2016 - 2017

AOSL Youth Basketball

Rules and Regulations

Flagrant violation of any League regulation or interpretation of such will result in individual and or team suspension, which forfeits all rights, privileges, registration and League fees, etc.

Coaching responsibilities

Each volunteer coach is charged with the responsibility of keeping his/her team players informed of all matters relating to this league. Coaches must stay in the coach's box which is the length of the chairs (bench). Coaches will be given one warning and receive a technical foul if the problem persists. ONE (1) coach is allowed to stand up during the game. Failure to do so will result in a technical foul.

Player and Equipment

No player shall play in a cast, earrings, bracelets, or jewelry during a game or at practice. It shall be the referee and coach's duty to inspect players. All players must be on a team roster. No player may change teams once league play starts unless change is made by the AOSL staff.

All basketball games hosted by AOSL will be conducted in accordance with the National Federation of state High School Associations Basketball rulebook. As the host, AOSL reserves the right to make additions and exceptions to these rules.

Uniforms are provided by AOSL. Players will keep their uniforms when the season is over.

Divisions (Coed)

Pee Wee: 0-1st grade

Mighty Mite: 2-3rd grade

Jr. Bantam: 4-5th grade

Bantam: 6-8th grade

Seniors: 9-12th grade

DIVISION BREAKOUTS ARE SUBJECT TO CHANGE

Length of Game / Time outs / Overtime

All divisions will use a running clock with (4) four 10 minute quarters. These quarters are broken up with two (2) 5 minute sub-quarters.

Two 30 second timeouts per half

2 minute half times

Clock stops during last minute of the first half (This is the bottom of the second quarter)

Clock also stops during the last minute of the game (This is the bottom of the fourth quarter)

In the event of a tie at the end of regulations the following overtime rules will apply:

1. 3 minutes: First two minutes are running clock, last minute is stop clock
2. Sudden death: First basket (field goal or free throw) made wins the game.

Game site and days

Antioch Games are played at Cornerstone Christian School in Antioch: 1745 E. 18th street.

Clayton Games are played at the Clayton community gym in Clayton: 700 gym ct.

All Games will be played on Saturday's. See website for times.

Game schedules, standings, scores, etc. for all divisions will be posted on the AOSL website:

www.alloutsportsleague.com

Equipment

Pee Wees: 8' rim and use a 27.5 basketball

Mighty Mite: 10' rim and use a 27.5 basketball

Jr. Bantam and Bantam: 10' rim and use a 28.5 basketball

Seniors will play on a 10' rim and use a 29.5 basketball

All players must wear tennis shoes or gym shoes, no Street shoes, black soled shoes, jeans, bare feet, or jewelry are allowed at games or practices.

Coaches must dress appropriately on the sideline.

Maximum of 2 coaches on the bench – No Parents or Team moms on the Bench – One coach is allowed to stand during the game.

Game Play

Pee Wee games begin with visitor inbounding.

Mighty Mite - Seniors begin with a jump ball.

All Players must play a minimum of a complete half (20 minutes) per game unless the child is not healthy or simply does not wish to play.

All divisions EXCEPT pee wees MUST play man to man defense only.

Sub Rule

Time keep – Mandatory substitution: The following applies to all divisions. Each quarter will be broken down by sub-quarters. We play 10 minute quarters: (5 minutes and 5 minutes) at the end of each sub quarter, there is a mandatory substitution. For example, if you have 3 players on your bench, those three players must be put in to play that sub-quarter. **NO PLAYER MAY SIT OUT CONSECUTIVE SUB QUARTERS.** A player can sit out the bottom of the 2nd and the top of the 3rd because the sub rule resets per half. This means you can reset your lineup in the second half.

With 30 seconds remaining in the sub-quarter, players should move to the half court on their sideline to prepare to go in.

Players have 15 seconds to sub in at the end of the sub-quarter. If they do not inbound the ball during the 15 seconds they will lose possession. It is very important to have you subs prepared to enter the game.

Scores will be awarded based on the following:

3 points for 3 point shots (on courts where available), 2 points for field goals, 1 point for free throws. Pee wees can make 3 pointers.

There is a mandatory running clock in the second half if a team has a 15 point lead.

In order to keep the pace of play, the Pee Wee division will have a maximum of 4 shot attempts on offense. If they do not make a shot after 4 attempts, the ball will be automatically given to the other team. We want to see "transition basketball" in this division. No Amoeba basketball ball.

Free throws

When a player is fouled and basket is made (And 1)

The player will NOT shoot a free throw in this situation. The player will automatically be awarded the extra 1point.

2 point "And 1's" will end up being an automatic 3 point play

3 point "And 1's" will end up being an automatic 4 point play

Fouls

When a player reaches 5 fouls, they must go out of the game for at least one "game" minute. Once the player re-enters the game, for every subsequent foul for that player going forward, they must sit for 1 minute following each foul, i.e. 6 fouls = 2 game minutes out, 7 fouls = 3 game minutes out, etc.

There are no longer 1 and 1's. A player will only shoot one free throw that will be worth 2 or 3 points.

If a player is fouled during a 2 point shot attempt and does not make it, they will shoot one free throw worth 2 points

If a player is fouled during a 3 point shot attempt and does not make it, they will shoot one free throw worth 3 points

Teams will not shoot foul shots until 10 team fouls. They will shoot 1 shot worth 2 points.

Pee Wees will now shoot free throws once the other team reaches 10 team fouls. THEY WILL NOT LINE UP FOR FREE THROWS. The player who is fouled will shoot one free throw while the other players line up at half court. Whether they make or miss, the opposing team will be awarded the ball and play will continue by inbounding the ball.

PLEASE NOTE, PEE WEES DO NOT SHOOT FOUL SHOTS IF THEY ARE FOULED DURING A SHOT ATTEMPT UNLESS IT IS THE 10 TH OR MORE FOUL.

Technical Fouls

If a player, coach or team receives a technical foul, it's an automatic 2 points to the opposing team and the opposing team receives the ball. THERE WILL NOT BE A FREE THROW ON TECHNICAL FOULS.

Players and coaches are ejected after receiving two technical fouls in a game. If a player or coach who receives two technical fouls in one game, that individual is suspended for the following week's game. It is our belief that no player or coach should receive a technical foul.

Double dribbling and traveling calls will not be called in the Pee Wee division; however, Pee Wee coaches and referees should stop the game and instruct the player that he/she must dribble the ball. We will not allow a player to run down the court with the ball.

Double dribbling will be lenient in the Mighty Mite divisions until game 3. Coaches MUST teach their kids the rules of the game and how to dribble the ball without double dribbling/traveling, etc. Referees will use good judgment in the Mighty Mite division. First whistle should be a warning and side out. Second whistle, ball is given to the other team. All rules will be enforced in the Jr. Bantam, Bantam AND Senior division.

Pee Wee Division plays zone defense only (2-3, 3-2, 1-3-1)

Press Rule

No Pressing is allowed in the Pee Wee division.

Teams can pick up at the press line in Mighty Mite – Jr. Bantam.

Bantam and seniors play live basketball and can press at any time.

Mighty mite – Jr. Bantams are allowed to press in the final minute of each quarter (2nd sub quarter)

Teams may not press if they have a 10 point lead.

Shot clock: There will not be a shot clock, however the referee will count down to 5 seconds if a team is stalling in the holding area. The holding area is in between half court and the press line.

Overtime rule: In the event of a tie, there will be a 3 minute overtime, then 1 minute, then sudden death. Team must win by 2 points in overtime. In sudden death, the first team to score is the winner (as long as the basket is for a win). In O.T. there is a stop clock during the last minute of each overtime period.

Each team will be given one 30 second time out during overtime. Time outs DO NOT carry over in O.T. (Fouls do). Clock will stop in the last minute dead balls during overtime.

Sportsmanship

We expect that all coaches, players and parents be respectful of each other and the referees. Remember. It's not about you; it's about the children and their experience! We want the children to learn the game of basketball and to have fun while playing. We also want the parents to walk away from this season with positive thoughts about the coach, the league and the experience. You are a leader, a coach, a mentor and above all a role model! These kids will remember you for the rest of their lives. Set good examples.

Any coach, player or parent violating this rule will be given a warning and asked to leave the league on the second offense.

All Out Sports League reserves the right to refuse service from anyone and has the right to change, alter or over-ride any of the rules.