



Coaches Manual

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ROBL COACHES MANUAL

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ROBL BASKETBALL COACHES MANUAL

NOTE: COACHES --- You must understand the contents of this manual. In fulfilling this obligation, you will eliminate the major difficulties recreational basketball leagues experience each year involving a misunderstanding of ROBL's rules and procedures. At the end of the season communicate your suggestions for program improvement to the Commissioner. Let's make each year better than the preceding. Thank you for your contribution to the youth of this area.

All rules will be enforced by the game officials, the Sport Commissioner, and the ROBL Board of Directors or a committee thereof. Some rules contain specific penalties. Others do not. For those rules that do not contain a penalty, the Commissioners and/or the Rules Infraction Committee have full authority to impose whatever penalty they deem appropriate for the violation.

=====FORWARD=====

As the coach, you are the ROBL representative who is responsible for the success or failure of our program. To the players and parents, **YOU ARE ROBL!!** The essence of ROBL is what happens between you and your athletes. If done with care and concern, it can be one of the finest educational experiences a child can have.

ROBL is a unique organization; it exists only because of many people caring about their children and dedicating their time. Remember, ROBL is a nonprofit, volunteer organization that sponsors basketball events for children. Sometimes, in our zeal to see that the best is done, we forget that we are dealing with children. The best interest of the children is the most important fact in ROBL life.

HOW WE PLAY THE GAME - It is the policy of ROBL that every participant that completes registration be assigned to a team and be given a fair opportunity to play in every game. Every participant will be taught the responsibility that he/she has to his/her teammates, to his Mother and Father, to his/her Country, to his/her God, and to himself/herself. Every participant will be treated with kindness and consideration, and at no time will any coach humiliate, embarrass, abuse or mistreat any participant. All children will be taught that it is not everything to win . . . nor are you a failure if you lose. The essence and heart of the ROBL program is the simple philosophy that it is better to have tried and failed than not to have tried at all. All coaches are responsible for teaching each participant that the most important aspect of competitive sports is not to win, but to play with all one's ability even in the face of insurmountable odds. Each coach will accept the challenge that they will honestly and sincerely do the best they can to teach each participant how to have fun playing whatever sport in which they are involved.

**THIS PROGRAM IS FOR THE PARTICIPANTS (OUR CHILDREN).
PLEASE WORK TO KEEP IT THIS WAY.**

1.0 LEAGUE ORGANIZATION

ROBL is operated by an appointed board of volunteer directors that serve as the final authority for any decision relating to the sport of Basketball. The Board has responsibility for appointing one of its members to organize and run its sports programs. This individual is called the Sport Commissioner.

1.1 Sport Commissioner - The Sport Commissioner has responsibility for operation of the Basketball program.

1.2 Deputy Commissioners - The Sport Commissioner may appoint Deputy Commissioners to govern specific age divisions and for such other matters as may be necessary for the proper administration of the sport.

1.4 Disputes/Protests - Tact, firmness, and diplomacy should be your bywords when you have any problems or disputes. If you have any problems or complaints, first go to the Commissioner. If you still have a problem, communicate your issue in writing to the Board of Directors. You will receive a written answer within ten (10) days. The decision of the Board or any committee thereof will be final.

Coaches that fail to abide by this process may be suspended without further notice. ROBL expects, and demands, that Coaches remember at all times that very young and impressionable children are observing their behavior. As a result, loud and offensive conduct of any sort will not be permitted. Note: Disputes should not be arbitrated on the basketball court in the presence of our children... see the Commissioner. The Board of Directors will determine the manner in which a dispute is addressed in any matter brought before it.

1.5 End of Season Tournament Format - Tournament format will be furnished to each coach prior to the first league game. At the end of the regular season, each team in each age group will have an opportunity to play in the end of year tournament. The tournament will be bracket style with every team guaranteed to play a minimum of one (1) game in the end of season tournament. Seeding in the tournament will be based on won-loss records during the regular season.

For Summer Mini-Seasons: Tournament will be double-elimination with a guaranteed 2 game minimum for each team. Seeding will be based on the regular season win-loss record.

1.5.1 Tie Breakers - In the event of identical standings, the selection will be based upon "who-beat-who" during the regular season. If a tie still exists then "point differential" during the regular season will be used to determine seeding in the tournament. This method of breaking a tie will be used for all tournament seeding formats.

1.6 Awards - It is the policy of ROBL to present awards based primarily on tournament performance.

- All players in K - 1st grade divisions will receive a sportsmanship award at the end of the season.
- The winner(s) of the end of season tournament for the Kinder and 1st grade division will receive a separate award based on tournament performance as state in section 1.6.

1.6.1 All Age divisions- Awards will be presented to the end of season tournament champion(s). For the purpose of awards the tournament champion will be determined by bracket style progression.

1.6.2 Playoffs - Playoff awards will be presented to: 1. Tournament Winner and 2. Tournament Finalist (runner-up).

1.6.3 Other Awards - No other awards may be given in the name of ROBL.

2.0 TEAM FORMATION - Participants are assigned to teams by the Board of Directors from player registration on the basis of grade/age and experience level (participants must live within a 10 mile radius of the City of Red Oak). Except in rare circumstances, approved by the Sports Commissioner, team assignments may not be changed once a player is assigned to a team. All players not already "frozen" to a team will be assigned based on experience and height. Parent requests are welcome, but cannot always be accommodated.

2.1 Player Eligibility - All players must have a valid registration on file (including fee & deposit where applicable) prior to any participation in an ROBL event (including practices, practice games and league games). No other person may participate in an ROBL event. A game involving an unauthorized player will result in forfeiture of that game. Practices and/or games involving unauthorized players may result in disciplinary action against the coach. Player registration completed prior to the "registration deadline" will receive priority for team placement over registration received after the deadline date. Players may not be added to team rosters after the first regular season game (practice games excluded). *In Accordance to Texas House Bill 25, a player's "biological sex" is determined by their original birth certificate, thus will be placed on a team accordingly.

A player may elect, subject to the approval of the League President and Sport Commissioner, to participate in a higher grade division, if there is space available, but may not play in a league below his grade.

Players with a medical condition must have a treating physician's medical release on file in the ROBL office prior to participating in any ROBL event and/or practices.

Any exception to the player contract/eligibility rules must be approved in advance and in writing by the Sport Commissioner.

2.2 Player Team Assignment- Each player will be assigned to a team in their age division based on the assignment set forth by the Board of Directors as stated in section 2.0. The Board may assign up to ten (10) players to any team without the coach's approval. Under no circumstances will there be more than ten (10) players to a roster.

2.2.1 Player "freeze"- Each coach in all age divisions has the ability to "freeze" up to five (5) players for their team. If a parent is coaching the team they will be able to freeze their child as well as four others. Under **NO** circumstances will more than three (5) players will be allowed to be frozen on any team in the ROBL. ROBL must be notified by each coach which five players they choose to freeze during the registration process and before the players are assigned to teams by the Board of Directors.

2.2.2 Playing-Up - Players requesting to play above their actual grade level may do so provided space is available. The Commissioner will defer this decision until just prior to the coach's meeting in order to accommodate players in that grade level. All players who register to play at their normal grade level prior to the registration deadline will have priority over any "playing-up" registration.

2.3 Late Sign-ups - Registration received after the "registration deadline" date will be assigned, space permitting, to teams by the League President. The basis for this assignment will take into consideration experience level and team with the least number of players.

Note: Coaches MAY NOT recruit or promise prospective players a specific team assignment. This is the responsibility of the League President.

3.0 RESPONSIBILITY OF THE COACH

3.1.1 Coaches Contracts – All head and assistant coaches must complete the ROBL Coach’s Contract and pass a background check. By submitting a Coach’s Contract, you consent to the conducting of a background check to the full extent permitted by law. You also agree not to hold ROBL and/or agent or employees liable for any claims in connection with such checking or the reporting of the results thereof to ROBL employees, Sports Commissioner, and/or Board Members.

3.2 Coaches’ Meeting - The head coach is required to attend a coach's meeting.

The objectives of the coaches' meeting are:

- Complete any unfurnished documentation
- Meet your League President and other coaches
- Receive player roster and practice gym assignment
- Receive player uniforms and any other coach assigned equipment
- Participate in general discussions outlining season calendar, rule changes and interpretation, location and times for practice games, etc.

3.3 Coach/Team/Parent Relations - Coaches are required to have a parents’ meeting prior to the first league game. This typically takes place at the time of first practice. During this meeting the following information must be conveyed:

- League assignment is based on a player's age and school grade.
- Parents are expected to conduct themselves in an adult manner at all times, to set an example of good citizenship and sportsmanship for their children and other participants. No alcoholic beverages, tobacco, or illegal drugs will be allowed at any team function. No abusive or disruptive behavior will be tolerated at any ROBL practice or game.
- Distribute game and practice information. Explain to them what they may expect of you and what you expect of them (this will be a good time to solicit parents for any help you may need). A coach may not discipline any player for failure to attend any practice sessions that the coach may hold in excess of the above limitations and the coach must so inform all players and parents.
- Explain your basis for team discipline (e.g., If a player misses practice, games or is late for a game). Discipline must be consistent for every team member.

- Briefly describe rules of play that are unique to ROBL and your division.
- Make sure parents know their views are welcome -- after a game or practice.
- Parents must agree that they will provide, at their own expense, any insurance deemed necessary to cover player for any ROBL related injury. Any injury arising from a ROBL practice or game that requires a doctor or hospital visit must be reported to the ROBL office immediately.
- Ask parents to provide you with dates/times of potential conflicts with games. Report to your League President those dates where conflicts will reduce your team to less than five players.

3.4 Practices/Facilities - Practice is defined as any coach and five (5) or more players meeting together. Practices may not be held prior to the coaches meeting. During the school year, ROBL will provide facilities for team practices. Each team will be assigned a minimum of 1 practice per week for one (1) hour each practice. When school is in recess for the holiday season or for any other reason, practices are at the coach's discretion, but assigned gyms will not be available for use.

Coaches will ensure that good conduct is maintained in gyms and that players and spectators stay out of hallways. Gym practices are scheduled very close together and it is a matter of common courtesy to vacate the gym at the end of your practice. We must obey the rules of each school or we may not be allowed to use the gyms. A member of the coaching staff will remain at the practice site until each of his or her team members has safely departed for home. Under no circumstances will a player be left unattended at a practice site.

SPECIAL CONSIDERATION

THE RED OAK INDEPENDENT SCHOOL DISTRICT HAVE BEEN EXTREMELY COOPERATIVE IN HELPING ROBL PROVIDE FACILITIES TO OPERATE OUR PROGRAMS. THE CONTINUATION OF THIS COOPERATION IS VITAL AND REQUIRES YOUR CONSTANT AWARENESS IN CARING FOR, AND THE PROTECTION OF, THESE FACILITIES. IT IS IMPERATIVE THAT WE MAINTAIN THE REPUTATION OF BEING ONE OF THE MOST CONSCIENTIOUS ORGANIZATIONS USING PUBLIC FACILITIES. (PLEASE READ AND FOLLOW APPENDIX A.)

A few suggestions for practice: Be present at all team practice sessions and games, or be sure that you have a reliable adult assistant coach present at games or practices. Be dependable!

Do not have practice on the day of the game; remember we are working with children, not men and women. However, a warm up period may be utilized of five minutes prior to each game start time.

Practices are where a coach shows what he (she) is made of. Coaching takes time not only on the basketball court, but also at the "drawing board."

- **Set up a practice schedule and stick to it.**
- **Have "skull" sessions with your assistant coaches after practice.**
- **Plan each practice session.**
- **Practice sessions should be fast paced, and involve all team members as much as possible. Avoid standing around.**

As a coach, you should use the Assistant Coaches as much as possible. If they don't know the sport, you, as the Head Coach, teach them as well. They may want to be a Head Coach someday! Ask for feedback from your Assistant Coaches. You might be surprised how much they can help.

3.4.1 Practice Games - Teams are allowed to hold scrimmage games within their respective divisions. However, teams are not allowed to play or practice teams from older or younger ROBL teams or any non-ROBL team.

3.4.2 Rescheduling - Only the League President may reschedule games and set times and locations for make-up games. Games may be rescheduled in some circumstances, when a team will have less than the minimum number of players required for a game (5 players). Rescheduling games can cause an inconvenience for many people and should be avoided if possible.

3.4.3 Forfeits - Any team that forfeits a game without having provided the League President with 48 hours advance notice shall be assessed a \$97 charge to cover the costs for referees and gym time that could have been avoided had proper notice been given. This charge would be sent to the ROBL office, before the next scheduled game. Any team that violates this provision will not be allowed to play any further games until this charge has been paid to the ROBL office. Coaches should make sure that the parents of their players are aware of the charge for forfeitures.

If a team does not have the required "minimum number of players" (4, per rule 4.2.5) to start a game at the scheduled start time, the game will be declared a forfeit. If a game is forfeited, the 2 teams may play an unofficial practice game until five minutes prior to the start time of the next game. Officials will not stay in the facility, since it is no longer an officially sanctioned ROBL event.

At the end of the season if a team involved in a forfeit is in a tie, the method of determining points allowed for a tie-breaker will be based on the average points allowed for full games played.

3.5 Liability - It is the duty and responsibility of each parent to provide proper insurance they feel is adequate and necessary to cover loss in the event of injury. The parents agree by permitting their child to participate in the ROBL program to hold ROBL harmless against loss due to the participation of their children in the sports programs.

3.6 Conduct on The Court - As a Head Coach you are responsible for the actions of your assistant coach, players and parents. Each team is allowed 1 head coach, 1 assistant coach and players at courtside. Only one coach can be standing on the sideline during play. Unless a child is hurt, parents and other supporters should remain in the stands. Only the Head Coach may question an official.

Do not argue with the referees or threaten them in any manner. If you feel that the official(s) does not understand the rules, or "calls" a bad game, see your League President, after the game. A coach placing unnecessary pressure on an official risks forfeiture of the game.

Players and coaches that conduct themselves in an unsportsmanlike manner and violate the intent and purpose of the ROBL philosophy will not be allowed to participate in any ROBL event until they have met with the ROBL Commissioner to assess their continued eligibility. Those who violate this rule may be suspended.

The use of foul or abusive language, alcohol, tobacco, or drugs will not be tolerated by ROBL. Teams that engage in abusive or disruptive behavior shall have the game in which the conduct occurs declared a forfeit with the suspension of the offending coach(es), parent(s) or player(s) for as long as the League President deems appropriate. A second offense may result in the dismissal of the entire team from the league.

A coach, player or fan ejected from a game will be suspended for a minimum of the next game and must meet with the appropriate Deputy Commissioner or Sports Commissioner to re-establish eligibility for further participation in or attendance at any future league games. The ejected individual must leave the gym or risk forfeiture of the game. Failure to obtain the appropriate Commissioner's approval for future participation or attendance may result in forfeiture of all games in which the offending player or coach participates or fan attends.

3.7 Number of Teams – A coach can be the Head Coach of a maximum of two basketball teams during a single season.

4.0 BASKETBALL RULES

4.1 Rule Interpretation - All interpretations of the rules of play will be the responsibility of the official in charge. This official will inform both Head Coaches of the ground rules prior to the start of the game. The rules are official H.S. Federation rules of basketball of the current year and modified by ROBL in this document. ROBL modification prevails where there is a conflict.

4.1.1 Rule Changes/Exceptions - These rules are designed to reflect the general attitudes that prevail within ROBL. However, exceptions do arise that must be addressed. If, during the course of the season, the need arises for rule modification that is beneficial to the league, the League President will document the proposed changes in writing and submit them to the Sport Commissioner. The Sport Commissioner must gain Board approval prior to enacting any rule change. League Presidents do not have the authority to change rules stated in this manual without proper authorization as described above.

4.2 Pregame Information

4.2.1 Score keeping - ROBL will provide two individuals to act as official scorekeeper and scoreboard operator. The scorekeeper will be responsible for keeping a record of playing time for each player in the first three quarters. The timekeeper will be responsible for the official game time and will notify the referee and each coach of the midway point of the third quarter so that player substitution can be made. All substitutes will report to the official scorekeeper before entering the game. Official scorekeeper and scoreboard operator should not instruct team members and remain neutral during play.

4.2.2 Equipment - Players may wear the normal protective-type basketball equipment provided that it cannot cause injury to other players. **NO JEWELRY OF ANY KIND WILL BE ALLOWED**, such as earrings, necklaces, watches, bracelets, rings, etc. Soft protective shoes must be worn in all gyms. No long pants will be allowed. No casts will be allowed.

All players must be in full uniform. All players must wear the jerseys issued by ROBL to be eligible to play. All jerseys must be tucked in. Only the numbers 0 - 5 or a combination of any two of those numbers are allowed. No two (2) players may have the same number.

The home team will be designated on the schedule or will be determined as the higher seeded team during playoffs/ tournament. The home team will wear white jerseys and the visiting team will wear colored jerseys. The home team will sit to the right of the scorer's table unless otherwise designated in the gym and will warm up prior to the game on the opposite end of the court.

All shorts must be worn at the waist and not at the hips. Slider pants will be allowed provided they match one of the two colors in the jersey. However, all players wearing sliders must wear the same color.

Junior sized basketballs (27.5) will be used in Kindergarten-1st grade coed division. Intermediate sized basketballs (28.5) will be used for 2nd-3rd & 4th-5th grade boys and girls divisions as well as 6th grade girls. Official size basketballs (29.5) will be used in the 6th grade boy's leagues. Only ROBL issued game balls will be used. ROBL issued game ball will be provided by ROBL at the time of game. Kindergarten-1st will use 8-foot basketball goals. 2nd-3rd grade divisions will play on 9 foot goals & 4th-5th & 6th Grade will use standard, 10-foot basketball goals.

4.2.3 Officials - Officials are provided for all league games. Do not make remarks to the officials during the course of a game. Talk to the scorer only to elicit pertinent information. An official's decision, based on "judgment", is final! It cannot be reversed or appealed. You should talk to an official only when you need clarification of a particular call or decision.

If disruptive behavior is exhibited by the coaches, players or fans and it interferes with the game, the official may issue one warning or a technical foul, unless the official determines the conduct so outrageous as to not justify a warning or technical foul. If the disruptive behavior continues, the game will be forfeited by the team whose coaches, players or fans caused the disruption.

4.2.4 Pre-Game Sign Up - The complete team roster will be given to the official scorekeeper prior to each game. At least 5 minutes before scheduled game time each team will supply the scorekeeper with the name and number of each squad member who may participate. At least 3 minutes before scheduled starting time of game and before the start of 2nd half, each team will designate to the scorekeeper its starting team. The scorekeeper will mark in the score book which players are absent and the coach will advise the scorekeeper of any playing restrictions to any of his (her) players for disciplinary reasons which will be marked in the scorebook. A coach's failure to comply with these rules may result in the game being counted as a forfeit.

4.2.5 Minimum Number of Players. – Games can start with a minimum of 4 players and there must be at least 4 eligible players on the court for the entire game. If a team falls below the 4 eligible players, the game will be considered a forfeit at that point. If a 5th player arrives after the tip-off, they will need to be added to the official scorebook upon arrival. The referees and opposing coach will be notified of the player addition and the player may then enter the game on the next dead ball. Any subsequent arrivals may enter the game at the next quarter.

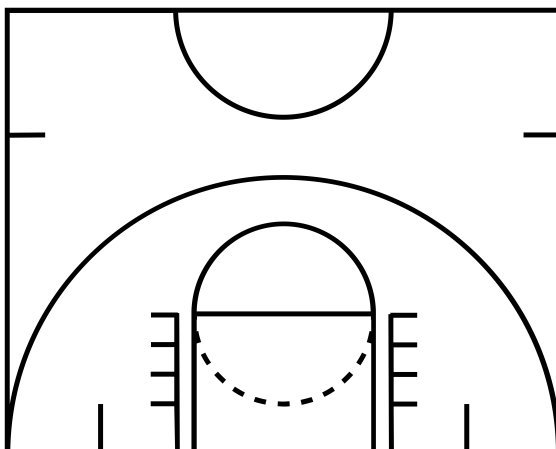
4.2.6 Warm Up Time - A team is assured of no less than 5 minutes warm up time prior to the start of their game. The game will be started late in order to assure

the team this minimum warm up time. It will not be started early under any circumstances. This is for the benefit of parents and other spectators who wish to see the entire game. Coaches are responsible for the conduct of their team during the waiting period while another game is in progress. This includes the containment of all loose balls. Balls are not to be bounced on the sideline during a game.

4.2.7 Other Games - No other games may be played under ROBL sponsorship except those specifically identified in this book (i.e., scrimmage, preseason, league and playoff/tournament. Teams are allowed to play in tournaments during weekends when there are no scheduled ROBL games (holiday break).

4.3.1 Free Throw Distance

Kinder-1st	10 Feet
2nd-3rd	12 Feet
4th-5th	12 Feet
6th	15 Feet



For All Grades:

Free throw lineup for both offense and defense: HS Federation rules apply.

4.3.3 Time Outs - Two (2) time outs per half per team per game will be allowed. Time outs will be 1 minute in duration. One minute of rest will be allowed between quarters and a 5-minute rest will be allowed between halves. One time out will be allowed in each overtime period. Unused time outs from regulation play may not be carried over to overtime periods.

In case of injury H.S. Federation rules will be followed. Time out will be taken when the official feels the injury is serious or when there is danger of further injury. Under other circumstances the official may elect to wait until a dead ball to call a time out. For example: A minor injury occurs on a rebound. The opposing team moves down court on a fast break. The official sees the injured

player as a basket is about to be scored. He may elect to let play continue until the basket is scored or until the ball is dead. However, officials will be instructed to call time out in marginal situations. If a coach feels a time out is necessary when it has not been called by an official he may have a call a time out when his team is in possession of the ball.

4.3.4 **Defensive Rules** – Defense will be at the discretion of the coaches, but some restrictions apply. Grade specific rules are under section 4.4.

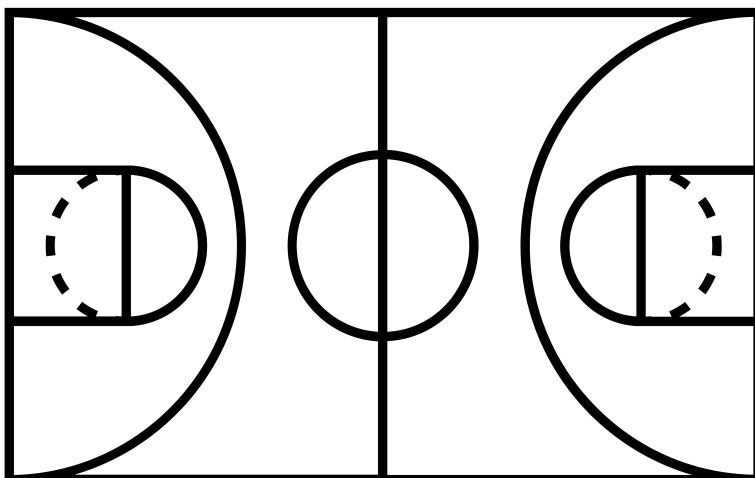
4.3.5 **Full Court Press** - The full court press is prohibited in the K-1st & 2nd-3rd grade age divisions. 4th-5th grade divisions will only be allowed to press the last two minutes of the 1st and 2nd half. 6th grade divisions may press the entire game. Violation of this rule will result in a warning and then a technical foul when called by an official. *There will be NO FULL COURT PRESS ALLOWED AFTER A 20-POINT LEAD BY THE PREVAILING TEAM IN ANY ROBL LEAGUE UNTIL THE MARGIN DROPS BELOW 20 POINTS.* In the spirit of sportsmanship, All age divisions other than 6th grade, the defense must not extend past the top of the key after a 20-point lead by the prevailing team. 6th grade divisions, defense must not extend past the volleyball line after a 20-point lead.

Full Court Press Summary

*Kindergarten-3rd Grade- No press allowed at anytime

*4th-5th Grade- Press allowed the last 2 minutes of the 2nd quarter & 4th Quarter

* 6th Grade- Press allowed all game



4.3.6 Official Clock - Games will consist of 4 quarters of play with the time clock running continuously. The time clock will be stopped for time outs throughout the game and in the last two minutes of the 1st and 2nd halves. If the score differential is 20 points or greater the clock will not stop in the last two minutes of each half. **-All age divisions will play 4 quarters at 8 minutes per quarter. *For K-1st grade, the clock will run continuously the entire game. No stoppage outside timeouts.**

4.3.7 Overtime Play - If the score is tied at the end of the regulation play, a one minute rest period will follow and an overtime period will commence. The duration of this overtime period is **2 minutes**. During the first minute of overtime, the time clock will run continuously except for time outs. For regular season games only, if the score is again tied at the end of this period, this procedure will be repeated once more. If the game is still tied after the second overtime, the game will result in a tie. *Tournament games will repeat this procedure until a winner is determined.*

4.3.8 Fouls - Officials will explain the cause of a foul to the offending team if the foul is not of the obvious kind or if the team captain of either team requests an explanation. An explanation at this time will help prevent similar fouls from repeating. A head coach can request an explanation of a foul by requesting the timekeeper to call a time out and charge it to his team. The official will meet with both coaches at the scorer's table and will clarify the call. There will be no discussion allowed if the official feels there is no room for discussion.

4.3.9 Minimum Player Participation-Every eligible player shall play a minimum of two (2) quarters per game and must play in both halves of the game. The only exception to this rule shall be illness, disciplinary action, or injury.

- If a player is to sit out due to discipline, the disciplinary action must be announced to the opposing coach and all officials prior to the game or at the time of the incident during the game.
- If an injury occurs that requires a player to be removed from the game, that player should re-enter the game as soon as he/she is capable.
- There will be NO designated time during the game where a coach is REQUIRED to substitute. However the buzzer will sound with 4 minutes in the 3rd quarter as a reminder to the coach to substitute if they have not met the minimum requirement under section 4.3.9.

Any failure of a coach to abide by the minimum player participation standards will be brought to the attention of the official in charge by the coaches, the timekeeper or the scorekeeper at the time the violation occurs. If a violation is detected while the game is in progress, the official shall assess a technical foul, charge the offending team with a timeout and instruct the violating coach to make the necessary changes to bring him (her) into compliance immediately. Violations shall be brought to the attention of the League President by the coach of the non-offending team. If a coach violates the minimum player participation standards, he (she) may be subject to disciplinary action, including suspension from coaching in one or more future games. The principles and ideals of ROBL are not served by the forfeiture of a game. Coaches, officials and league representatives should seek to avoid such an occurrence.

4.3.10 Substitution Rules K-1st, 2nd-3rd- Substitutions will only be allowed at the designated 4 minute mark of each quarter.

4th-5th & 6th grade Substitution Rules: There will be no designated time for substitutions. Coaches may choose to sub at any appropriate time during the game. Players are still required to play a minimum of 2 quarters or 16 minutes!!!

4.4.1 Kinder-1st Grade Division

Defensive Rules:

- **Man to Man Defense or Zone is allowed. No double teams will be allowed outside the lane.**
- **No defense in the backcourt. The defense may not start playing defense on any offensive player until the ball has crossed the “throw in line” immediately past half court. In gyms where the “volleyball line” is not in place, the officials and coaches will agree upon an imaginary line approximately 6 feet inside the half court line during the pre-game meeting.**
- **If there is a 20 or more point lead the defense cannot pick up until the ball enters the three point line.**
- **There is no stealing the ball while the offensive player has possession of the ball. The ball may only be stolen off a passing attempt or loose ball.**
- **Traveling and Double dribble will be determined by the following: 5 or more consecutive steps without a dribble will be a traveling violation. 3 or more consecutive double dribbles by a player in the same possession will be called a violation by the referee.**

Shot blocking is allowed in kindergarten and up. Shot blocking does not consist of taking the ball from the hands of a player in possession of the ball. A shot block is tipping or batting an attempt for a field goal.

Substitution rules will be followed per rule 4.3.9 and 4.3.10

Score may be kept in all games, but the score differential shown on the scoreboard cannot become greater than 25 points. If the score differential becomes greater than 25 points leave the scoreboard showing a 25-point differential and do not make further updates to the score shown on the scoreboard. The score at this point of the game becomes final and official but game-play continues with a running clock.

4.4.2 2nd-3rd Grade Divisions

Defensive Rules:

-Initial defensive pressure is not allowed until the ball crosses the “volleyball line” immediately past half court. In gyms where the “volleyball line” is not in place, the officials and coaches will agree upon an imaginary line approximately 6 feet inside the half court line during the pre-game meeting. If the lead is 20 or more the defense cannot pick up until the ball enters the key or three point line.

-Double Teams are only allowed inside the three point line. No double teams or half court traps in the back court.

-Full-court defensive pressure will not be allowed at any point in the game.

4.4.3 4th-5th Grade Divisions

Defensive Rules: Initial defensive pressure is allowed to pick up at half court. If the lead is 20 or more the defense cannot pick up until the ball enters the three point line.

-Full court defensive pressure will be allowed in the last 2 minutes of each half unless up by 20 or more.

4.4.4 6th Grade Defensive Rules:

H.S Federation rules of basketball apply except for the following:

- If up by 20 or more no full court press is allowed.**
- Half court traps are allowed unless up by 20 points or more.**
- If up by 20 or more the team that is up cannot pick up on defense until the ball reaches the volleyball line.**

Frequently Asked Questions- Age Divisions

Boys/Girls Division	Ball Size	Goal Height	Defense	Double Teaming Allowed	Game Length	Free Throw Distance	Lane Violation
K-1st	27.5	8 Feet	Man on Man Defense or Zone, No Full Court Press, Pickup at "volleyball line", no stealing from ball handler, no double teaming outside the lane	Not outside the lane	8 Minute Quarters, Running Clock	10 Feet	No Lane Violations
2nd-3rd Grade	28.5	9 Feet	Man to man or Zone is allowed. Pickup at "volleyball line", double teaming allowed inside 3-point line only	Inside 3 point arc only	8 Minute Quarters	12 Feet	5 Seconds,
4th-5th Grade	28.5	10 Foot	Man or Zone, Full Court Press last 2 Min of each Half, Pickup at "volleyball line", double teams and half court trap allowed	yes	8 Minute Quarters	12 Feet	5 Seconds
6th Grades	Boys 29.5 Girls 28.5	10 Foot	Man or Zone, Full Court Press Allowed	Yes	8 Minute Quarters	15 Feet	3 Seconds

APPENDIX - A

USE OF ROISD FACILITIES

All of us are indebted to the Red Oak Independent School District for its assistance and cooperation in making schools gyms available for games and practices. Without them ROBL could not provide a basketball program each year. Thus, ROBL will be very strict about enforcement of the following rules concerning usage of the various

ROISD gyms. Violation of any one of these rules could result in the loss of your practice time at a gym and we ask that you please follow them.

1. **NO** players are to enter a school building for practice until the coach, assistant coach or designated parent arrives at the school. You should always strive to be on time for both practices and games.
2. **NO** players are to be allowed to wander about in the halls or bounce basketballs in any part of the school other than the gym. If a window, trophy case glass or other damage results, the coach will be responsible for payment for replacement. Upon arrival for practice, go directly to the gym and have a good practice.
3. **NO** team is ever to be left alone in a school or gym without a coach or designated parent in attendance.
4. **NO** beverages or food of any kind is to be taken into a school or gym. **NO** smoking is permitted on any school campus.
5. All players **MUST** (no exceptions) wear regular street shoes to the gym, carry their gym shoes with them and change at the entrance to the school before entering. **PLEASE! DO NOT TRACK MUD INTO SCHOOLS OR GYMS.**
6. **ONLY** players and coaches with gym shoes will be permitted on the gym floor.
7. You will be assigned your practice time. **PLEASE DO NOT TRY TO ALTER** it without going through the ROBL office. **DO NOT CONTACT A SCHOOL** to try to arrange a special time suited to your own convenience with a school principal or other school official.
8. The time you have been assigned for your practices has been reserved for ROBL. However, if you should arrive at a gym and the gym is already taken by another group, please do not interfere. You may inquire of the group to see if they are about to finish, but if they say they have the gym, please leave and report the conflict to the ROBL office. The conflict will be untangled as promptly as possible.

9. **ALWAYS END YOUR PRACTICE PROMPTLY ON TIME to permit the team that follows you their full time.**
10. **Do not permit anyone other than your players and their parents into the gym during your practice time. The ROBL Board of Directors has authorized the Basketball Commissioner to enforce any violation of these rules contained in the Coaches Manual as he/she decides to be appropriate in the circumstances.**
11. **Do not move or sit on any equipment or mats in the gyms. Do not attempt to adjust the goals. If something needs to be adjusted, ask for assistance from the school custodian.**
12. **Coaches and players need to be aware and very cautious of posters/charts on the gym walls. Take any necessary steps to ensure that no damage occurs. Remember the gyms are classrooms.**