

# Mt. Olive Basketball Association - Sr. 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:**

*We want to see each and every player have the most fun they can by learning, improving and of course PLAYING! In years past, the competitive nature of coaches and players has hindered this goal despite the attempts to create guidelines to balance out playing time during the regular season.*

*REMEMBER – While you are coaching your team, it is expected that as a coach for the Mt. Olive Basketball Association that you will always do what is best for the group as a whole. We each serve a greater cause which extends beyond you, your 10 players and your player's family. PLEASE remember that each time you step on the court.*

IF ALL ADHERED TO THE ABOVE- THE RULES BELOW WOULD NOT BE NEEDED.

HERE ARE THE RULES TO FOLLOW:

- All players must play a minimum three minutes per quarter
- The referees will use their discretion to stop play at, or very near, the three-minute mark of each quarter.
- Each bench will then be cleared at the "Three-minute mark" of each period.
- No Player can play more than 6 "periods" which is 3 quarters worth of play when there are 8 or 9 players that show up for a game so coaches will need to alternate each quarter the player(s) that stays in for that whole quarter.
  - If 10 players each will play 4 segments (half a quarter).
  - If 7 players 1 would have to play 7 segments.
  - If 6 players, 1 would have to play the whole game.
  - If 5 players all would play the whole game.
  - The honor system will be in place however the opposing coach 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. Any of the coaches, scorekeeper(s) and referees can point out it's time for "Midway substitutions" in the first three periods.
- **WHAT NOT TO DO:** Subbing a player out towards the end of the first segment of a quarter so the player is on the bench to sub "back in" at the start of or during the second segment goes against the intent of the rule. This will result in a technical foul if the offending coach had been warned by the referee or opposing coach but chooses to proceed to attempt to have a player sit less than his required time in that period. The exception is temporary injury where a child will return to playing

that quarter after being subbed by someone on the bench provided the subbed player still plays 3 minutes in that quarter or the hurt player makes up for last time in the next quarter if it happened towards the end of a segment.

- If there is a violation that only becomes known **after the end of the third period** such as, and most likely only could be: A team with 8 or 9 players has not had all of their players sit at least once which would indicate that with the 4<sup>th</sup> Q bench clearing that the top 1 or 2 players would be playing more than allowed then, 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. NOTE: This just enforces the part of the subbing rule which is meant to “Maximize” all players play time, not just the top players. This gets the 8<sup>th</sup> and 9<sup>th</sup> players more playing time rather than still always sitting ½ a game while players 1 & 2 might play 7/8<sup>ths</sup> and/or a full game. We want to see each child get “extra” play time such ALL play at least 3/4<sup>ths</sup> of the game when there are less than 10 players.
  - PENALTY – If the violation is proven, the referee will direct the offending coach to make the player(s) sit out for the 4<sup>th</sup> quarter and the offending “head coach” will be assessed a technical foul resulting in “two shots and possession” for the opposing team at the start of the next period or when pointed out in the 4<sup>th</sup> quarter. The offending player cannot be subbed back into the game at a regular stoppage of play after the 3:00 mark of the fourth period when everyone else is being subbed in.
  - Exception: if a team only has 5 players for the duration of the game (does not mean 5 remaining if any have fouled out).
- PLAY-OFF subbing rules - See Play-Off rules - to be distributed.

### 3. DEFENSE:

- FIRST HALF: Man to man only.
  - SECOND HALF: High school rules (zone, match zone, man to man, box and 1, etc.).
4. FULL COURT PRESS: Will be allowed for the entire game except by a team that is winning by 20 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 to the request to continue to press however.)
  5. TIME-OUTS: Coaches are permitted four per game. One in each over time.
  6. TECHNICAL FOULS – After consulting the head referee who sees technical fouls as part of the game, we will follow these guides:
    - 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 by the scorekeeper.
    - Technical fouls of any other nature must be reported to the board and the head referee for review but will not automatically result in suspension from the league unless there is a continuous pattern.
    - Two upheld technical fouls will result in a one game suspension.
    - More than two upheld technical fouls will result in further disciplinary action which could be as severe as being ejected from the league.

## 7. OVERTIME:

- The first overtime will be played for 3 minutes to determine a winner. The second OT 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. \*  
\*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.
- The shoot-out will be a best of 3 foul shots. The shooters must have been on the court at the end of the game. Each takes 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: 2 shots made vs zero shot. No need for either team to shoot the third shot. If a tie remains continue the formula for players 4 then 5.
- If tied after the fifth shot, a 6<sup>th</sup> 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 7<sup>th</sup> player and does not need to utilize his full bench if there is still a tie after the 7<sup>th</sup> set of shots.
- The points will be added to the final score.
- Play-offs will play overtimes at three minutes per period until a winner is determined.

## 8. 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 5<sup>th</sup> player never joins in the first half. The other coach DOES NOT HAVE TO PLAY WITH 4 PLAYERS.
- 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.

## 9. All other safety and general basketball rules will be observed.