

# Mt. Olive Basketball Association - Jr. Girls League

## RULES & GAME PROCEDURES

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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, THIRD and FOURTH period
  - Any of the coaches, scorekeeper(s) and referees can point out it’s time for “Midway substitutions” in the first three periods.
  - NOTE: Subbing a player out towards the end of the first segment of a period so the player is on the bench to sub back in during the second segment goes against the intent of the rule and 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.  
WINNING MAY BE IMPORTANT BUT FAIR PLAY IS PARAMOUNT!!!
  - **No player can play a full game. Each player must sit at least one segment 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 7<sup>th</sup> segment (the start of the 8<sup>th</sup> 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 all you have to do is mark at least one time a player has sat out. You don’t need to know how many times as long as it’s once.
  - 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 so as 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 (High School Rules) will be in effect for the Fourth Period.
4. FULL COURT PRESS: Will be allowed for the Fourth Period 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 however.)
5. TIME-OUTS: Coaches are permitted four per game. One in each over time. (See overtime format)

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.