

OLD SAYBROOK PARKS & RECREATION

YOUTH BASKETBALL RULES



OSPR Mission Statement

"Bringing our community together through excellence in our beaches, parks, fields, facilities and programs."

Purpose

The purpose of the OSPR basketball league is to introduce young children to the sport. This is a developmentally appropriate and instructional league. Our focus will be player development, knowledge of the rules, sportsmanship, even playing time and having fun. We want to develop players with more: individual skill, intelligence, creativity and confidence.

Expectations and Outcomes

Throughout the season, our players should be taught the fundamentals and strategies of the sport. At the end of the 7 weeks, they should understand and be able to perform the following:

1st - 2nd Grade

1. How to properly shoot a basketball (B.E.E.F.).
2. How to properly dribble with their eyes up, under control and below the waist.
3. How to properly bounce pass and chest pass to a teammate.
4. How to properly inbound a ball without stepping into the court.
5. Understand the 5 positions of the game.
6. What to do after the ball is shot.
7. Identify offense vs. defense.
8. Understand what defensive positions looks and feels like.
9. How to fall back into a zone defense.
10. Demonstrate superior sportsmanship.

3rd - 4th Grade

1. Outcomes listed above.
2. Understand man to man defense.
3. How to properly stand to deny a pass on defense.
4. How to move a ball through a motion offense (read and react).
5. How to properly screen someone on offense.
6. How to jab step, pivot and pump fake.
7. Understand the difference in offensive plays/strategies against zone or man to man defenses.

5th - 8th Grade

1. Mastery of 3rd - 8th grade outcomes.

General Rules

- All players must play in at least half of the game and have equal playing time across the roster.
- All games are played 5 on 5.
- Games and second half will begin with a jump ball, then alternate possessions.
- 1-minute break between quarters, 3 minutes at the half (unless we are running behind schedule).
- Each team is allowed (2) one-minute time out per half.
- Substitutes will be allowed on time outs, dead balls, and when the ball goes out of bounds only.
- All games will use a running clock.
- Coaches - GAMES MUST RUN ON TIME! Have your team ready to play at the scheduled time.
- Referees are volunteers. Please respect their judgment.

League Rules

1st - 2nd Grade Rules

- Will Play on an eight (8') hoop - **Half Court**
- Court Lay-Out: Black Line all around, Red Line on Divider Side
- Play (4) 8 minute quarters (running time, time kept by Ref)
- Use Jr. size ball 27.5
- Zone Defense 2-1-2 or 2-3 and MUST stay with one foot in the paint
- No backcourt guarding & No double teaming
- Switch sides at half time
- Will call fouls for grabbing, pushing, hacking and reaching in
- Will enforce violations for double dribbling, out of bounds and traveling
- Fouls Shots, from the blue line, when in the act of shooting. Other fouls will be taken out of bounds
- Foul shots can be shot one step over the line
- 6 Fouls = Fouled out

3rd - 4th Grade Rules

- Will Play on a ten (10') hoop - **Full Court**
- Play (2) 20 minute half's (running time, time kept by Ref)
- Use 28.5 size ball
- Man to Man or Zone Defense
- No backcourt guarding & No double teaming *"Pick them up at ½ Court"*
- When playing Man to Man they must meet their player past half court
- Switch sides at half time
- Will call fouls for grabbing, pushing, hacking and reaching in
- Will enforce violations for double dribbling, out of bounds and traveling
- Fouls Shots when in the act of shooting. Other fouls will be taken out of bounds
- Foul shots can be shot one step over the line
- 6 Fouls = Fouled out

5th - 8th Grade Rules

- Will Play on a ten (10') hoop - **Full Court**
- Play (2) 20 minute half's (running time, time kept by Ref)
- Use Regulation size ball for boys (29.5) and a women's size (28.5) for the girls
- Man to Man or Zone Defense
- No backcourt guarding until the final two (2) minutes of the game and have a lead less than 10 *"Pick them up at ½ Court"*
- Will strictly enforce violations for double dribbling, up & down, traveling, backcourt, palming/carrying, out of bounds
- Will call personal fouls for (pushing, holding, blocking & hacking)
- Foul shots will be awarded when in the act of shooting. Any other fouls will be taken out of bounds
- Foul Shots must be start from behind the foul line and may finish over the line.
- 6 Fouls = Fouled out

Sportsmanship

- All players and coaches will demonstrate good sportsmanship throughout each practice and game.
- It is the coach's responsibility to demonstrate what good sportsmanship is and looks like.
- The purpose of our league is to provide an instructional, fair and fun opportunity to learn and understand the game of basketball.
- At the end of each game players and coaches will line up to congratulate the opposing team.
- Scores will be kept for each division; it is the coach's responsibility to teach their team how to win with grace and lose with honor and keep their head held high. We want to teach our athletes how to win and lose with respect.
- Please be respectful to the referees and the other coaches as they are volunteers.
- Remember our league is about providing a safe, fun and positive atmosphere.



Concussions

Per CT General Statutes, CT youth athletic leagues are required to provide information on the signs, symptoms and the nature and risks of concussions. Information can be found here -

<http://www.cdc.gov/headsup/youthsports/index.html>