

Sportsmanship

It is the responsibility of the coach to keep his or her players and their parents under control. If you see or hear something negative directed at anyone, take immediate and decisive action. If a problem persists, please inform one of the Falmouth coaches. The offender will be required to leave. We reserve the right to ban an individual or team from the league without a refund for extreme or repeated violations. This league is intended to be fun and to provide kids with an opportunity to learn the sport of basketball.

Remember to help set the best example possible for these kids.

Facility Rules

The only door anyone should enter or exit through is the REAR DOOR located behind FHS. This will be unlocked 30 minutes prior to the first games of each day. Please do not allow anyone to enter or leave through any other access points.

Under no circumstances should anyone be in any area of the high school other than the gym.

No food or drink other than water is allowed in the gyms.

The only bathrooms available for use are located in the hallway that leads to the gym.
Do not use or allow others to use the locker rooms.

No one is permitted to climb or play on any of the gymnastics or other, non-basketball, equipment in the gyms.

No one is permitted to climb on bleachers that are not open for seating.

There is a zero-tolerance policy for inappropriate coach or spectator behavior. No negative outbursts will be tolerated. Offenders will have to leave the premises.

League Rules

Baskets are 10 feet.

Game Time: Games will be 20-minute halves with running time. Clock will stop on whistles in the last 2 minutes of each half.

Timeouts: One timeout per team per half (does not carry over).

Substitutions: You may sub on whistles.

Scoreboard: A fair-minded volunteer will operate the scoreboard. Please take a minute to familiarize scorekeepers with the rules. 2- and 3-point baskets will be counted.

Defense: No Zone. Man to man defense only. Double teaming is only allowed inside the arc. Help defense is allowed but it must result in switching or returning to your original man rather than double-teaming. In other words, we ask players to try not to double team, but double-teaming will only be called by the referees outside the arc.

Pressing: No Press. 1/2 court D only. D can pick up the ball at 1/2 court. If a defensive player steals the ball at half court nearly every time, and it gets to the point of demoralizing the other team, please pull your defenders back.

Referees: We will try to provide neutral referees for each game. These will be high school basketball players. In the event a neutral referee is not available, each team will provide a referee, with the goal of having 2 referees on the floor at the same time.

Fouls: We do not track player fouls. If a player, or players, are repeatedly hacking or endangering others, the referee can require the coach to remove the player for instruction on proper defensive play.

Free Throws: For the first few weeks (before holiday break) most fouls will be non-shooting. This keeps the game moving and the players engaged. If repeated or intentional fouls are committed, the referee has the discretion to award foul shots. After Winter break, shooting fouls will result in free throws. The shooter may take one step over the free throw line if needed. The clock will run during free throws (except in the last 2 minutes of each half) so please make the process as quick as fair play allows.

Rebounds will be played off the rim, not on release.