



PSO BASKETBALL LEAGUE

2011-2012 Rules and Regulations

Rules are subject to change at the discretion of the league. Once the first game has been played, wording in this document will only be changed to better clarify the intent of the rules.

Please keep in mind that all of our decisions are based on this simple question:

“Does this help us share the word of God to those who do not know Him and encourage those who do?”

Rule 1

Team, Player and Coach Guidelines

Except where the rules unique to PSO apply, play is governed by the NFHS (National Federation of State High School Association) Rules Book for the current year (www.nfhs.org). The PSO Board reserves the right to make any changes and further modifications as desired.

Section 1. Coaches and Parents Conduct

Under no circumstances will we allow for verbal abuse from coaches or parents directed at the referees, other coaches, score table volunteers or players. There will be bad calls and mistakes made! However, at the total discretion of the referee and/or league staff they will be allowed to ask the coach or parent to leave the gym. The second instance with a specific coach or parent will result in a season long suspension. Code of Ethics for coaches and parents are posted on the PSO website.

Section 2. Divisions

Boys: Pre K

Kindergarten

1st Grade

2nd Grade

3rd Grade

4th Grade

5th Grade

6th Grade

Girls: Pre K - Kindergarten

1st – 2nd Grade

3rd – 4th Grade

5th – 6th Grade

Section 3. Eligibility

Art. 1 Players must play in the grade division that corresponds to the grade in which they are enrolled for the current school year.

Art. 2 There is a maximum age limit in each division as outlined in Section 4. September 1st is the determining date for the age of the player for all divisions.

Art. 3 If a player's eligibility to compete in a division is questioned, the parents of that player have the burden in any proceeding to establish that he or she is eligible.

Art. 4 Players can play in an older division (if approved) but cannot play down in a younger division except for special cases as outlined below:

- a. The player has a physical disability that makes it impossible for him/her to compete in his/her grade division (i.e. cerebral palsy, multiple sclerosis, etc).
- b. Due to a mental disability the player has not developed adequate basketball skills to compete with his/her grade division.
- c. In both a & b, a note from a doctor would be required. The parents and/or coach must write a letter stating their concerns and submit that, along with the doctor's note, to Brad Freeman. The approval for the player to play in a lower division must be obtained unanimously from the PSO Basketball Commissioner, the Division Director of the applicable divisions and the Prestonwood staff liaison.



Section 4. Age Determining Dates

Players must play in their grade division or higher. The age determining dates are only used to determine if a player is too old to play with his or her grade. If a player is too old, he or she would have to play up a grade level. The age determining dates are not used to allow a player to play down a grade division (see Rule 1 Section 3 Article 4). The age determining dates are in line with UIL and TAPPS rules which govern most school athletics in the state of Texas. The following chart offers a quick reference for determining player eligibility. Players who do not meet the division criteria for eligibility are not eligible to participate in that division. There is no appeal available to the parents or opportunity for board review. When two grades are combined to form one division, the higher (older) grade is used for age determination.

Grade Division	HS Graduation Year	Player is not Eligible if the Player Date of Birth Is Prior to:
6 th Grade	2018	9/1/1998
5 th Grade	2019	9/1/1999
4 th Grade	2020	9/1/2000
3 rd Grade	2021	9/1/2001
2 nd Grade	2022	9/1/2002
1 st Grade	2023	9/1/2003
Kindergarten	2024	9/1/2004
Pre K	2025	9/1/2005

Section 5. Team Participation

Art. 1 New teams can join PSO at any league level if they meet the following requirements:

- a. New teams must provide their own coach.
- b. New teams may bring a group of up to 7 players maximum.
- c. The balance of the team will be added from the waiting list not to exceed 10 players.
- d. Exceptions can be made to this rule by contacting the PSO Director of Basketball.

Art. 2 The maximum number of players on each team is 10. If a team has less than 10 players, the league has the right to add players to that team to accommodate individuals without a team. When adding players to teams, every effort will be made to keep the number of players on each team balanced (i.e. A player will not be added to a team with 9 players if there is another team in the same division with less than 9 players).

Art. 3 Teams returning to the league may return with their entire roster from the previous PSO season. Returning teams must adhere to the following guidelines:

- a. Teams may NOT recruit players from other PSO teams.
- b. A player that wants to leave an existing team will be placed on another team by the PSO Basketball Director. That player may not choose the new team.
- c. If an existing team disbands and a new team with a new coach is formed with 5 or more players from the disbanded team, the new team will be treated as an existing team and all rules in this section will apply. The remaining players from the disbanded team have a right to play on the new team if they choose.
- d. If an existing team disbands and a new team with the same coach is formed with 3 or more players from the disbanded team, the new team will be treated as an existing team and all rules in this section will apply. The remaining players from the disbanded team have a right to play on the new team if they choose.
- e. Returning coaches are obligated to contact EVERY member of their PSO team from the previous season to offer them a position on their team for this season.



Section 6. Player Participation

Art. 1 A player may participate in only one age division of the PSO basketball league at a time unless approved by the PSO Director of Basketball.

Art. 2 A player may participate in a higher grade division, but may not play in a lower grade division.

Art. 3 In order to participate in a higher grade division, the player must first be approved by PSO.

Art. 4 It is strongly suggested, but not required, that players not participate in another sport league while participating at PSO.

Art. 5 Players who do not have a team and sign up as an individual will go onto a waiting list. If a team cannot be found then a full refund will be issued. In some cases we will form new teams from the waiting list. However, this is only a possibility if a coach is found or a parent of one of those players decides to coach. If no coach can be found then the team cannot be formed. It is usually better for players to find a team with a coach prior to registering.

Art. 6 A player who played on a PSO team last season may choose to be removed from the team he/she played on but may NOT choose the new team. The league will place this player on the waiting list and place him/her on a team according to the rules in Section 5.

Section 7. Coach/Player/Team Disqualification

Art. 1 Coaches are responsible to see that their team meets all eligibility requirements. Coaches should have on file proof of grade for each player and a copy of each player's birth certificate.

Art. 2 If a player is found to be ineligible prior to the start of the season, the player will be expelled from the league and the team will continue.

Art. 3 If a player is found to be ineligible after the season has started, the player will be expelled from the league and the team will forfeit all games in which the ineligible player was listed on the official score sheet. The team may continue to participate, if applicable, without the expelled player.

Art. 4 A coach may be removed from his/her coaching duties if he/she does not live up to the PSO Coaches Code of Ethics. The Coaches Code of Ethics is posted on the PSO website.

Art. 5 A coach may be removed from his/her coaching duties if he/she does not make sure that the value lessons are taught each week to his/her team.

Art. 6 A coach may be removed from his/her coaching duties if he/she cannot control his/her actions and/or words directed toward players, officials, scorekeepers, and fans.

Art. 7 A coach may be removed from his/her coaching duties if he/she does not adhere to the letter and spirit of the PSO Basketball League rules.

Section 8. Player Uniforms

Art. 1 PSO will not provide team uniforms. Teams will be required to purchase uniforms from the approved vendor. Uniforms will consist of a reversible jersey, t-shirt and shorts.

- a. The home team wears white or lighter color.
- b. The visiting team wears the darker color.

Art. 2 Undershirts

- a. All players (boys and girls) are required to wear undershirts.
- b. We encourage all undershirts worn by a team to be the same color.
- c. Undershirts cannot be cut or torn and must cover the shoulder.

Section 9. Coach's Attire

All bench coaches must wear a polo style shirt that matches the team uniform colors.



Section 10. Value Lessons

The weekly devotions are not an option. If a team is found not to be conducting the value lessons as outlined and provided by PSO and provided to the team before the beginning of the season, the coach may be suspended from coaching. Furthermore, teams in the 3rd Grade Division and up may be forced to forfeit games.

Section 11. Process of League Communication

Art. 1 Parents are expected to first go to their coaches with any questions or issues.

Art. 2 Coaches are expected to first go to their division directors.

Art. 3 Division directors are expected to go to the League Commissioner.

Art. 4 Any call that is received will be asked if this procedure was followed and if not, they will be directed to call the appropriate person.

Art. 5 As a coach we expect you to share this information with your parents and encourage them that this is the best way to get a timely answer to their questions.

Rule 2

Kindergarten – 2nd Grade

In the PSO Basketball League, the younger divisions are introductory divisions. Every effort is placed on making it a fun atmosphere to promote a love for the game while also teaching the skills and knowledge needed to advance to a more competitive level.

Section 1. Game Schedule and Format

Art. 1 Game schedules are posted on the PSO website. Every effort will be made to start each game on time.

Art. 2 Team introductions will begin approximately 10 minutes before the posted game time.

Art. 3 All players and coaches should meet at center court to begin the game. At this meeting the referee will lead both teams in a prayer.

Art. 4 The beginning of the game will be started with a jump ball at mid-court.

Art. 5 The offensive goal for each team will be the goal opposite their team bench for the first half and the same side as their bench for the second half.

Art. 6 Games consist of four 10-minute quarters and a 5-minute halftime.

Art. 7 The clock stops every five minutes for predetermined substitutions. This time should not be treated as a timeout and will be limited to 30 to 45 seconds.

Art. 8 No timeouts are used in these divisions.

Art. 9 The team with the ball at the 5-minute mark of the quarter will retain possession of the ball after the substitution. However, the alternating possession rule will apply after each quarter.

Art. 10 All teams will clear the gym at halftime and there will be a 3 to 4 minute devotion for parents. All players and coaches should remain in the lobby until the devotion is complete.

Art. 11 No score is kept in these divisions and there will be no end of season tournament.

Art. 12 Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area. Pre-K and Kindergarten coaches are allowed on the court with the players.

Art. 13 All coaches will adhere to the substitution system as detailed in Rule 2, Section 5.

Art. 14 Teams should clear the court immediately following the final buzzer so that the next teams can begin their warm-up.

Section 2. Officials

Art. 1 The coaches in these divisions are our referees.



Art. 2 In the Pre-K Boys Division and the PreK-Kindergarten Girls Division a designated coach from each of the teams playing will be on the floor to help guide and referee the game.

Art. 3 In all other divisions, one coach from each team will be required to referee a different game that day. A referee schedule will be provided to coaches by the league commissioner.

Art. 4 Players should be taught by words and example from their coach that the game official is the authority on the floor and should be respected. See Rule 1, Section 8.

Art. 5 Referees will call and explain all violations to the players.

Art. 6 When possible, referees will advise players of potential violations before the violation occurs.

Section 3. Coaches

All bench coaches must wear a polo style shirt that matches the team uniform colors. Head and assistant coaches must attend one of the pre-season coaches meetings, submit the required application and submit a background check in order to coach in practice and/or games. Coaches must adhere to the PSO Coaches Code of Ethics found on the PSO website.

Section 4. Bench Rules

Art. 1 Only eligible players plus a maximum of three (3) coaches may be on the team's bench.

Art. 2 Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area. Pre-K and Kindergarten coaches are allowed on the court with the players.

Section 5. Playing Time

Art. 1 The PSO substitution system is designed to give coaches the parameters for substituting players in and out of the game. The substitution system's intent is to provide every player equal opportunity for improvement.

- a. Every child will have the opportunity to be in the starting lineup.
- b. No child will sit out back-to-back segments.
- c. Every child will play at least half of the game.
- d. In most cases, each child will play against someone of similar ability.
- e. Playing time for all players is virtually even over the course of the season.

Art. 2 Coaches must adhere to the PSO substitution system. No other system is acceptable. Coaches will be provided with a substitution chart similar to the one below. The substitution system will be explained during the coaches meeting.

Week 1		1st Quarter		2nd Quarter		3rd Quarter		4th Quarter	
	Player's Name	10 min	5 min	10 min	5 min	10 min	5 min	10 min	5 min
1	Ricky	1	5		4		3		2
2	Johnny	2		1	5		4		3
3	Bobby	3		2		1	5		4
4	Bradley	4		3		2		1	5
5	Billy	5		4		3		2	
6	Mikey		1	5		4		3	
7	Markey		2		1	5		4	
8	Andy		3		2		1	5	
9	Tommy		4		3		2		1
10									



Section 6. Quarter Length

Art. 1 All divisions will have four quarters each being ten (10) minute quarters.

Art. 2 The clock will be a running clock except during substitutions.

Art. 3 Substitution periods will be 30 to 45 seconds after which the game clock will start running even if the teams are not ready to play.

Section 7. Time-outs

There are no time-outs in these divisions.

Section 8. Overtime

There is no overtime in these divisions. No score is kept and both teams are declared the winner.

Section 9. Basketballs

Art. 1 Game balls will be provided by the league. Teams must provide their own balls for practice. We encourage each player to purchase their own ball for practice.

Art. 2 Players should not bring their own ball on game day.

Art. 3 The Pre-K and Kindergarten Divisions use the 27" ball.

Art. 4 The 1st and 2nd Grade Divisions use the 28.5" ball. This is the women's regulation size.

Art. 5 Lost and found balls will be kept at the SFC Front Desk for a maximum of two weeks. After that time the balls will be donated to other organizations.

Section 10. Goal Height

Art. 1 The Pre-K Boys and the PreK-Kindergarten Girls Divisions will play at the lowest setting on our goals. The height is about 6'6".

Art. 2 The Kindergarten Boys Division will move the goal up to the first notch which measures at about 7'4".

Art. 3 The 1st Grade Boys and 1st-2nd Grade Girls Divisions use the 2nd notch from the bottom which measures about 7'9".

Art. 4 The 2nd Grade Boys Divisions use the 3rd notch from the bottom which measures about 8'3".

Section 11. Defense

Art. 1 Only man-to-man defense is allowed.

- a. Coaches will assign colored wristbands to the players in the game, each player having a different color.
- b. Each player will guard the player on the opposing team who is wearing the same color wristband.
- c. Wristbands must be worn on the arm below the elbow.

Art. 2 Double-teaming is not allowed. However, help defense is strongly encouraged.

Art. 3 Full court presses are not allowed. Defenders must drop back past the mid-court point to begin defending the opposing team's players.

Art. 4 There are no backcourt violations. Once the offense has brought the ball to the mid-point of the court, the defenders may maintain their guarding position even if the player with the ball dribbles back beyond the mid-point.

Section 12. Fouls

Art. 1 There will be no foul shots in these divisions. All fouls result in the ball being taken out on the side by the offended team.



Art. 2 A player committing two fouls in one 5-minute segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute. This does not change the normal rotation, because the fouled-out player does not come back into the game until scheduled to do so. The player who comes in as a substitute gains extra playing time.

Section 13. Team Standings

There are no team standings kept in these divisions and no end-of-season tournament.

Rule 3

3rd – 6th Grade

In the PSO Basketball League, the older divisions are designed to teach players the game of basketball in a progressive manner. Some of the normal basketball rules are adjusted based on the age of the players to allow for proper skill development. Every effort is placed on making it a fun yet competitive atmosphere.

Section 1. Game Schedule and Format

Art. 1 Game schedules are posted on the PSO website. Games will not be started late unless delayed by a previous game. See Rule 3, Section 1, Article 1 & 2 for forfeit rules applied to game start times.

Art. 2 All players and coaches should meet at center court to begin the game. At this meeting the officials will cover basic rules emphasis and the home team coach will lead everyone in a prayer.

Art. 3 The beginning of the game and any overtime periods will be started with a jump ball at mid-court.

Art. 4 Pre-game warm-up will be five (5) minutes.

Art. 5 Half-time will be five (5) minutes.

Art. 6 Teams should clear the court immediately following the final buzzer so that the next teams can begin their warm-up.

Section 2. Forfeits

Art. 1 The game time will also be the forfeit time.

Art. 2 The team must have at least 4 players present at the scheduled start time of their game. If a team has less than 4 players at game time, the game will be considered a forfeit.

Art. 3 Any team winning by more than 35 points will forfeit the game and it will be counted as a loss. See Section 16 for more details.

Art. 4 As outlined in Rule 1, Section 11, teams not doing their value lessons may have to forfeit games.

Art. 5 All forfeits will be recorded as a 2-0 loss for the forfeiting team. If both teams forfeit, the game will be recorded as a 0-0 tie.

Section 3. Game Protests

Art. 1 There are two infractions that the PSO Board recognizes as grounds for protest.

a. The ineligibility of a player.

b. The disregarding of the playing time guidelines of the game.

Art. 2 The protesting coach must state his protest in writing before leaving the gym, have the referee initial the protest, and turn in the protest to the acting Game Administrator. He should then contact his League Commissioner as soon as possible.

Art. 3 Protests based on staffing of the scorer's table will not be accepted after the game is complete.



Art. 4 Protests pertaining to an official's judgment call will not be considered.

Section 4. Officials

Art. 1 All officials are certified and registered and will be supplied by the league.

Art. 2 Players should be taught by words and example from their coach that the game official is the authority on the floor and should be respected. See Rule 1, Section 8.

Section 5. Coaches

All bench coaches must wear a polo style shirt that matches the team uniform colors. Only the head coach is allowed to stand up on the sideline while play is in progress. If officials have an issue with this rule they will impose the seatbelt rule on the head coach and no coach from that team will be allowed to stand except during time outs.

Section 6. Bench Rules

Art. 1 Only eligible players plus a maximum of three (3) coaches may be on the team's bench.

Art. 2 The coaching box will be the out-of-bounds area directly in front of that team's bench. Chairs cannot be moved to make the coaching box bigger. The coach must remain in the coach box during the game.

Section 7. Playing Time

Art. 1 Mandatory: Each player must play at least one (1) full quarter from start to finish in the first half. There will be no substitutions during the first and second quarters except for injured players or if you are playing with 7 or fewer players.

Art. 2 Mandatory: If you have 8 or more players, each must play at least half of the third quarter. Substitutions will be made as close to the 5-minute mark as possible as arranged by the coach. (Except in the case of an injured player).

Art. 3 Mandatory: Unless you have just 5 players, no child is allowed to play the entire game.

The spirit of this rule is for each child to sit at least 1 full quarter of each

game. We understand this is sometimes hard to do but if the league feels a coach has consciously made a decision to gain an unfair advantage over his/her opponent by manipulation of this rule, the coach can be suspended for one game. What is highly recommended is that if you have 7 or fewer players, every child would sit out at least one full quarter cumulatively. If you have 8 or more players, every child would sit out at least one full quarter straight through (not cumulatively).

Example: Each example will use player's 1-10 depending upon how many players the coach has.

- a. **10 players:** Players 1-5 play the first quarter. Players 6-10 play the second quarter. 1-5 play the first half of the third quarter and 6-10 play the second half of the third quarter. The coach can then play whomever they want in the fourth quarter and sub freely.
- b. **9 players:** Players 1-5 play the first quarter. Players 6-9 play the second quarter with player 1. Players 2-5 and player 6 play the first half of the third Quarter. Players 7,8,9,2, and 3 play the second half of the third quarter. Player 1 must sit out the third quarter. The coach can then play whomever they want in the fourth quarter and sub freely.
- c. **8 players:** Players 1-5 play the first quarter. Players 6,7,8,1 and 3 play the second quarter. Players 2,4,5,6 and 8 play the first half of the third quarter. Players 7,2,4,6, and 8 play the second half of the third quarter. Players 1 and 3 must sit the third quarter. The coach can then play whomever they want in the fourth quarter and sub freely.
- d. **7 players:** Players 1-5 play the first quarter (6 & 7 sit). Players 6,7,1,3, and 5 play the second quarter (2 & 4 sit). Players 2,4,6,7 and 1 play the third quarter (3 & 5 sit). Player 1 will sit the fourth quarter and you will still have one sub.



- e. 6 players: Players 1-5 play first quarter and sub player 6 in for player 1 half way through. Player 2 will sit first half of second quarter and will sub for player three half way through. Players 4 will sit to start third quarter and sub for player 5 half way through the third period. The coach can then play whomever they want in the fourth quarter and sub freely.

Art. 4 Coaches may substitute freely in the fourth quarter only.

Section 8. Quarter Length

Art. 1 All divisions will have four quarters each being ten (10) minute quarters.

Art. 2 The clock will be a running clock except in the last one (1) minute of each half.

Art. 3 During the last one minute of each half the clock will stop per NFHS rules unless one team is ahead by 20 points or more, in which case the clock will continue to run.

Art. 4 If at anytime during the last one minute of the half the team that is behind lowers the point spread to less than 20 points the clock will resume the previous stop system per NFHS rules.

Art. 5 The clock will stop for time-outs even if a team is ahead by 20 points or more.

Section 9. Time-outs

Art. 1 Each team is allowed three (3) 45 second time-outs per game.

Art. 2 Time-outs may be used in either or both halves.

Art. 3 Time-outs may be carried over to the overtime period, but no additional time-outs will be given in the extra period.

Section 10. Overtime

Art. 1 If there is a tie at the end of regulation, a 3-minute running clock overtime period will be played.

Art. 2 If overtime play results in a tie, a sudden death overtime period will be played and the first team to score wins.

Section 11. Basketball Size

All divisions of boys and girls (except for 6th Grade Boys) will use the intermediate size ball (28.5"). The 6th Grade Boys will use the men's regulation size ball.

Section 12. Goal Height

Art. 1 3rd – 4th Grade Girls and 3rd Grade Boys use 9' goals.

Art. 2 All other divisions use 10' goals.

Section 13. Defense

Art. 1 All man to man and zone defenses are allowed.

Art. 2 There will be no triple teaming allowed in the 3rd Grade & 4th Grade Boys Divisions and 3rd – 4th Grade Girls Division.

Art. 3 Full Court Press

a. 3rd Grade and 4th Grade Boys and Girls – only allowed in the 4th quarter

b. 5th Grade Boys – allowed in 2nd half only

c. 6th Grade Boys and 5th – 6th Grade Girls – allowed all 4 quarters

d. Full court pressing is permitted until one team leads by 20 or more points.

e. The leading team (up by 20 points) must then drop back to the half court line. The team that is behind by 20 or more points may continue to full court press.

f. After one warning, violations will result in a one-shot technical foul and loss of the ball.



Section 14. 20-Point Rule

Art. 1 When there is a point spread of more than 20 points, a shot scored in the wrong basket will not count for either team. It will be considered a turnover and be given to the opposing team.

Art. 2 When there is a point spread of more than 20 points, the leading team cannot full court press and must then drop back to the half court line. The team that is behind by 20 or more points may continue to full court press.

Section 15. 35-Point Rule

Art. 1 If one team defeats another by 35 points or more they will automatically forfeit that game.

Art. 2 It is important that a coach realize early in the game the direction it is going and make adjustments in the 1st half vs. waiting until the 4th quarter.

Art. 3 Options to consider are:

- a. Having your team make 5 passes before they shoot.
- b. Allowing your less skilled ball handler to bring the ball up the court.
- c. Allowing children who typically play less to play more.
- d. Play zone defense vs. man defense.
- e. Allow the other team “easier” shot selections and work on rebounding. Allow only one shot.
- f. Shoot no fast break lay-ups so that you can work on your offense.

Section 16. Foul Shots

Art. 1 3rd Grade and 4th Grade boys and girls shoot from first hash mark inside the normal free throw line..

Art. 2 5th Grade and 6th Grade boys and girls shoot from the normal free throw line.

Art. 3 A player's natural shooting motion can carry him or her over the foul line except for 6th Grade Boys.

Art. 4 Teams will be in a one and one (1 & 1) situation on the 7th foul of the half.

Art. 5 Two (2) shots are taken on the 10th and all other fouls of the half.

Art. 6 No player can enter the lane until the ball hits the rim or the backboard. If the ball does not hit either the rim or the backboard, it will be a change of possession with the ball taken out under the basket.

Art. 7 A player must sit out the remainder of the game after he/she receives five (5) fouls.

Section 17. Team Standings

Art. 1 Team standings are based on win-loss record and determine seeding in the tournament. In the event of a tie, the online standings may not be correct.

Art. 2 First tiebreaker is head-to-head competition (A tie between 3 or more teams is broken by record in head-to-head competition between the teams involved).

Art. 3 If teams are still tied after Art. 2 is applied then the league will use the online standings as the correct seeding order.

Art. 4 At least the top 4 teams in each division will advance to the end-of-season tournament. If space and time allow, more teams may be added to the bracket.