

Freshman League Rules and Guidelines

The Freshman or Frosh league is considered a development league where the main focus is to learn the game and have fun. League standings and games scores are not recorded or kept, and they do not participate in the Playoffs. You are free to keep a scorebook at games if you like.

Here are some guidelines/rules from the league:

- Freshman games to be a maximum of (1) hour.
- Running clock and/or quarters to be determined by coaches.
- Score can be kept per quarter but the score should be reset to 0 – 0 after each quarter.
- When foul shots are taken from the foul line, they can end up over the line after the shot and leaping during release is permitted. If they go over the line before the ball hits the rim, they cannot be the first player to touch the ball.
- Defense must always be behind the 3pt line extended at all times.
- Coaches or parents will ref the game. Refs are not provided by the league for this level. *However, for St. Charles, last year, we paid for 1 official ref per game so that the coaches can focus on coaching and did not need to ask parents to volunteer. This worked well for us and we will do the same this year for all home games. For away games, expect to see a parent volunteer that will ref the game – the home team is typically responsible for providing the ref.*
- Everyone should play equal time even if they are not equal in ability. Please plan ahead with a list of players so you will not forget to play someone.

Above are the rules as determined by the league. However, from feedback from our coaches that have coached at this level, **here are some additional suggestions/recommendations:**

Some of the kids do not like to see the score reset. Our recommendation is to speak with the other coach ahead of time and after each quarter agree on what you want to do. For example, if the score is very close, it may be OK to not reset the score and the kids may benefit from this. However, if one side is getting beat badly, we would recommend that you reset it. You will see a mix of coaching styles here.

For running clock, we have found that 8-minute quarters work well, where you can substitute around the 4 minute mark (can agree with other coach to stop the clock right around 4 minutes if you want). For our home games, we even did 4-minute quarters and substituted new players every quarter.

Feel free to add extra quarters (or half-quarters) if you have not reached the hour time limit and the other coach agrees (and ref). We would highly recommend this if the kids are having fun and the play is matched with the other team. This will allow for more playing time and more experience for the players.

In the end, you must agree with the other coaches ahead of time and alert the refs to what you decided at the beginning and along the way.

Please be aware that this can be the players' and parents' first experience with our program. We do not want them to have a bad experience. We want them to enjoy the experience and come back next year!