



Elementary Basketball League Manual

Philosophy

- This is a recreational league. The focus is on:
 - Players having fun
 - Learning the game
 - Emphasizing teamwork, not competition

Player and Team Rules

- Players will play in their enrolled grade (grades may be combined)
- Players may “play up” a division, but not down
- Each team must have a coach present at practices and games
- A maximum of two assistant coaches are allowed on the bench during games
- Players must wear a clean uniform and athletic shoes
- No jewelry is allowed during practice or games
 - Players may tape over earrings instead of removing them

Game Format

- Four quarters – 10 minutes each
 - 1-minute breaks between quarters
 - 5-minute halftime
- Clock Stops:
 - Dead balls in the last minute of the game
 - During free throws (clock starts when players are lined up)
- Playing Time:
 - Each player should play at least half of the game
- Overtime:
 - One 2-minute quarter (clock stops on dead balls in the last minute)
 - One timeout per team
 - Jump ball to start
 - If tied after overtime period:
 - Sudden Death; first team to score wins
 - Jump ball to start



Equipment & Court Rules

- Ball Size
 - 28.5" ball (all divisions except 5th – 7th boys use regulation size)
- Goal Heights:
 - K – 2nd: 8ft
 - 3rd – 4th: 9ft
 - 5th – 7th: 10ft
- Free Throws:
 - K – 4th: 12ft line
 - 5th – 7th: Standard free throw line
- Fouls:
 - Six per player
- Lane Violations:
 - Three-second rule only in 5th – 7th

Defense Rules

- K – 2nd: Must retreat to volleyball service line after possession change
- 3rd – 4th: Must retreat to half-court after possession change
- 5th – 7th: Full court defense allowed

Timeouts & Players Requirements

- Three timeouts per game (do not carry over to overtime)
- Teams may start/finish with four players
 - Fewer than four is a forfeit (teams may still scrimmage)

Facility Rules

- No tobacco products
- No smoking or vaping
- No horseplay in hallways
- No outside food/drink (only food/drink purchased at OC is allowed)

Sporting Event Rules

- Unsportsmanlike behavior from players, coaches, or spectators will not be tolerated



- During basketball and volleyball games or practices:
 - Only scheduled team members and coaches may be on the court
 - All others must remain in the bleachers
- All participants must follow The OC policies and procedures, including proper attire
 - "Shirts and skins" will not be allowed for practices or games

Sportsmanship Expectations

- Coaches, players, and spectators must display good sportsmanship
- Technical Fouls:
 - Coaches must leave the facility within one minute of receiving a technical foul (team will forfeit if not)
 - Players are removed for the remainder of the game
 - Technical fouls will be reviewed by Ozark Parks & Recreation for possible suspension
- Spectators asked to leave may face further penalties per Ozark Parks and Recreation Program Policies and Procedures

Protests & Complaints

- Must be reported to the gym supervisor immediately
- Protests must be reported in the scorebook before play resumes
 - Judgement calls are not protestable
- Complaints should be handled privately after the game to the onsite gym supervisor

Court Use Guidelines

- Only players and coaches of the current game are allowed on the court during:
 - Halftime
 - Timeouts
 - Between games

Remember, this is a recreational league. Please keep the focus on fun, teamwork, and learning.