2026-2027 COBA Rules and Philosophy

League Philosophy

The primary purpose of the league is to instruct, develop & prepare players for Middle School basketball.

A win-at-all-costs attitude does not fit our league.

The MAIN GOAL of the league is player development.

COBA is a developmental travel basketball league that teaches fundamentals in a competitive school-program atmosphere.

Rules

Middle School basketball rules apply in our league for regular season games- 10-minute warm-up, 6-minute quarters, 5-minute half-time.

The Clock will run in the second half when the lead exceeds 20 points.

First Overtime is 3 minutes long. Every Overtime afterward is 1 Minute

2 Full & 3 30 Second Time Outs per Game. 1 30 Second Time Out for OT. NO CARRYOVERS.

Full-court press, zone, or man defenses are permitted in grades 5 and 6.

A 28.5 women's ball is used.

Allow at least 1 hour & 15 minutes for each game.

Maximum Number of Coaches allowed on the bench during game play is 3 for COBA Regular Season Games.

PLAYERS ARE ONLY ALLOWED TO PLAY FOR ONE TEAM. TO TRANSFER DURING THE SEASON, A TRANSFER DOCUMENT IS APPROVED & SIGNED BY BOTH PROGRAMS BEFORE JANUARY 15, 2025.
Players ARE allowed to play up a grade. NO PLAYING DOWN UNLESS APPROVED BY COBA.

- 3rd Grade Division: An athlete must be in the third grade as of October 1, 2026.
- 4th Grade Division: An athlete must be in the fourth grade as of October 1, 2026.
- 5th Grade Division: An athlete must be in the fifth grade as of October 1, 2026.
- 6th GradeDivision: An athlete must be in the sixth grade as of October 1, 2026.

Participants are eligible to compete in divisions that align with the sex assigned to them at birth, unless otherwise approved by COBA.
This policy is in place to maintain consistency with the league's current division structure.

***Playing Time**- The league strongly recommends that all players play 50% of each game for all players to gain valuable game experience.*

No Team may press or trap with a 15 pt. lead. The violating team will receive a technical assessed to the coach.

3rd and 4th Grade-

The free-throw line is reduced to 12 feet and student athletes and may jump on the free throw.

POINT OF EMPHASIS - ***Half Court Man to Man defense only. No Zone or trapping defense of any kind! Full-court man-to-man defense will be allowed in the last 2 minutes of the game, both Boys and Girls. 4th Grade Boys & Girls may press the full game after January 5th. Teams that violate this rule prior to January 6th will be assessed a technical to the coach.***

NO DOUBLE TEAMING. Help Side & Switching are allowed.
Discretion of DOUBLE TEAMING vs. Help Side/Switching is up to Officials of the game.
After the first 2 verbal warnings issued to the coach of the DEFENSIVE team to break out of a zone/double team, the Official issues a technical foul assessed to the coach.
With that Technical Foul, the Offense is awarded 2 foul shots, and the offense receives the ball at half court.

↓↓ RULES CONTINUED ↓↓

2026-2027 COBA Rules and Philosophy Continued

Combined and School Team Divisions
3rd, 4th, 5th, and 6th-grade Girls and Boys School Teams will have 3 Divisions, 1, 2, 3.
Division 1 is the most competitive, and Division 3 is the least competitive. If numbers do not permit 3 divisions in each grade, Division 3 will move up to Division 2.

Combined/Open Division Teams are defined as combined-type teams with players from different School Districts. Any Team with all of the Players from the same School District will be considered a School Team.

Combined/Open Team entry and placement is subject to the discretion of the League Administration and will be placed in either Division 1 for League play only.
They will not participate in the school tournament(s) and may be denied entry into the league. OPEN DIVISION WILL HAVE THEIR OWN BRACKETS & POOL PLAY AT COBA TOURNAMENTS.

**All independent/Combined/Open Coaches must be members of AAU in good standing; clear a background check; and pass a concussion training to coach in the league. Proof of membership must be presented at the coach's meeting. Free course @ http://nfhslearn.com/courses/61037/concussion-in-sports

School or Community Program Admins will assign the Division for their Teams at time of Registration.
Each team will have a first and second choice of division.
TEAMS ARE NOT GUARANTEED THEIR FIRST CHOICE.
It is at the discretion of COBA to determine correct division for each team.

* All coaches must be cleared through a background check and pass concussion training to coach in the league. Free course @ http://nfhslearn.com/courses/61037/concussion-in-sports

All teams must submit FINAL rosters to Anthony@CentralOhioBasketball.com by November 16th.

Participating Team and Program Responsibilities

Teams (Programs) in our league are responsible for a home-court game time in a clean and safe venue each week.

*All Registered Member Teams must have available home game gym time for the 2025-26 season. IF facilities are an issue for your program, reach out to Anthony.

All Teams and Programs must have verifiable insurance.

For those who need it, insurance is available. Please contact Anthony if you have questions or are struggling to secure insurance.
All players and coaches on the team must join to be covered.

Officials- the "home team" is responsible for scheduling and cost of ***two OHSAA Licensed Officials*** for each of their home games.

DJ Jones is the COBA Assigners and oversee officiating for the league. For help obtaining officials please contact
DJ JONES - agameofficiatingllc@yahoo.com

Scorekeepers & Timekeepers are the responsibility of the Home Team. Home Team is the Official Book.

Reversible numbered jerseys or home and an away jersey are necessary.

RULES CONTINUED
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2025-2026 COBA Rules and Philosophy Continued

Scheduling

COBA reserves the right to schedule games.

ALL TEAMS/ADMINS MUST COMMUNICATE THEIR HOME GYM AVAILABILITY AT TIME OF REGISTRATION ALONG WITH ANY SCHEDULING CONFLICTS THAT ARE FORESEEN TO ARISE DURING THE REGULAR SEASON.

The official Regular Season will begin the weekend following the COBA Preview.
NO GAMES ARE TO BE SCHEDULED ON NATIONAL HOLIDAYS.

Weeknight games WILL NOT start any later than 7:30 pm & should end before 9:00 pm.

(Allow plenty of time for teams to travel to your location.) Cancel Early for bad weather conditions.

Score Reporting

Score Reporting is Mandatory.
Following each game, BOTH TEAMS ARE REQUIRED TO SUBMIT FINAL SCORES OF SEASON GAMES USING THE QR CODE BELOW!.

FORM WILL ALSO BE PROVIDED AT MANDATORY IN-PERSON COACHES MEETING

CODE OF CONDUCT

OHSAA STUDENT ATHLETE SPORTSMANSHIP RESPONSIBILITIES

OHSAA PARENT & ADULT FAN SPORTSMANSHIP RESPONSIBILITIES

OHSAA COACH SPORTSMANSHIP RESPONSIBILITIES

OHSAA FAN CODE OF CONDUCT

Any Questions, Comments or Discrepancies should be directed to COBA Director, Anthony McNeal:

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