Mt. Olive Basketball Association – JV & Varsity League (5-8th Grade)

RULES & GAME PROCEDURES

1. EQUIPMENT:

- JV players use a 28.5-inch basketball.
- Boys Varsity players use a 29.5-inch basketball.
- Wear the red/black reversible Mount Olive jersey.
- No jewelry allowed.

2. GAME TIME:

- Four 6-minute quarters.
- Games will be played in four six-minute periods with clock stoppage on dead balls

3. PLAYING TIME:

- Each player must play at least **three 3-minute segments** per game.
- Substitute at the 3-minute mark of the first, second and third quarters, with free subbing in the 4th quarter and overtime.
- Coaches, scorekeepers, or referees may call attention to the substitution break.
- **Every player must sit out at least one full three-minute segment.**
- Coaches are responsible for compliance under the honor system. Opposing coaches may monitor playing time; scorekeepers do not track substitutions.
- A violation raised after the seventh segment requires records showing that the opposing coach or team representative tracked playing time for both teams.
- Each coaching staff should record at least one sit-out segment per player and ensure everyone contributes.
- **Penalty:** For a proven violation, the affected player(s) must sit out the rest of the game. The head coach receives a technical foul: two free throws and possession for the opponent.
- When short-handed, coaches should agree on a rotation that avoids excessive fatigue and protects player health.
- **Playoff substitutions:**

    - Regular-season rules, including the three-segment minimum, apply unless modified below. Equal-roster teams and the team with fewer players follow standard rotations.
    - **Larger roster:** The coach may substitute the same number of players as the smaller team would at each required break (e.g., three substitutes when facing eight players). By the end of the third quarter, every player must have played and sat at least one full segment.
    - **Fourth quarter:** Free substitutions, provided all playing-time requirements are met.
- Winning is important and fun but fair play is **paramount!**

4. DEFENSE:

- **JV:** Man-to-man the whole game, no zone allowed. Pressing only in 2nd half.
- **Varsity:** Man-to-man defense in first half; zone defense only allowed in the second half. **Pressing** only allowed the whole game.
- **No pressing** if one team is ahead by 15 or more points.

5. TIME-OUTS:

- **4 time outs per game**. One additional time-out in overtime.

6. FOULS:

- Fouls are not tracked because there is no official scorebook keeper in PeeWee.
- Referees may remove a player for excessive fouling.
- **Free throws:** Start behind the foul line. Stepping over the line on the attempt is not a violation.

7. TECHNICAL FOULS:

- Abusive or grossly unsportsmanlike conduct, or a flagrant foul, may result in a player's or coach's ejection from the game and league.
- All technical fouls award the opponent **two free throws and possession.**
- **Two technical fouls in one game** result in ejection. The player or coach must leave the gym immediately.
- Coaches to report all technical fouls to the league president and head referee. The MOBA Code of Conduct applies; the Board determines further action by a case-by-case vote.

8. OVERTIME:

- Play **one three-minute overtime.** 2nd overtime will be 2 minutes.
- Overtime is stop clock.
- If the game is tied after 2 overtimes, the final score will end in a tie.
- Exception: 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 gym time constraints.
- Shoot-out: Each team selects three players who were on the court when the game ended. Players take one free throw each, alternating teams at the clock-end basket. The team with last possession shoots first; waiting shooters remain at half court. Stop when the outcome is decided. If tied after three shots each, continue with players four and five, then bench players, one per team until the tie is broken. Both teams may restart their shooting order after reaching the smaller roster's size (e.g., after seven shooters if rosters have seven and nine players). Add shoot-out points to the final score.
- Playoffs: Play overtime periods until a winner is determined.

9. FORFEITS:

- Allow a **15-minute grace period.** Teams need at least **four players** to start but may choose to forfeit. A four-player team may use zone defense for the full game if no fifth player joins during the first half.