

OSA League Rules and Policies (revised Sept 28 2022)

GAME CHANGES- We will go to great lengths to try and accommodate all coaches' scheduling requests whenever possible. It is too disruptive to move games, as it not only affects your team, but also your opponent and 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.

TEAM ROSTERS (1st grade thru 10th grade only) - All coaches must enter their team rosters with full first name, last name, and jersey number 2 DAYS PRIOR to the start of the league. (Jersey number is required for 3rd – 10th grade only). There is a maximum of 12 players per roster, unless a special circumstance exists, in which case, special permission must be approved by OSA Management. Rosters may be updated up until the start of the third week of play. After this date, rosters will be locked. Coaches may NOT write in players on the scoresheet after this deadline has passed. Any addition/change to rosters after week 2 must be approved by OSA Management. Teams that fail to provide complete rosters by the start of week 3 will not be allowed to play in the End of Season Pella Playoffs.

Pre-K/Kindergarten League Rules

1. Teams will consist of 7-10 players.
2. Players will wear bright colored wristbands to help them identify the opponent they are guarding. OSA will provide every week.
3. Rim Height = 8 feet; Ball Size = 27.5 (junior ball)
4. Game will be played 4 on 4.
5. Games will consist of five eight-minute periods. Substitutions will be allowed at the four-minute mark of each period only unless there is an injury. Players should be rotated in equally.
6. Players are NOT allowed to steal the ball while another player is holding or dribbling the basketball. They ARE allowed to steal a pass. When a player double dribbles or travels with the ball, our OSA referee will make eye contact with that player and correct him/her on what they are doing incorrectly. We will proceed to inbound the ball for that same team without a loss of possession.
7. Team must play man to man defense and may pick up at half court.
8. The coach and an OSA staff member will be on the court for each team, as well as a referee. Players on offense may either shoot the ball or pass to an adult on the court. This always allows for equal distribution of the ball.
9. The head coach will be on the court for the purposes of instruction. The assistant coach should remain on the bench, talking to players through the course of the game and assisting with substitutions. These five-minute mark substitutions are not time-outs. Players are to be subbed in/out, lined up accordingly and play resumes immediately.

1st Grade Boys and 1st/2nd Grade Girls League Rules

1. Teams will consist of 8-10 players.
2. Players will wear bright colored wristbands to help them identify the opponent they are guarding. OSA will provide every week.
3. Rim Height = 8 feet; Ball Size = 27.5 (junior ball)
4. Game will be played 5 on 5.
5. Games will consist of four ten-minute periods. Substitutions will be allowed at the five-minute mark of each period only unless there is an injury. These five-minute mark substitutions are not time-outs. Players are to be subbed in/out, lined up accordingly and play resumes immediately. Free throws will not be shot during 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 second period, each player will shoot a free throw from 12 feet. That total (makes) will be added to their score. Each team will shoot an equal number of shots.
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. 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 to avoid a 10 second turnover call.
8. Games will be played on the short 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 be kept on the scoresheet, but the scoreboard and online scores should never reflect above a 20-point margin.
10. If the game is tied at the end of regulation, a one-minute overtime period will be played. First possession will be based on who had the possession arrow for the next jump ball. If the game is tied at the end of overtime, the game will be decided on a team free-throw contest. Each team shoots an equal number of shots. If the game is tied after the free-throw contest, the game will officially end in a tie. 1
11. A player from each team will play rock/scissor/paper to determine first possession. Possession changes will occur as normal from thereon at jump balls or end of each 5-minute period.
12. The two teams will change ends of play at the end of the second quarter (halftime).
13. Teams will have a 1-minute time-out at the end of each 10-minute quarter and/or at the end of the game if the game goes into overtime, then must immediately resume the court to line up.
14. There are no team time-outs.
15. Technical Fouls:
 - Two technical fouls on the bench (head and assistant coach) - ejection from current game and removal from all OSA facilities for the remainder of the weekend. This applies to all teams coached. Second ejection will result in coach suspension from the league for all teams until meeting with OSA Management occurs.
 - Third ejection will result in complete dismissal from all 2022-2023 OSA Leagues.
 - Two technical fouls on player - ejection from current game and removal from all OSA facilities for the remainder of the weekend. This applies to all team rosters.
 - Second ejection will result in player suspension from the league for all teams until meeting with OSA Management occurs with parents and coach. Third ejection will result in complete dismissal from all 2022-2023 OSA Leagues.

2nd Grade Boys League Rules

1. Teams will consist of 8-10 players.
2. Players will wear bright colored wristbands to help them identify the opponent they are guarding. OSA will provide every week.
3. Rim Height = 9 feet; Ball Size = 27.5 (junior ball)
4. Game will be played 5 on 5.
5. Games will consist of four ten-minute periods. Substitutions will be allowed at the five-minute mark of each period only unless there is an injury. These five-minute mark substitutions are not time-outs. Players are to be subbed in/out, lined up accordingly and play resumes immediately.
6. Free throws will not be shot during 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.
7. At the end of the second period, each player will shoot a free throw from 12 feet. That total (makes) will be added to their score. Each team will shoot an equal number of shots.
8. Teams must play man-to-man defense and may pick up at 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 to avoid a 10 second turnover call.
9. Games will be played on the short 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.
10. Actual score will be kept on the score sheet, but the scoreboard and online scores should never reflect above a 20-point margin.
11. If the game is tied at the end of regulation, a one-minute overtime period will be played. First possession will be based on who had the possession arrow for the next jump ball. If the game is tied at the end of overtime, the game will be decided on a team free-throw contest. Each team shoots an equal number of shots. If the game is tied after the free-throw contest, the game will officially end in a tie.

12. A player from each team will play rock/scissor/paper to determine first possession. Possession changes will occur as normal from thereon at jump balls or end of each 5-minute period.
13. The two teams will change ends of play at the end of the second quarter (halftime).
14. Teams will have a 1-minute time-out at the end of each 10-minute quarter and/or at the end of the game if the game goes into overtime, then must immediately resume the court to line up.
15. There are no team time-outs.
16. Technical Fouls:
 - Two technical fouls on the bench (head and assistant coach) - ejection from current game and removal from all OSA facilities for the remainder of the weekend. This applies to all teams coached. Second ejection will result in coach suspension from the league for all teams until meeting with OSA Management occurs. Third ejection will result in complete dismissal from all 2022-2023 OSA Leagues.
 - Two technical fouls on player - ejection from current game and removal from all OSA facilities for the remainder of the weekend. This applies to all team rosters. Second ejection will result in player suspension from the league for all teams until meeting with OSA Management occurs with parents and coach. Third ejection will result in complete dismissal from all 2022-2023 OSA Leagues.

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 Pella 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:
 - 3rd Grade Boys and Girls: 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
 - 8th Boys 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 game clocks:
 - Two 20-minute halves per game.
 - Clock stops on all whistles during last minute of each half, unless a team is up by 20 or more points in the last minute of the 2nd half, in which case the clock will not stop.
 - 2-minute half time
 4. Time Outs: Three full (60 second) timeouts per game, with a maximum of two of those carrying over to the second half. No carryover of timeouts from regulation play to overtime.
 5. Overtime period limited to 2 minutes with stopped clock during final minute only, with one full (60 second) timeout. After one overtime, sudden death will go into effect - first team to score wins. No timeouts in sudden death.
 6. Free Throw Shots:
 - 3rd Grade Boys, 3rd Grade Girls, and 4th Grade Girls will shoot free throws at 12 feet (will be marked)
 - On 7th team foul - 1 and 1.
 - On 10th team foul - 2 shots.
 7. Technical Fouls:
 - Two technical fouls on the bench (head and assistant coach) - ejection from current game and removal from all OSA facilities for the remainder of the weekend. This applies to all teams coached. Second ejection will result in coach suspension from the league for all teams until meeting with OSA Management occurs. Third ejection will result in complete dismissal from all 2022-2023 OSA Leagues.
 - Two technical fouls on player - ejection from current game and removal from all OSA facilities for the remainder of the weekend. This applies to all team rosters. Second ejection will result in player suspension from the league for all teams until meeting with OSA Management occurs with parents and coach. Third ejection will result in complete dismissal from all 2022-2023 OSA Leagues.
 8. Full-court press policy:
 - 3rd AND 4th Girls, 3rd Grade Boys and 4th Boys Bronze Divisions - Teams will not be allowed to press or play defense in the back court at any point in the game. If a team is behind 9 or fewer points in the last 30 seconds of the game, the clock will not start until the team with the lead crosses half court, thus eliminating the need to press.
 - 4th Boys Silver and Gold and 5th thru 10th Grade Teams - 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 are allowed to play with 4 players if needed.
 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! Participants may play on more than one team, provided that both teams are not in the same division.
 12. Rule for Coaches' Bench Behavior:
 - Only the head coach and one assistant coach will be allowed to sit on the player bench. Organization and Program Heads (not acting as the head coach) are allowed to sit on all their team benches (3 max in this situation). If a stats keeper or videographer is on the bench, that person will be considered the assistant coach.
 - Only the Head Coach will be allowed to stand.
- Only the head coach is allowed to address the official. The assistant coach may not address the officials. If a head coach receives a technical foul, they will need to sit for the remainder of the game (both coaches must sit). We set aside officials' areas on 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 games, at halftime or after games.

DECORUM – OSA HAS A ZERO TOLERANCE POLICY and has the right to remove any participant who does not comply with OSA policies and procedures or who is seen as a threat to the safety and integrity of our league. 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 an OSA facility, they will not be allowed to return to the facility for the remainder of weekend AND THE FOLLOWING WEEKEND. Repeat offenders will be banned permanently from OSA facilities. Like players and coaches, officials will from time-to-time miss calls, and as a spectator, you do not have the 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.

Additional Notes:

- **SCOREKEEPERS** - Each team must provide a volunteer scorekeeper (18 or older) for each game; One will run book; One will run clock. Scorekeepers are not allowed to address any players, officials, or opposing coaches. OSA WILL PROVIDE EACH TEAM HEAD COACH ONE SCOREKEEPER ADMISSIONS PASS FOR THE SEASON. It is up to the team coach to decide if they want one person for the entire season, or if the pass gets passed around. ONLY ONE PASS PER SEASON PER TEAM. LOST PASSES WILL NOT BE REPLACED
- **PARKING** - Please do not park in the designated "no parking" areas. You will be towed.
- **VENUES** - Doors will open 30 minutes prior to the start of the first game. All teams will have a 5-minute warm-up period unless we are running behind.
- **WEATHER CLOSINGS** - In the event of inclement weather, check our website at OmahaSportsAcademy.com two hours prior to your game time for the status of your game. OSA will also send out notifications to all coaches through Tournery Machine. 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 games as needed.