

# OSA League Rules and Policies

**GAME CHANGES** – We have gone to great lengths to try and accommodate all coaches' scheduling requests whenever possible. It is too disruptive to move games during the course of the season, as it not only affects your team, but also your opponents, as well as the other two teams who would need to move games to accommodate your request. Therefore, we are taking a significantly harder stance in this area this year and moving forward. While we want to provide the highest level of customer service and be easy to work with, we will only move games in the most extreme circumstances. A coach not being available or a team short a few players does not justify a schedule change. If your team must forfeit, please give us plenty of notice so we can find a replacement for your team.

We understand that there are teams that travel from a distance to the OSA and in the event of inclement weather in surrounding areas we reserve the right to cancel and re-schedule games.

## 1<sup>st</sup> – 2<sup>nd</sup> Grade League Rules

- 1) Teams will consist of 8-10 players.
- 2) Game will be played 4 on 4. This is a great way to play at this age as it allows for better spacing, more touches, shots, etc!
- 3) Games will consist of **five** eight-minute periods. Substitutions will only be allowed only at the four-minute mark of each period, unless there is an injury. **Players should be given equal play time.**
- 4) The clock will run continuously until the last 30 seconds of each quarter.
- 5) Free throws will not be shot during the course of play. If a player is fouled on a shooting attempt, the offensive team will be awarded one point, and possession of the ball on their baseline provided the shot did not go in. If the player is fouled and the shot went in, the offensive team will be awarded three points, and the opposing team will receive possession.
- 6) At the end of the 2<sup>nd</sup> and 4<sup>th</sup> period, each player will shoot a free throw. That total will be added to their score.
- 7) Teams must play man to man defense and may pick up at half court. Players may steal passes, but may not steal the dribble.
- 8) Coach box is the length of the player bench from end to end. The assistant coach should remain on the bench, talking players through the course of the game.

## 3<sup>rd</sup> – 8<sup>th</sup> Grade League Rules

Generally, all rules pertaining to basketball for grades 3rd through 8th as defined by the Nebraska State Athletic Association will be used for the Predator League. Some specific rules designed at the coaches meeting, which will be utilized or emphasized are as follows:

1. Girls' 28.5 ball will be utilized for all grades (including 7<sup>th</sup>/8<sup>th</sup> grade rec) except for 8<sup>th</sup> grade boys.
2. Rim heights are as follows:
  - 3<sup>rd</sup> grade boys and 3<sup>rd</sup> and 4<sup>th</sup> grade girls = 9'
  - 4<sup>th</sup> – 8<sup>th</sup> grade boys and girls = 10'
3. Home Team Provides Game Ball; Home Team Wears White/Light Jersey (Home team is listed first on the schedule)
4. All Grades game clock:
  - Two 20-minute halves per game.
  - Clock stops on all whistles during last minute of each half only.
  - 5-minute half time.
5. Time Outs:
  - Regulation Play – 3 per game
  - Overtime – 1 per overtime (do not carry over from regulation play)
6. Overtime period limited to 2 minutes with stopped clock during final minute only. After one overtime, sudden death will go into effect - first team to score wins. No time-outs in sudden death period.
7. Foul Shots.
  - On 7th team foul - 1 and 1.
  - On 10th team foul - 2 shots.
8. Technical Fouls.
  - Two technical fouls on the bench (coach) - ejection from game.
  - Two technical fouls on player - ejection from current and following game.
  - Two coach ejections - elimination of coach from league.
9. Full-court press policy - 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades.
  - Any team may press full court unless they have a twenty-point (20) lead or greater. This includes swiping at or stealing the ball after a rebound in transition. If the referee determines that possession was lost in transition before half court, then the team will be rewarded the ball out of bounds in their back court.
10. Full-court press policy - 3<sup>rd</sup> Grade: No full court Press
11. Teams can start game with four roster players, but if a fifth roster player hasn't arrived by the 10-minute mark of the first half or 2nd quarter for 8th grade, the game will be called a forfeit in favor of the team with at least five players. If any team has more than one forfeited game due to this rule, they will be disqualified from the Predator League.

12. Rule for Coaches' Bench Behavior.
  - Only three coaches per team will be allowed on the team bench. No exceptions! If a scorekeeper is on the bench, that person will be considered a coach.
  - Only the Head Coach can make comments to the referees or workers at the score table. ***If the assist doesn't comply, the referee is instructed to call a technical foul on the bench.***
13. Only the Head Coach will be allowed to stand.
14. Coaches/Fan Attitudes.
  - It is understood that these games get quite. It is important that all maintain a proper etiquette and display of sportsmanship. The referees will be given full licensing to eject fans and coaches from the gym.
  - Note: We have 12 cameras within our gym, so virtually everything is recorded. Any incident will be thoroughly reviewed.
15. A single elimination post-season tournament for 3<sup>rd</sup> – 8<sup>th</sup> grade BOYS teams will follow the last week of the fall and winter sessions. Please note that seeding will take place after the completion of the seventh week of league play.
16. Eligibility- Players can play up a grade, but CANNOT, under any circumstance, play down. There are no exceptions to this rule! Due to an overwhelming amount of school teams playing in the league, we will allow participants to play on more than one team, provided that both teams are not in the same division.

Notes:

- Do not park in the designated "no parking" areas in front of the different storefronts in the parking lot. You will be towed at your own expense. We have an additional 200 parking stalls in back of our facility in the event the front area is full.
- On Saturdays and Sundays, doors will open 30 minutes prior to the start of the first game. For games that take place during the week, be advised that we have practices or events going right up until your scheduled first game. All teams will have a 5 minutes warm-up period.
- \$2 admission charged to adults for all league games. There is no admission for high school age and under. Coaches must present coaches passes each week or pay the \$2 admission fee. Abuse of the pass will result in revocation.
- In the event of inclement weather, check the homepage two hours prior to your game time for the status of your game.
- Teams will need to provide their own warm up basketballs. Home team provides the game ball.

For, questions or concerns, contact Bob Franzese, Omaha Sports Academy General Manager at (402) 991-7612 or at [Bob.Franzese@OmahaSportsAcademy.com](mailto:Bob.Franzese@OmahaSportsAcademy.com).