P.PR.P/D/OPTIMIST YOUTH BASKETBALL PROGRAM - 2019 LEAGUE RULES (revised 11/26/18)

BASIC PLAYING RULES FOR ALL AGES:

PRACTICES: • Home and school life are both very important. Because of this, we allow no more than one (1) practice per week in season. In pre-season, teams are limited to two (2) practices per week.

PLAYING TIME: • Every player must play one (1) full quarter per game (first quarter played in will be a full, uninterrupted quarter – player cannot be subbed out unless injured).

TIME OUTS: • Each team has a total of four (4) time outs to be used at any time in the regulation game, (not “one per quarter”). One additional time-out is added for each overtime period.

TEAM FOULS: • On the seventh (7th) team foul, opponents shoot “one and one”. On the tenth (10th) team foul, opponents shoot two shots.

TECHNICAL FOULS: • Technical foul on a player also counts as a personal foul and a team foul. Gym Supervisor has the right to call a bench technical on a coach/bench player, no shots/no loss of possession. Two techs = dismissal of coach/player.

OVERTIME: • OT is an extension of 4th quarter, so for the max 3 quarters played in rule is still in effect for those age groups where it applies (below). Foul count carries forward. 1 extra time out granted each team. Jump ball to start OT.

RUNAWAY GAMES:
Non-compliance is grounds for forfeit: Any time the score reaches 20 points (or more) higher than the opponent’s score, the gym supervisor will require the runaway coach to replace up to 3 of his players on the court with developing players who will finish that quarter. This time played by these players in a runaway substitution will not count toward their “first full uninterrupted quarter played” requirement. Stress skills development.

BENCH DECORUM:
Max 2 coaches on bench, only one up on their feet. Coaches are not allowed to “help” officials to make their calls, questioning calls, or arguing about their decisions. The officials are not to be verbally blamed for the loss when talking to the players after the game. Professionalism is the key! If you need to speak to an official – do so in a positive, courteous manner – out of sight and earshot of the players and fans. It’s a team effort by everyone – keep it positive.

SPECTATORS:
As mentioned at call-out, the spectators are there to cheer the players in a positive manner. This is the only duty of the spectators. More than this invites trouble. Negative comments will not be tolerated. Spectator attendance is a privilege, not a right! Please help us set the proper example of sportsmanship at the games!

SPECIAL RULES BY AGE GROUP

| AGE GROUP | RULES
|-----------|-----------------------------------------------|
| CADETS (8-9 co-ed): | "Four (4) quarters of ten (10) minutes each, running clock, stopping for referee or team timeouts and during the last two (2) minutes of the game.
| JUNIOR BOYS (10-11): | Full three (3) minute overtime periods to break tie games.
| All use 28.5" ball. | 8 ½ foot hoop for Cadets, 10 foot hoop Junior Boys. Shorter foul line for all.
| | Players will "foul out" on 4th foul. Player cannot foul out in their first quarter of play, since it is their first full, uninterrupted quarter. In this situation, a technical foul will be awarded in addition to the personal foul, and the player must finish his/her first full quarter of play.
| | Cadets & Jr Boys only: No player participates in more than three of the four quarters (any order), i.e.: must sit out one full quarter. Requires 7 players on site at start of 2nd quarter to comply.
| | Cadets, Jr Boys - Must use "man to man" defense.
| | Cadets only - No front court press allowed (except last two minutes of game).
| | Cadets only - Except on fast break, teams must pass the ball at least once in the front court before shooting - look for signal from referees. (Not in effect last two (2) minutes of the game).
| | Cadets only - Jump ball during play - goes to last team in full possession (no alternating possession arrow). Jr Boys use alternating arrow for jump ball during play restart.
| SENIOR BOYS (12-13-14): | "Four (4) quarters of ten (10) minutes each, running clock, stopping for referee or team timeouts and during the last two (2) minutes of the game.
| Sr. Boys use 29.5" ball. | Full three (3) minute overtime periods to break tie games.
| | No player participates in more than three of the four quarters (any order), i.e.: must sit out one of the full quarters. Requires 7 players on site at start of 2nd quarter to comply.
| | Players will "foul out" on 4th foul. Player cannot foul out in their first quarter of play, since it is their first full, uninterrupted quarter. In this situation, a technical foul will be awarded in addition to the personal foul, and the player must finish his/her first full quarter of play.
| | Jump ball during play - alternating possession arrow for restart."