



Basketball Rules & Regulations

- Players should report to their games 15 minutes before they start (warm up on sideline or outside)
- Players MUST check in at coaches table
- 14 minutes running clock halves for Junior League
- 16 minutes running clock halves for Intermediate League
- 18 minutes running clock halves for Senior League
- Coaches are encouraged to **divide playing time equally amongst athletes**, however, if a child is not playing hard or giving maximum effort and attention, coaches may limit playing time (they must give a reason why to the child however)
- Clock will stop under two minutes.
- No foul limits in games
- Clock will stop during a timeout, each team has one 45 second timeout per half
- Junior League teams may not press until the last two minutes of each half
- Intermediate League teams may not press until the last two minutes of each half
- Senior League teams may press all game
- In the event of overtime, teams will play an additional 2 minutes
- In the event of a double overtime it will be sudden death, first basket wins
- There is no shot clock
- After six fouls per half each team will shoot free throws.
- If an athlete is fouled while shooting, it will be one shot worth two points.
- If an athlete is fouled while shooting, under two minutes, it will be two automatic free throws.



Parent Conduct

We expect our parents, at all times, to encourage our children to exhibit positive behavior. Parents and spectators, please conduct yourself in a respectful manner at ALL TIMES.

Objectives

Remember that winning is not the only objective in youth sports, we are nurturing our youth to be competitive while maintaining our core principle objective, to develop an environment where they have fun, build relationships and positive work habits.

The purpose of our league is so children are able to test their basketball skills and play against each other, in a competitive environment.

Children will take principles they learn from our academy practices and apply them in team settings. Obviously they will not have set plays or defenses but we will encourage them to use fundamental principles of the game of basketball and apply them to a competitive setting.

All athletes will be trained and directed by Coach Peter and his excellent staff. We will work on fundamentals and situational breakdowns for the game of basketball.

Please like us on our Facebook page and stay up to date with everything that is going on in the world of Future Stars by following us on Facebook at Future Stars International Enterprises and ASC Training Center, Home of Future Stars.

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