

Mt. Olive Basketball Association - Jr. Boys League

RULES & GAME PROCEDURES

1. **HAND SHAKE:** Each game will start with the referees calling coaches and captains for hand shake and then referees will address the captains.
2. **PLAYING TIME:** All players must play a minimum of THREE Segments (three “half” periods) per game.
 - To accomplish this you must substitute all players on the bench at the “Three minute mark” of the FIRST, SECOND, and THIRD periods. The FOURTH period is free subbing. Each period will be six minutes without a running clock.
 - Any of the coaches, scorekeeper(s) and referees can point out it’s time for “Midway substitutions” in the first three periods.
 - **No player can play a full game. Each player must sit at least one segment (three minutes) per game.**
 - The honor system will be in place. The opposing coaches can easily monitor who has sat on the other team as well but full cooperation is expected from every coach. The score keeper will not be keeping track.
 - If there is a violation that only becomes known after the end of the 7th segment (the start of the 8th and last segment), the opposing coach must show proof that he or a team representative (book keeper or statistician, etc...) has been keeping track of play time for both him and the opposing team.
 - To keep track, each coaching staff should mark at least one time a player has sat out and ensure all players have a chance to contribute to each game.
 - **PENALTY** – If the violation is proven, the referee will direct the offending coach to make the player(s) sit out for remainder of the game as it would be that players turn to sit out. The offending “head coach” will be assessed a technical foul resulting in two shots and possession of the ball.
 - Exception: If a team only has 6 players for the whole game one player would have to play the whole game conceivably unless you subbed between segments as well.
 - When a team is short players, discretion should be used and coaches should discuss a game plan not to exhaust any players to the point where their immediate health would be a concern.
3. **DEFENSE:** Man to Man defense only in the first 3 Periods. Any style of defense can be utilized in the fourth Period.
4. **FULL COURT PRESS:** Will be allowed for the last two minutes of the Fourth Period and Overtime only except by a team that is winning by 15 points or more. (The exception would be in an instance where the losing coach requests to play against the press to give his team more experience trying to break a press. The winning coach does not need to comply with the request to continue to press.)
5. **TIME-OUTS:** **Coaches are permitted two per half.** Time-outs don’t roll over the half. One additional time-out in each overtime.

6. FOULS:

- A player fouls out of the game when called for a 5th personal foul.
- Penalty free throws (1 and 1) are awarded on the 7th team foul during each half.
- If a team commits 10 personal fouls in a half, the opposing team is awarded an automatic two free throws on each subsequent foul.

7. TECHNICAL FOULS:

- Technical fouls as a result of abusive or gross unsportsmanlike conduct or a flagrant foul will not be tolerated and the offending PLAYER OR COACH can be ejected from the game and the league. Regardless of ejection, this must be reported to the head referee and the league president.
- Technical fouls count as a personal foul, a technical foul, and a team foul.
- All technical fouls result in 2 shots and possession of the ball in bounds.
- If a player or coach receives 2 technical fouls in any one game, they're ejected from the game and must leave the gym immediately.
- Technical fouls of any other nature must be reported to the league president and the head referee for review but will not automatically result in suspension from the league unless there is a continuous pattern.

8. OVERTIME:

- The first overtime will be played for 3 minutes to determine a winner. The second will be played for 2 minutes.
- If at the end of the first overtime there are less than 5 minutes left before the top of the next hour there will be a shoot-out. YES – due to the time constraints, we have to finish the games within 50 minutes to allow the next team time to warm up and so we can finish the day ON TIME.
- If at the end of a second overtime there is still a tie there will be a shoot-out.
- The shoot-out will be a best of 5 foul shots. Any 5 players (who have not fouled out of the game) will each take one shot. Last possession goes first. Both teams will shoot at the “Clock end” of the gym and alternate shots. Participating players will stay at half court and wait their turn to shoot. Shooting ends once a mathematical winner is determined for example: 3 for 3 beats 0 for 3...
- If tied after the fifth shot, a 6th player from the respective benches will be used and so on.
- If a team only has 7 players and another has 9, the team with 9 can reset to his original shooters after his 7th player and does not need to utilize his full bench if there is still a tie after the 7th set of shots.
- The points will be added to the final score.
- **Playoffs will play overtimes at three minutes per period until a winner is determined.**

9. FORFEITS:

- Forfeit time is 15 minutes. Each team must have at least 4 players to start a game but can decide to forfeit. The team with 4 players can play a zone defense the entire game if a 5th player never joins in the first half.
- In the event of a forfeit, the officials and score keeper will have the time off until the next game and the remaining coach(es) and players can play “pick up” or use the gym to practice until 45 minutes past the hour at which time the next two teams will have possession of the court in order to warm up.

10. All other safety and general basketball rules will be observed.