



PCABA Rec Basketball League Rules

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1. League Objective:

The goal is to provide the student athletes who live in the greater Plain City community the opportunity to grow basketball skills, sportsmanship and friendship throughout the winter sports season.

2. Divisions

- 2.1. Kindergarten League
- 2.2. 1st/2nd Grade Co-Ed Division
- 2.3. 3rd/4th Grade Girls Division
- 2.4. 3rd/4th Grade Boys Division
- 2.5. 5th/6th Grade Girls Division (7th grade may join on a space available basis, if not participating on a JAJHS Team)
- 2.6. 5th/6th Grade Boys Division (7th grade may join on a space available basis, if not participating on a JAJHS Team)

3. General Information

- 3.1. PCABA reserves the right to alter these divisions for the betterment of players.
- 3.2. 1st through 6th grade players will be evaluated for the basis of team placement and will be drafted by division coaches using a process approved by the Director of Basketball and/or the PCABA Board. The intent of the evaluation and the draft is to create well balanced teams that will generate similar competitive abilities to encourage and promote competitive games during the season enhancing player growth.
- 3.3. Players may desire to “play up” in the next higher division. This is neither encouraged nor discouraged by the PCABA, but will be considered only under the following conditions:
 - 3.3.1. The intent or desire to “play up” should be declared during the registration process.
 - 3.3.2. The player may only be considered to “play up” one level higher than the grade appropriate level.
 - 3.3.3. The player must evaluate for coaches in the grade appropriate level AND in the “play up” level. The Director of Basketball and the coaches for those divisions should agree on the division placement for that player.
 - 3.3.4. If permitted to “play up” during one season, that does not automatically permit the player to “play up” during subsequent seasons. However, strong consideration, as well as caution, should be used if considering moving this player down to the appropriate grade level in a subsequent season.
 - 3.3.5. The decision to permit players to “play up” should not be taken lightly because this would take the player out of his grade level and away from his peer group. It could also take him out of his school. It could also disrupt the grade appropriate division as well as the “play up” division, as it could adversely affect the roster numbers and teams for both divisions. The decision should benefit the player, but not at the expense of the division or league as a whole.
 - 3.3.6. Parent requests for players to move to a different division or for specific team placement within a division will be considered on an individual basis.
- 3.4. All Star Games, Tournaments, and Awards will be determined based on the Division size and grade level. Provided there are at least four teams, tournaments will begin at the 3rd/4th Grade Divisions and continue at the 5th/6th Grade Divisions.
- 3.5. All participants, regardless of capacity, agree to adhere to the Official PCABA Code of Conduct, as published on the PCABA website.

4. Coaching Guidelines:

- 4.1. Be respectful of officials, other coaches, spectators and players. Each coach’s main priority is to be a positive role model for players.
- 4.2. Adhere to National Federation of State High School Association (NFHS) and Ohio High School Athletic Association (OHSAA) rules unless otherwise stated within the rules of this document. Any conflict or confusion

within these rules should be decided by the game official.

- 4.3. Coaches must also pass background checks. As a general rule, coaches should not be in the presence of players individually at practices or games without parent consent and all practices should be open to all parents who choose to attend. Coaches must make sure all player's parents/guardians are present prior to leaving practices or games.
- 4.4. Alcohol, tobacco and illegal drugs are prohibited.
- 4.5. Coaches are required to provide a safe playing environment and make every effort to ensure that games are played fairly, player development is a priority and lopsided scores are to be avoided. Included in fair play will be a post-game handshake by teams and coaches.
- 4.6. Coaches should inquire and adhere to any medical concerns that players on their teams have.
- 4.7. Coaches will complete Lindsay's Law training, concussion training, and any other training deemed necessary by the PCABA Board.
- 4.8. Any technical foul received by a coach must be discussed with PCABA board members prior to moving forward with their coaching season (The coach in question must notify the PCABA board within 24 hours, or prior to their next team event, whichever occurs first). Two technical fouls is an automatic game suspension and board discussion, and three technical fouls will relieve a coach from their position for the remainder of the season.

5. Spectator Guidelines

- 5.1. Anyone who is not an administrator, official, coach or player is considered to be a spectator. All spectators' main priority should be safety, encouragement and modeling of good behavior for our players. Encourage players and let coaches, coach, and officials, officiate.
- 5.2. Any remarks deemed discourteous toward players, coaches or officials leave the spectator subject to removal at the discretion of the game official and /or league administrators present and will need PCABA board approval to return as a spectator.
- 5.3. Alcohol, tobacco and illegal drugs are prohibited.
- 5.4. All children who are not participating need to be monitored at all times.
- 5.5. Spectators must adhere to rules that are posted within each facility (i.e. not leaving personal items unattended, food and drink rules, following appropriate attire guidelines, etc.) and spectators should clean up after themselves appropriately and report any concerns that occur (i.e. damaged equipment, water spills, etc.)

6. Player Guidelines

- 6.1. Equipment and Attire
 - 6.1.1. Absolutely no jewelry. No tape over earrings.
 - 6.1.2. No clothing should be worn on the head that is not secure to the head, nothing that swings or could hit someone (including durags), follow OHSAA rules.
 - 6.1.3. Shirts should be tucked into the player's shorts.
 - 6.1.4. Make sure shoes are and stay tied as this can be a danger to the player on the court.
- 6.2. The PCABA prides itself on being a developmental league first. This means that all players should receive equal playing during practice and games throughout the season. This includes tournament games.
- 6.3. Teams should substitute players every quarter.
- 6.4. No player should sit two quarters/segments in a row if healthy.
- 6.5. Players should continue to rotate during overtime sessions. It is only fair to give all players a chance to experience this exciting game opportunity.
- 6.6. If a player substitutes for an injured player and the player is able to play again, the quarter should count for whoever played the majority of the quarter towards their playing minutes.
- 6.7. If a player arrives late, coaches will do their best to provide that player appropriate playing time within the remaining time starting with the next quarter.

- 6.8. Teams need at least four players to play a game (exception - Kindergarten) and must have at least four players throughout a game. Coaches may borrow or “pick-up” players if needed. Teams who are concerned about not having enough players (not having five players to play) may borrow players from the immediate lower division to allow the game to be played. Pick-up players must be members of PCABA and be listed on a Roster for a current season team from the lower division. If a team loses a player(s) to injury / other circumstance during a game that takes the team below four players, coaches can agree to share players to finish if both sides agree to do so. We would hope coaches would come to a fair arrangement for the sake of modeling cooperation for players to emulate. A team can also choose to share a player to keep a game five on five as well.
- 6.9. Players who are borrowed from another team should play at a minimum need basis and should never play more than players who are on the team’s actual roster. Players on the roster should begin the game in front of any player who is added for depth. Subs can play to give roster players a break, but should never take precedence over players on the roster. This does not apply if you are borrowing from your opponent.
- 6.10. A player who receives a technical foul shall sit out the quarter, two technical fouls shall warrant a game suspension. Any further disciplinary concerns will require an appearance before the PCABA board to discuss the terms for reinstatement.
- 6.11. Any player fighting will result in immediate ejection. Offending players must leave the facility during and post game. Coaches must report the incident to the PCABA board within 24 hours or prior to their next team event, whichever occurs first. Disciplinary action will be determined by the PCABA board.
- 6.12. Any need for minor player discipline for minor infractions may be handled at the coach’s discretion and should be discussed with the player and parent to correct and avoid future issues. Anything other than minor discipline should be approved by the PCABA board.
- 6.13. Players / Teams will warm up for a maximum of five minutes if the official start time of a game has past. More warm-up time can be allotted accordingly if the prior game has ended early. Teams warm-up opposite their bench and switch directions at half-time.

7. Weather Concerns - Cancellation/Delay of games

- 7.1. When the forecast calls for weather or pending weather, every effort will be made to make a decision by 7:00 AM of date of the game for Saturday games (1:00 p.m. for any Friday night games). The decision will follow choices made by the Jonathan Alder School District in an effort to stay consistent with the safety of everyone in our community. A text will be sent to all coaches so they can contact their respective teams with the decision. The decision will also be posted on social media by PCABA.

8. Kindergarten Rules

- 8.1. Court and Equipment
 - 8.1.1. Kindergarteners will have two side by side games at the same time at PCES or CMS.
 - 8.1.2. This Division will play on a 8 foot rims with a 25.5 inch ball.
- 8.2. These games will be played 5 on 5 (minimum of 3 on 3 should a team be missing players)
- 8.3. Teams will play a total of six segments that are 6 minutes each. They will play with a running clock, stopping only for timeouts and significant player injuries. Substitution only between segments, and a four minute half time.
- 8.4. No score will be kept during the Kindergarten games. No free throws will be shot.
- 8.5. Timeouts are one minute each. Teams receive one timeout per half.
- 8.6. At least one coach from each team shall help officiate. The intent is to keep the game moving along with coaching players on important points throughout the game. The game works best when all coaches officiate/coach throughout, with positive intentions.
- 8.7. Players should be coached on footwork throughout the game. Players should make an attempt to dribble each time they have the ball. Constant feedback should be given on dribbling with one hand and only picking the ball up once per time a player attempts to dribble. Game play should be paused to reinforce these ideas when needed (excessive violation). Do not reset entirely if it is not needed. This keeps the game flowing.
- 8.8. Players should be matched up by coaches based on skill level prior to each segment. Easiest way to do this is to line up the most aggressive player and work your way down to the least aggressive player. If an egregious error is made in evaluation, match-ups can be switched during a segment, but avoid this as much as possible to avoid confusion of player match-ups.
- 8.9. Man to Man defense only. Players guard once they pass half court (coach's discretion if half court line isn't marked). No switching defensively. Players can help, but must get back immediately. They may guard another player to stop a transition basket, but must return to their man if the fast break has ended. Players should remain at an arm's length from the player they are guarding.
- 8.10. No stealing from the dribbler. You must give a player the opportunity to pass once they pick the ball up. Players may steal a pass once it has left the hands of the player.
- 8.11. No blocking shots. Take the ball up top when this occurs.
- 8.12. Any fouls or stoppages of play in the half court should be checked up top. Coaches can/should help both teams space the floor to restart. Using shapes marked on the floor can help players stay spread out. If play becomes too disorganized, reset in this format as well.
- 8.13. All players should be given the opportunity to bring the ball up the court at some point during each game. Effort should be made to get each player multiple shot attempts and if possible, to score.
- 8.14. Coaches can flip a coin to determine the offensive team to begin the game and jump balls will alternate accordingly from then on.

9. 1st/2nd Grade Rules

- 9.1. Court and Equipment
 - 9.1.1. 1st/2nd graders will have two side by side games at the same time at PCES or CMS
 - 9.1.2. Girls Division will play on a 8 foot rim with a 25.5 inch ball.
 - 9.1.3. Boys Division will play on a 8.5 foot rim with a 25.5 inch ball.
- 9.2. These games will be played 4 on 4 (can be played at 5 on 5 if coaches agree prior to the game.)
- 9.3. Teams will play a total of six segments that are 6 minutes each. They will play with a running clock, stopping only for timeouts and significant player injuries. Substitution only between segments, and a four minute half time. (clock will continue to run during timeouts and substitutions)
- 9.4. No score will be kept during the 1st/2nd Grade games. No free throws will be shot.
- 9.5. Timeouts are one minute each. Teams receive one timeout per half.
- 9.6. At least one coach from each team shall help officiate. The intent is to keep the game moving along with coaching players on important points throughout the game. The game works best when all coaches officiate/coach throughout, with positive intentions.
- 9.7. Players should be coached on footwork throughout the game. Players should make an attempt to dribble each time they have the ball. Constant feedback should be given on dribbling with one hand and only picking the ball up once per time a player attempts to dribble. Game play should be paused to reinforce these ideas when needed (excessive violation). Do not reset entirely if it is not needed. This keeps the game flowing.
- 9.8. Players should be matched up by coaches based on skill level prior to each segment. The easiest way to do this is to line up the most aggressive player and work your way down to the least aggressive player and allow the other team to match up doing the same. If an egregious error is made in evaluation, match-ups can be switched during a segment, but avoid this as much as possible to avoid confusion of player match-ups.
- 9.9. Man to Man defense only. Players guard once they pass half court (coach's discretion if half court line isn't marked). No switching defensively. Players can help, but must get back immediately. They may guard another player to stop a transition basket, but must return to their man if the fast break has ended. Players should remain at an arm's length from the player they are guarding.
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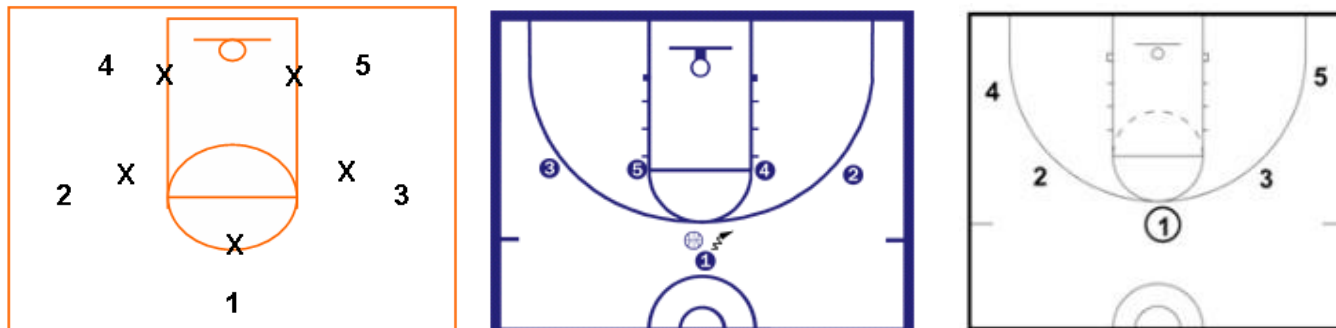
10. 3rd/4th Grade Girls Division and 3rd/4th Grade Boys Division Rules

- 10.1. Court and Equipment
 - 10.1.1. Girls Division will play on a 9 foot rim with a 27.5 inch ball.
 - 10.1.2. Boys Division will play on a 9.5 foot rim with a 27.5 inch ball.
- 10.2. Game Clock
 - 10.2.1. Teams will play 9-minute quarters with a running clock stopping only for the last minute of the game (If a team is winning by 20 or more points the clock does not stop at the last minute of the game).
 - 10.2.2. Both teams are automatically in the bonus for the last two minutes of the game.
 - 10.2.3. The clock will also stop during timeouts and player injuries of significant concern.
 - 10.2.4. The clock will also stop with an intentional foul or technical foul.
 - 10.2.5. Two minutes between quarters and a four-minute half time.
- 10.3. Coaches must sub between quarters and at the halfway mark of each quarter (first dead ball under five minutes). This four minute substitution should take place at a dead ball situation as close to four minutes as possible and should not look like a time out or the end of a quarter. The goal is to keep the game moving as well as the players. All players should play within four minutes of each other during each game.
- 10.4. Only one coach can stand during the game in the coaching box. Only the coach standing can call a timeout. All other coaches should be on the bench. Standing for good plays or periodically is fine, however, they should not be standing during the entire game.
- 10.5. Timeouts are one minute each. Teams receive 3 Timeouts per game (with 2 max taken in the second half). 1 additional timeout is awarded for overtime. Timeouts do not carry over to the next half or into overtime.
- 10.6. Overtime is a two-minute period, and the winning team is the first team to score 3 points, or the winning score when extra time expires. If the game is still tied (less than 3 points scored by either team), teams will play another un-timed overtime session with the first team who scores winning the contest. This segment is played with the same rules as the last two minutes. This includes the same help rules that are played throughout the game. Subbing can occur whenever there is a dead ball and coaches can select the lineup they choose during this bonus segment assuming players have played evenly throughout.
- 10.7. Free throw shots for this league will be for shooting fouls, intentional fouls or technical fouls.
 - 10.7.1. The shooter may leave from the first hash near the foul line on their free throw attempt.
 - 10.7.2. The player who is fouled while shooting (or intentionally) gains one automatic point and then shoots one foul shot (for speed of play).
 - 10.7.3. Any player fouled in the last two minutes of the game shoots a “1 and 1” unless fouled while shooting, in which case both free throws will be shot.
 - 10.7.4. If it’s a 3-point play, all three points will be rewarded, and play will resume without free throws.
- 10.8. Home and Away teams should bring one score keeper. All players should be included in the scorebook upon the penalty of a technical free throw if left off. One parent will run the scoreboard, and one parent will keep the scorebook.
- 10.9. Each player receives 5 fouls and must be kept in the book. If a team with only four or five players has a player foul out, that player will remain in the game. If the player fouls again, it will result in an additional free throw along with the actual result of the foul.
- 10.10. Man to Man defense only.
 - 10.10.1. Players may only switch the player they are matched up with at the start of any quarter or during any dead ball, NOT while the ball is live. They must then guard that person until a coach tells them to guard another person.
 - 10.10.2. Players guard once a player completely passes half court.
 - 10.10.3. No switching defensively during a live ball.
 - 10.10.4. No double teaming.

10.10.5. Help defenders must help and then immediately return to their player once the original defender has recovered. In man-to-man defense, a player should be no further away than two arm's length. Once a dribbler's progress is stopped, the help defender must return. After one warning of staying with the other player, a dead ball, stopped clock free throw will be awarded for each future occurrence. The same will occur with players who "float" and play zone. Help position that changes as the player you guard moves is fine. "Floating" in a zone is not.

10.10.6. Players can match-up with whomever is in a transition situation to stop a fast break basket.

10.11. The offensive configurations below are acceptable. No double screens will be permitted. A defensive player must be given an opportunity to recover prior to being screened again or it will be considered a double screen. Two separate screens on either side of a player will be permitted as the player can only use one of them, rendering the other screen useless. Please teach and emphasize staying stationary on screens to prevent injury. In the same regard, officials should be in constant discussion with screeners to prevent violations if possible.



10.12. A generous 10 second count to cross mid-court. Over back will only be called if the ball egregiously crosses the backcourt foul line extended. The interpretations would be both feet and ball cross the foul line extended

10.13. Players will be called for five seconds in the lane.

10.14. If a rebounding player chooses to attack defenders off the dribble or pass, the defense can guard as they retreat. If they wait for the defense to clear, they must pick up beyond half court.

10.15. Teams may press $\frac{3}{4}$ court (free throw line, until the ball is inbound) the last two minutes of the game or in overtime. Once the ball is inbound, full court pressure can be applied. If a team is winning by ten or more, half-court defense is required. Help rules discussed above apply throughout.

10.16. The first 3 weeks of the season, quarters 1, 2, and 3 will be instructional as to what the player did wrong with possession given back to the offense. The 4th quarter will result in a turnover to enforce the rule. Starting with the 4th game, obvious violations should be enforced, especially for the more skilled players (realizing this is subjective but we want the kids who have not fully mastered the skill to have time to develop).

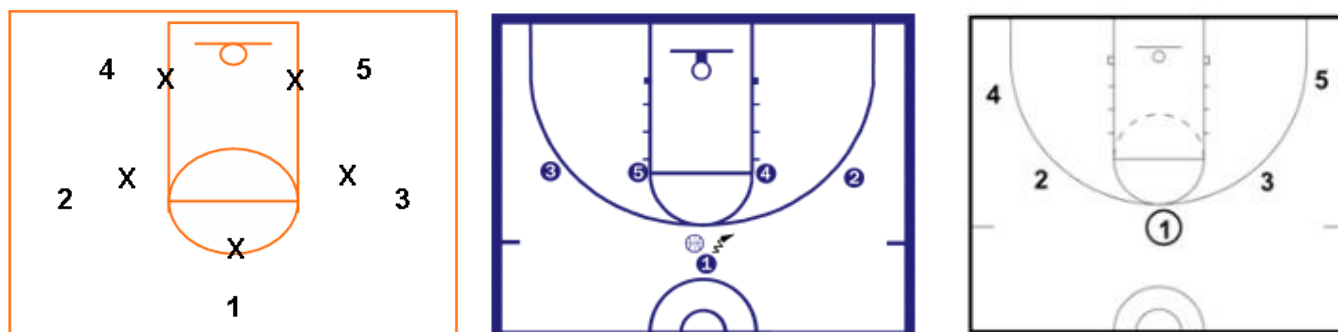
11. 5th/6th Girls Division and 5th/6th Boys Division Rules

- 11.1. Court and Equipment
 - 11.1.1. Both Girls and Boys Divisions will play on a 10 foot rim with a 28.5 inch ball.
- 11.2. Game Clock
 - 11.2.1. Teams will play 9-minute quarters with a running clock stopping only for the last minute of the game (If a team is winning by 20 or more points the clock does not stop at the last minute of the game).
 - 11.2.2. Both teams are automatically in the bonus for the last two minutes of the game.
 - 11.2.3. The clock will also stop during timeouts and player injuries of significant concern.
 - 11.2.4. The clock will also stop with an intentional foul or technical foul.
 - 11.2.5. Two minutes between quarters and a four-minute half time.
- 11.3. Coaches must sub between quarters and at the halfway mark of each quarter (first dead ball under five minutes). This four minute substitution should take place at a dead ball situation as close to four minutes as possible and should not look like a time out or the end of a quarter. The goal is to keep the game moving as well as the players. All players should play within four minutes of each other during each game.
- 11.4. Only one coach can stand during the game in the coaching box. Only the coach standing can call a timeout. All other coaches should be on the bench. Standing for good plays or periodically is fine, however, they should not be standing during the entire game.
- 11.5. Timeouts are one minute each. Teams receive 3 Timeouts per game (with 2 max taken in the second half). 1 additional timeout is awarded for overtime. Timeouts do not carry over to the next half or into overtime.
- 11.6. Overtime is a two-minute period, and the winning team is the first team to score 3 points, or the winning score when extra time expires. If the game is still tied (less than 3 points scored by either team), teams will play another un-timed overtime session with the first team who scores winning the contest. This segment is played with the same rules as the last two minutes. This includes the same help rules that are played throughout the game. Subbing can occur whenever there is a dead ball and coaches can select the lineup they choose during this bonus segment assuming players have played evenly throughout.
- 11.7. Free throw shots for this league will be for shooting fouls, intentional fouls or technical fouls.
 - 11.7.1. The shooter cannot cross the free throw line on their free throw attempt.
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- 11.8. Home and Away teams should bring one score keeper. All players should be included in the scorebook upon the penalty of a technical free throw if left off. One parent will run the scoreboard, and one parent will keep the scorebook.
- 11.9. Each player receives 5 fouls and must be kept in the book. If a team with only four or five players has a player foul out, that player will remain in the game. If the player fouls again, it will result in an additional free throw along with the actual result of the foul.
- 11.10. Man to Man defense only.
 - 11.10.1. Players may only switch the player they are matched up with at the start of any quarter or during any dead ball, NOT while the ball is live. They must then guard that person until a coach tells them to guard another person.
 - 11.10.2. Players guard once a player completely passes half court.
 - 11.10.3. No switching defensively during a live ball.
 - 11.10.4. No double teaming.
 - 11.10.5. Help defenders must help and then immediately return to their player once the original defender has recovered. In man-to-man defense, a player should be no further away than two arm’s length. Once a

dribbler's progress is stopped, the help defender must return. After one warning of staying with the other player, a dead ball, stopped clock free throw will be awarded for each future occurrence. The same will occur with players who "float" and play zone. Help position that changes as the player you guard moves is fine. "Floating" in a zone is not.

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- 11.13. Players will be called for three seconds in the lane.
- 11.14. If a rebounding player chooses to attack defenders off the dribble or pass, the defense can guard as they retreat. If they wait for the defense to clear, they must pick up beyond half court.
- 11.15. Teams may press $\frac{3}{4}$ court (to the foul line) throughout the game as long as they are winning by less than ten. Once the ball is inbound, full court pressure can be applied. If they are winning by ten or more, half court defense is required
- 11.16. The first 3 weeks of the season, quarters 1, 2, and 3 will be instructional as to what the player did wrong with possession given back to the offense. The 4th quarter will result in a turnover to enforce the rule. Starting with the 4th game, obvious violations should be enforced, especially for the more skilled players (realizing this is subjective but we want the kids who have not fully mastered the skill to have time to develop).