASKETBALL RULES

K – 1st Grade

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

Will play with 27.5 size ball: 8 foot goal height

1. Grades K-1st each player will play 1 full quarter in 1st half. During the 2nd half all players should play, but each coach can determine how to achieve that. Each quarter is 6 minutes.

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 score keepers and/or officials must be notified prior to the start of the game.

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. Each case will be looked at and decided on separately by the FOYL Board. If permission is granted, in order for the player to be allowed to play under this provision, they must provide the following documents to the FOYL Board: **1)** A notarized medical release to play signed by a physician. **2)** A notarized release to play signed by the parents or legal guardians. Failure to provide any one of the following documents will result in the player not being allowed to participate in the FOYL basketball league.

2. No score will be kept.

3. Each team will receive 2 (30 second) time outs per half which cannot be carried over.

4. There will be one jump ball at the beginning of the game. Team's possession at half time will be determined by possession arrow.

5. Coaches must coach from the sideline, 2 coaches on the bench. **One coach must remain seated at all times.**

6. There will be one minute between quarters and 2-minute half's.

7. There will be no 3 second violations.

8. The players must dribble.

9. Change of possession will occur as follows: loose ball, score, rebound, or ball out of bounds.

10. Failure to advance the ball across the half court line within 10 sec will be a violation (*at referee's discretion*).

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11. Teams will play man-to-man defense at all times. No full court pressing-when the defensive team takes possession, the shooting team must retreat to inside the three-point line.

A. Ball must cross 3-pt line before it can be knocked away or stolen.

Reaching over the 3-pt line is not allowed

B. Defenders feet must be inside the 3-pt line

C. No double teaming or trapping allowed

D. Pick and roll, & screens are allowed, and defensive switches are allowed

E. Defense is allowed in a fast break situation. Any defender can move to stop a fast break at the 3 pt line. When all defenders catch up, they should switch back to their own man.

F. Coaches should assign players defensive number for matching up man to man before reporting in.

1=point guard, 2=guard, 3=forward, 4=forward, 5=center

12. Fouls will be called, but a player will not be disqualified; they will be educated on their mistakes and taught the right way of completing their defensive or offensive move. **Coaches need to discourage fouling.**

13. **No** jewelry, beads, bobby pins or hair clips, hard casts or metal braces shall be worn.

14. No spectators on the gym floor.

15. Pinnies will be worn by the home team.

16. The referee's decision is final. The referee will use discretion when calling **traveling** and **double dribble violations** due to their age group.

17. Teams must always conduct themselves in an orderly manner. No one is allowed to go into any classrooms or mess with the lockers in the hallways. Misbehavior, profanity, or unsportsmanlike conduct will be subject to disciplinary action by the FOYL Board of Directors. 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.

18. Each team is allowed 2 basketballs for pre-game warmups and half time.

19. In case of bad weather, the grade rep will call you if games are moved back or canceled and posted on www.foyl.org and Facebook.

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