

**OSA League Rules and Policies**  
**\*PLEASE NOTE: Some Rim Heights and Ball Sizes have Changed!!!!**

**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, as in previous seasons, 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.

**1st Grade Boys League Rules – PLEASE NOTE HIGHLIGHTED CHANGES**

1. Teams will consist of 8-10 players.
2. **Rim Height = 8 feet; Ball Size = 27.5 (junior ball)**
3. **Game will be played 5 on 5.**
4. Games will consist of four ten-minute periods. Substitutions will only be allowed at the five-minute mark of each period, unless there is an injury. The clock will stop on all whistles for the last 30 seconds of the 4<sup>th</sup> quarter only if the margin of score between the two teams is 5 points or less. Players should be given equal playing time. Teams will shoot at one basket for the 1<sup>st</sup> and 2<sup>nd</sup> quarters. Teams will switch baskets they are shooting at after the 2<sup>nd</sup> quarter and shoot at the opposite basket for the 3<sup>rd</sup> and 4<sup>th</sup> quarters.
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> period, each player will shoot a free throw from approximately 12 feet. That total number of made free throws will be added to their team's score.
7. Teams must play man-to-man defense and may pick up at half court. Once a team has gained possession in their backcourt, the defense must retreat behind half court. Players may steal passes but may not steal the dribble. If player is holding the ball while being guarded for 10 continuous seconds the result will end in a turnover giving the possession to the opposing team where the ball will be inbounded from the sideline. The player will be given a warning from the official at the 5 second mark in order to avoid a 10 second turnover call.
8. Games will be played on half courts, which are designed specifically for this age group. Coaches stay within their team's bench. The assistant coach should remain on the bench, talking players through the course of the game and helping with substitutions.
9. Actual score will represent on the score sheet but the scoreboard will never reflect above a 20 point margin. In the event of a tie, a round of free throws will determine the winner. If the game is still tied after a round of free throws, an additional round of free throws will be shot. If the game is still tied, the game will end in a tie.

**2nd Grade Boys League Rules**

1. Teams will consist of 8-10 players.
2. **Rim Height = 9 feet; Ball Size = 27.5 (junior ball)**
3. **Game will be played 5 on 5.**
4. Games will consist of four ten-minute periods. Substitutions will only be allowed at the five-minute mark of each period, unless there is an injury. The clock will stop on all whistles for the last 30 seconds of the 4<sup>th</sup> quarter only if the margin of score between the two teams is 5 points or less. Players should be given equal playing time. Teams will shoot at one basket for the 1<sup>st</sup> and 2<sup>nd</sup> quarters. Teams will switch baskets they are shooting at after the 2<sup>nd</sup> quarter and shoot at the opposite basket for the 3<sup>rd</sup> and 4<sup>th</sup> quarters.
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> period, each player will shoot a free throw from approximately 12 feet. That total number of made free throws will be added to their team's score.
7. Teams must play man-to-man defense and may pick up at half court. Once a team has gained possession in their backcourt, the defense must retreat behind half court. Players may steal passes but may not steal the dribble. If player is holding the ball while being guarded for 10 continuous seconds the result will end in a turnover giving the possession to the opposing team where the ball will be inbounded from the sideline. The player will be given a warning from the official at the 5 second mark in order to avoid a 10 second turnover call.
8. Games will be played on half courts, which are designed specifically for this age group. Coaches stay within their team's bench. The assistant coach should remain on the bench, talking players through the course of the game and helping with substitutions.
9. Actual score will represent on the score sheet but the scoreboard will never reflect above a 20 point margin. In the event of a tie, a round of free throws will determine the winner. If the game is still tied after a round of free throws, an additional round of free throws will be shot. If the game is still tied, the game will end in a tie.

**1st and 2nd Grade Girls League Rules**

1. Teams will consist of 8-10 players.
2. **Rim Height = 8 feet; Ball Size = 27.5 (junior ball)**
3. **Game will be played 5 on 5.**
4. Games will consist of four ten-minute periods. Substitutions will only be allowed at the five-minute mark of each period, unless there is an injury. The clock will stop on all whistles for the last 30 seconds of the 4<sup>th</sup> quarter only if the margin of score between the two teams is 5 points or less. Players should be given equal playing time. Teams will shoot at one basket for the 1<sup>st</sup> and 2<sup>nd</sup> quarters. Teams will switch baskets they are shooting at after the 2<sup>nd</sup> quarter and shoot at the opposite basket for the 3<sup>rd</sup> and 4<sup>th</sup> quarters.
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> period, each player will shoot a free throw from approximately 12 feet. That total number of made free throws will be added to their team's score.
7. Teams must play man-to-man defense and may pick up at half court. Once a team has gained possession in their backcourt, the defense must retreat behind half court. Players may steal passes but may not steal the dribble. If player is holding the ball while being guarded for 10 continuous seconds the result will end in a turnover giving the possession to the opposing team where the ball will be inbounded from the sideline. The player will be given a warning from the official at the 5 second mark in order to avoid a 10 second turnover call.
8. Games will be played on half courts, which are designed specifically for this age group. Coaches stay within their team's bench. The assistant coach should remain on the bench, talking players through the course of the game and helping with substitutions.
9. Actual score will represent on the score sheet but the scoreboard will never reflect above a 20 point margin. In the event of a tie, a round of free throws will determine the winner. If the game is still tied after a round of free throws, an additional round of free throws will be shot. If the game is still tied, the game will end in a tie.

### **3rd – 10th 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. Rim heights and Ball size are as follows:
  - 3<sup>rd</sup> Grade Boys and Girls: **Rim Height = 10 feet; Ball Size = 27.5 (junior ball)**
  - 3rd and 4th Grade Girls COMBINED DIVISION: **Rim Height = 10 feet; Ball Size = 27.5 (junior ball)**
  - 4th –7th Grade Boys: **Rim Height = 10 feet; Ball Size = 28.5**
  - 4th –8th grade Girls: **Rim Height = 10 feet; Ball Size = 28.5**
  - 8<sup>TH</sup> Grade Boys: **Rim Height = 10 ft; Ball Size =29.5**
2. Home Team Provides Game Ball; Home Team Wears White/Light Jersey (Home team is listed FIRST on the schedule, both online and on the app)
3. All Grades game clock:
  - Two 20-minute halves per game.
  - Clock stops on all whistles during last minute of each half only.
  - One 30-second time-out per overtime period (cannot carry over unused time-outs)
  - 2-minute half time
4. Time Outs: Three 30 second timeouts per game; do not carry over into Overtime Periods.
5. 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.
6. Foul Shots:
  - On 7th team foul - 1 and 1.
  - On 10th team foul - 2 shots.
7. Technical Fouls:
  - Two technical fouls on the bench (coach) - ejection from current game and following game.
  - Two technical fouls on player - ejection from current and following game.
  - Two coach ejections - elimination of coach from league.
8. Full-court press policy:
  - 3rd GRADE - Teams will not be allowed to press or play defense in the back court at any point in the game.
  - 4th – 10th GRADE - 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.
9. Teams can start games with four roster players, but if a fifth roster player hasn't arrived by the 10-minute mark of the first half, the game will be called a forfeit in favor of the team with at least five players.
10. A single elimination post-season tournament for 3rd – 10th grade BOYS and GIRLS 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.
11. 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.
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 assistant coach 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 games get quite exciting. 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!

**Fan Decorum:** As always, protecting our referees is a major point of emphasis for each season. Fans who cross the line and verbally abuse or berate the officials will be removed from OSA and OSA Facilities. If a spectator is removed from OSA or an OSA facility, they will not be allowed to re-enter until first meeting with Bob Franzese, OSA General Manager. Repeat offenders will be banned permanently from OSA. Like players and coaches, officials will from time to time miss calls, and as a spectator, you do not have a right to admonish or berate officials. We encourage you to simply show up and cheer on your loved one and their teammates. If you do not address the referees, you will have nothing to worry about.

**Coaches Decorum:** Only the head coach is allowed to address the official. The assistant coach may not address the officials. If a coach or assistant coach receives a technical foul, the seat belt rule will apply and both coaches will need to sit for the remainder of the game. If a coach receives two technical fouls, they will be ejected and will need to leave the gym area. We set aside officials areas in the corners of each court. This area is for officials and officials only. Coaches may not address the officials while they are in these areas before, at halftime or after games. In high school and college games, officials retreat to their locker rooms at halftime and after games and coaches are not allowed to enter into those areas - the same philosophy applies here...although it's not a locker room, it is their area, and they should not be approached.

**Note on Coaches and Fan Decorum:** We invest in our officials and the process of which we assign officials. We have an assigner that is on the board of the group that assigns the metro officials, and he is very good about working with officials who might need a little more help. Many of our officials are the same people who are officiating area metro varsity, JV, and freshman games. Several of our officials even officiate at the collegiate level. Our referees, from top to bottom, are as good as anywhere. That said, we do understand officials, like players and coaches, will have off days, and if there is ever anything you need to bring to my attention please email me at [Bob.Franzese@omahasportsacademy.com](mailto:Bob.Franzese@omahasportsacademy.com).

#### **Additional Notes:**

- Please do not park in the designated "no parking" areas in front of the different storefronts in the OSA 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.
  - Doors will open 30 minutes prior to the start of the 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) 504-1222, ext 1 or at [Bob.Franzese@OmahaSportsAcademy.com](mailto:Bob.Franzese@OmahaSportsAcademy.com).