



OFFICIAL RULE BOOK *2025-2026*

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Welcome to the 2025-2026 Rise Above It Youth Basketball League!

Dear Coaches and Parents,

The **Rise Above It Youth Basketball League** was built to provide athletes with a competitive platform to showcase their skills, represent their schools and communities, and grow in the game. Our vision is to help players develop on the court while also building team culture and program identity. With OHSAA - certified officials and former collegiate players involved, we are committed to offering a high-quality experience that challenges athletes and promotes growth and well-being.

League Snapshot

- **Format:** Competitive league with boys' and girls' divisions (Grades 2-6)
- **Games:** Played at Ashland YMCA, Ashland City schools, and other local gyms.
- **Competition:** Teams represent schools and communities and compete against those in the surrounding area.
- **Officials:** Collegiate players and OHSAA-certified referees
- **League Website:** quickscores.com/riseaboveit
- **Facebook:** *Rise Above It Youth Basketball LLC*
- **Contact:** riseaboveitbasketball@gmail.com

League Information & Schedules

- All game schedules, standings, and league updates will be posted on the Rise Above It website: quickscores.com/riseaboveit.
- Important announcements, highlights, and reminders will also be shared on the official Facebook page: *Rise Above It Youth Basketball LLC*.
- Parents and coaches are responsible for checking these platforms regularly for the most up-to-date information.

Winter 2025-2026 Season Dates

- 9/15/25 - 11/12/25: Registration Opens/Registration Closes
- 11/13/25: Mandatory Coaches Meeting
- 11/16/25: Game Schedule Released
- 12/7/25: Start of League Games
- 01/25/26: Last Regular Season Game
- 02/01/26: End of Season Tournament
- 02/08/26: End of Season Tournament - Finals

For Coaches

Practices are self-run and must be coordinated through your school, local recreation center, church, or other available gym space. Please review league rules, code of conduct, and expectations, and pass this information along to your parents. Your role extends far beyond teaching plays-- your modeling character, leadership, and commitment for every athlete you coach. We appreciate your willingness to give back to the game and guide the next generation.

For Parents

This league is about more than wins and losses--it's about culture, growth, and impact. We ask for your full support in creating an environment where players can thrive. Cheer for your team, support your program, respect officials, and uphold the standards of the league. Together, we make this a safe, competitive, and positive experience for all.

We look forward to a season full of growth, competition, and community!

-Christian Langston, Owner

Rise Above It Youth Basketball LLC

General Leagues And Game Rules

Below are the General League and Game Rules for the Rise Above It Youth Basketball League. The Rise Above It League adheres to the rules of basketball set forth by the OHSA and the NFHS. Specific rules for the Rise Above It League are detailed in this document. The purpose of these rules is to make the games run smoothly, ensure fair play for all players, and eliminate any controversies or disputes. The league director reserves the right to amend or add rules during the season, as needed - proper notice of any such changes will be provided. Players, coaches, and parents are expected to follow these rules and accept the penalties for noncompliance and enforce them within their team. Our goal is to provide an opportunity for players to develop character skills learned from sports, participating in a safe, fun, and conflict-free environment.

Players

- Players are only allowed to play for a team within their school district, private school, or community area. Players who violate this rule will be considered illegal players unless they are approved as a “non-organization player.” The limit on non-organization players is outlined in the team section. If a school district or area does not have a team in the league, a player may join a team from another school district to participate.
- Players must play in at least 50% of regular-season games to be eligible for the end-of-season tournament. Exceptions to this rule due to special circumstances such as injury may be granted by the League.
- This league has the right to reject any player for any reason.
- Each player must have a signed liability waiver submitted to the league before they are eligible to play in a Rise Above It League game. There are no exceptions to this rule. Players who are found to be playing without a signed liability waiver will be removed from their team and will not be permitted to participate for the remainder of the season or in the postseason tournament.

Teams

1. All teams must be formed from a single school district, private school, or community area. The League will review any teams from areas that do not have an organized team for the 2025-26 season. If a school district does not have a team in the league, players from that district may join a team from another school district.
2. The League has the right to reject any team for any reason.

3. All teams must have at least 80% of their players from the same school district, private school, or community area. For example, with 10 players on a team, a maximum of 2 players may come from outside the community area. If a team has fewer than 10 players, a maximum of 1 player from outside the community area is allowed. This is only applicable if the player does not have a team in their own district.
4. To play for a team outside of a player's home school district, an email must be sent and approved by the League Director. Any player participating on a team outside their community without prior approval will be removed from the league, and the head coach of that team will also be removed. This approval process must be completed before the first game.
5. Private school students can only play for their own school team or for a team within the organization of the school district where they reside.

A Player whose parents reside in multiple districts can only play for the organization in the district where the player attends school.

6. Team rosters must be completed and submitted with all required information to the league director or any site supervisor before the start of the first game of the season. If the League finds incorrect information, the team will have one day to correct it. If noncompliant teams fail to correct, they will be removed from the schedule. A completed waiver is defined as all required information on the website, including jersey numbers.
7. For any team in any division, the roster maximum is 12.
8. The League reserves the right to move teams from one level of competition to another.

No player may be added to the roster of a team for any reason after December 7th. An exception to this rule may be made with the approval of the League Director. No team may use "guest" players or any player not listed on their roster. Any game where a non-rostered player participates will be forfeited. Any team that violates this rule more than once will not be eligible for the postseason tournament.

Divisions

Girls Divisions: 2nd Grade, 3rd Grade, 4th Grade, 5th Grade, 6th Grade

Boys Divisions: 2nd Grade, 3rd Grade, 4th Grade, 5th Grade, 6th Grade

Athletes are allowed to play up a grade level but are not allowed to play down. All players must participate in the division that corresponds to their current grade level or higher.

Dual-Roster Rule: A player may be eligible to play in their grade-level division and also one division above, with coach recommendation and League Director approval. They can only play within their own school/program.

Season Structure

- Games: Games will be held on Sunday afternoons throughout the season.
- First Week of Regular Season Games: Sunday, December 7th
- Last Week of Regular Season Games: Sunday, January 25th
- Blackout Days: There will be no games on December 21st or December 28th to accommodate the holiday season.
- Tournament Dates:
 - Tournament - 1st Round: Sunday, February 1st
 - Tournament - 2nd Round/Championship Games: February 8th
- Tournament Seeding: Teams are seeded based on record, head-to-head, and point differential.

Gym Sites & Facility Cleanliness

Doors open 20 minutes before the first game of the day-PLEASE DO NOT ARRIVE EARLIER!

After each game, all teams and spectators are responsible for ensuring that trash and debris are removed from the benches and viewing areas.

- YMCA of Ashland Ohio | 207 Miller St, Ashland, OH 44805
- Ashland Middle School | 1520 King Rd, Ashland, OH 44805
- Reagan Elementary School | 850 Jackson Dr, Ashland, OH 44805
- Mapleton Middle & High School | 1 Mountie Dr, Ashland, OH 44805

Inclement Weather

In the event of severe weather causing uncertainty about whether league games will proceed, the League Director will notify all head coaches on game day. It is the coaches' responsibility to relay this information to the parents. Please advise parents not to contact the League Director directly regarding game status—coaches will be the primary point of contact. We will decide to play or postpone as early as possible. If you have concerns, please check with me before leaving home for any updates.

Admission

Game Admission Fee:

- \$2: Children (7-17) & Seniors (65+)
- Free: Children 6 & under
- \$4.00 per adult
- Coaches, players, and scorekeepers are exempt.

Discipline for nonpayment or abuse toward staff:

- First violation: Up to a two-game suspension.
- Second violation: Season expulsion

No refunds will be issued once a game has started.

Scorebooks/Scorekeepers

- **Team Requirement:** Each team must provide one scorekeeper. Scorekeepers are exempt from the entry fee.
- **Stat Sheets:** The league will provide official stat sheets for each team at the scorer's table prior to game time. All players must be submitted on the roster before the first game of the season so their name and jersey number are included on the sheet.
- **Responsibilities:** Scorekeepers are responsible for accurately recording points, personal fouls, team fouls, and timeouts.
- **Conduct:** Scorekeepers are not permitted to argue with officials, coaches, players, or spectators. Any violation of this expectation may result in removal from the score table and potential team penalties.

Uniforms

- Each team will provide its own uniforms.
- Reversible jerseys are recommended to provide flexibility in situations where two teams have similar colors. This allows teams to quickly switch colors, avoiding delays or confusion.
- Jerseys must have permanent numbers (0-99), visible front or back.
- No tape/markers allowed.
- Jewelry/hair beads prohibited. If a player cannot take off jewelry, they will need to tape over it.

Awards

For Grades 2nd–6th: The Champion (1st Place) and Runner-Up (2nd Place) teams in each division will receive medals at the conclusion of the End-of-Season Tournament.”

Warm-Ups

- Teams supply their own basketballs
- At least 5 minutes of warm-up time provided.
- **Warm-Up Restrictions:** Teams are not permitted to use the court for warm-ups during halftime of other games.

Game Clock Rules

- **Start Time:** Games are scheduled to begin on the hour. Referees may shorten warm-ups if games are running behind.
- **Clock:** Two 18-minute halves, running clock except final 2 minutes of 2nd half.
- **Halftime:** 3 minutes.
- **Timeouts:** 2 full-time outs per half (clock will stop). 1 extra in OT (no carryover).
- **Mercy Rule:** If a team leads by 15+, the clock continues running.
- **Overtime:** 2 minutes, clock stops at every whistle. If still tied, → free throw shootout (3 players each, new players each round until a winner).

Playing Time

1. *2nd–3rd Grade Division:* All players in attendance for the full game will be provided a minimum of 25% playing time (at least 9 minutes). Exceptions may be made in cases of injury, illness, or disciplinary reasons.
2. *4th–6th Grade Divisions:* Playing time will be determined at the discretion of the coach. However, the league strongly encourages coaches to ensure that all players receive meaningful opportunities to contribute throughout the season.

Substitutions

Reporting to the Scorer's Table: Players entering the game must report to the scorer's table and wait to be called in by the referee.

During Play: Substitutions can only be made during a stoppage in play. Players may not substitute while the game is in progress.

Half-Court Matchups:(Appropriate for younger divisions) During the start of the game and timeouts. Coaches are allowed to bring their players to half-court to facilitate matching up with opposing players. This ensures players are guarded appropriately and encourages learning about defensive assignments.

Basketball Size

1. The 2nd-grade division will use the 27.5 size basketball. 3rd-6th will use the 28.5 size basketball.

Height of Rim

- The rim shall be set at 9 feet for all 2nd and 3rd-grade games.
- 10 ft for 4th-6th grade teams.

3rd Grade Preference: 3rd grade teams have the option to play on 10ft rims if they prefer.

Grade Division Defensive Rules

2nd Grade Defensive Rules

- **Defense:** Half-court man-to-man only.
- **Stealing:** May not steal from dribbler; may steal passes.
- **Pressing:** Not allowed.

3rd & 4th Grade Defensive Rules

- **Defense:** Half-court man-to-man only.
- **Stealing:** Allowed
- **Pressing:** Full-court “man-to-man only” in the **last two minutes of the game**. Not allowed if leading by 15+

5th & 6th Defensive Rules

- **First Half:** Teams must play half-court man-to-man defense only. No zones, no traps, no double-teams.
- **Second Half:** Teams may play any defense (man-to-man, zone, or trapping). Double-teams and traps are permitted.
- **Sportsmanship Rule:** If a team leads by 15 points or more at any time, they must immediately switch to half-court man-to-man defense only. No pressing, no trapping, no zone defense.
- **Pressing:** Allowed in the second half only, and only if the lead is under 15 points. Pressing must stop immediately if the lead grows to 15+. This restriction remains in effect until the lead is reduced to fewer than 15 points.

Man-to-Man Defense Guidelines

- Players must remain within **reasonable proximity** of the player they are guarding.
- **Help defense** is permitted only when the defender is **two or more passes away** from the ball.
- A player should position themselves **at least halfway between their opponent and the basket**.
- Officials will use discretion to determine if teams are playing illegal zone defense. Warnings will be issued first, then technical fouls.
- A defender may leave their player temporarily to:
 - Stop a player driving to the basket (must recover immediately afterward).
 - Stop a breakaway fast break.
- “Help” defense and “Switching” on screens are allowed if done quickly to avoid an illegal zone.
- If a player is guarding the ball, he/she is not required to go outside the 3-point line to pick the player up. He/she is permitted to sag to the 3-point line till the player dribbling the ball reaches the 3-point line.
- Once possession is established by the defensive team, the offensive team must fall back behind half-court.
- If an official has to keep warning a player about double-teaming, a technical foul may be administered. This again is the official's call if he or she feels a player is repeatedly double-teaming. The official will also let the coach know if he has warned a player multiple times. • Technical foul = 2 free throws and the ball back.

Allowable Defense Grid

Grade	1 st Half	2 nd Half	Full Court Pressing
2 nd Grade	½ Court Man to Man only - Cannot steal ball from dribbler.	½ Court Man to Man only - Cannot steal ball from dribbler.	NO PRESSING
3 rd Grade	½ Court Man to Man only	½ Court Man to Man only- Pressing allowed the last two minute of the game.	LAST TWO MINUTES OF GAME
4 th Grade	½ Court Man to Man only	½ Court Man to Man only- Pressing allowed the last two minute of the game.	LAST TWO MINUTES OF GAME
5 th Grade	½ Court Man to Man only	Any Defense Full or ½ Court	Allowed in the 2 nd half only.
6 th Grade	½ Court Man to Man only	Any Defense Full or ½ Court	Allowed in the 2 nd half only.

Free Throws

1. *2nd–3rd Grade Divisions:* Players may shoot free throws from 10–12 feet based on ability. Officials will determine and enforce consistency within each game.
2. *4th–6th Grade Divisions:* Free throws will be taken from 12 feet (one foot inside the standard free throw line).
 - Game administration:
 - During a running clock, all common fouls result in the ball out-of-bounds.
 - In the bonus situation (7 team fouls), common fouls result in a 1-and-1 free throw.
 - All shooting fouls result in two free throws.
 - Players must line up quickly in the free throw lane to help maximize play time.

Fouls

- A player will foul out after his/her fifth foul in a game.
- Bonus = 1-and-1 (7 fouls).
- Double bonus = 2 shots (10 or more fouls)
- Fouls carry over to overtime.

Coaches Conduct

Max **three coaches** on the bench during games. (1 head coach, 2 assistants).

- The head coach may stand in the coaching box; assistants must remain seated.
- Technical fouls = both coaches seated remainder of the game.
- The head coach is the only person allowed to respectfully seek clarification from officials.
- No post-game official interactions.

Coaches ejected from games:

1. First Offense: Unable to coach or attend the next two games
 2. Second Offense: Removed as coach for the remainder of the season.
- Any coach receiving a suspension may submit a written appeal to the League Director within 48 hours. The Director's decision is final.

Spectator and Fan Behavior and Ejections

- **Approaching Officials/Scorekeepers:** Spectators are not permitted to approach scorekeepers or officials at any time.
- **Prohibited Conduct:** Profanity, offensive gestures, derogatory comments, or unsportsmanlike behavior of any kind will not be tolerated.
- Ejections:
 - If a spectator is ejected by a referee or Site Supervisor, they must leave the facility immediately. The game will not continue until the individual exits.
 - If the spectator refuses to leave, authorities will be contacted. The game will be declared a **forfeit** for the team associated with that spectator.

- If authorities are required to remove an individual, that person will be **permanently banned** from attending league games for the remainder of the season.
- **Team Responsibility:** Each coach is responsible for the conduct of their team's spectators during games. Repeated incidents involving a team's fans may result in additional penalties against the team, including forfeiture of games or removal of the team from the league
- **Zero Tolerance:** There are no exceptions to the rules above. Good sportsmanship and respectful conduct are required at all times
- **Appeals:** Any coach, player, or parent receiving a suspension may submit a written appeal to the League Director within 48 hours. The League Director's decision is final.

Coaches Communication Expectations

- **Professionalism on the Sidelines:** Coaches must display appropriate behavior during games. Negative actions such as yelling at officials, arguing with opponents, or showing visible frustration will not be tolerated. Coaches are expected to remain calm and set a positive example for their players.
- **Role Model Responsibilities:** Coaches must demonstrate sportsmanship, fairness, and respect both on and off the court. This includes how they interact with players, parents, officials, and opposing teams.
- **Clarifying Calls:** Only the head coach may request clarification from officials, and must do so respectfully. The purpose is to understand the ruling, not to argue.
- **Post-Game Interactions:** Coaches may not approach officials after games. Concerns must be submitted through league channels.
- **Accountability for Players:** Coaches are responsible for addressing any disrespectful behavior by their players toward officials, teammates, or opponents.
- **Respect for Opponents:** Coaches may not directly confront players from the opposing team. Concerns should be communicated to the opposing head coach or league staff

Rescheduling Games

- Teams may not cancel or reschedule a league game without prior approval from the League Director.
- Games will only be rescheduled for the following reasons:
 - School event
 - Religious event
 - Gym closure
 - Inclement weather
 - Illness resulting in fewer than five eligible players
- Reschedule requests must be submitted **at least 10 days in advance** of the original game date. No last-minute changes will be permitted.
- If a game is cancelled fewer than 10 days before its scheduled date, the canceling team will be responsible for paying the officials' fees.
- **Reschedule Process:**
 1. The requesting team contacts the League Director.
 2. If approved, the League Director notifies the opposing coach.
 3. The schedule change is posted on the league website.
 4. Each coach is responsible for notifying their team of the change

Player, Coach, and Parent/Spectator Conduct

The goal of the league is to provide an opportunity for players to develop character skills through participating in a safe, fun, and conflict-free game environment. These games are for the children. We must allow the players to play, the coaches to coach, and the officials to officiate. Mistakes will happen—no one is perfect. By agreeing to this Code of Conduct, all participants pledge to keep the mission in mind and not let emotions override judgment.

1. **Compliance:** All players, coaches, and spectators must comply with the Rise Above It League's Code of Conduct and General Rules.
2. **Consequences:** Failure to comply may result in removal from the gym, suspension from participation, or bans from attending games. The League reserves the right to impose discipline at its discretion.

- **Suspensions:**

- Any coach, player, or spectator suspended may not attend games during their suspension. If a suspended individual attends, they will be expelled from the league and the team's head coach will be suspended for one additional game.
- Any coach, player, or spectator ejected twice in one season will be suspended for the remainder of the season, including the postseason tournament.

Automatic Suspension Infractions

- *Level 1 Infractions (Season-Ending Suspension)*
 - Threatening an official
 - Fighting (spectator, coach, or player physical altercation)
 - Gym monitor ejection (League discretion)
- *Level 2 Infractions (2-Game Suspension)*
 - Failure to follow a gym monitor's instructions
 - After-game incidents without physical altercation
 - Game ejections without physical altercation
 - Ejection from the scorer's table

Post-Game Rules

- No one—including coaches, parents, players, or fans—may approach an official after a game to debate calls or criticize performance. The gym supervisor is responsible for protecting officials after games.
- First offense = warning. Continued misconduct = suspension.

League Discretion: The League reserves the right to increase suspensions or apply additional discipline as deemed necessary.