

Hilliard Optimist Basketball League

(Revised July 2016)

1. Purpose:

The purpose of these rules, both written and traditional, which govern the Hilliard Optimist Basketball League (HOBL) program is to avoid misunderstandings and support the fundamental standards of the program, written hereafter.

2. Basic Philosophy:

A. To provide a safe and wholesome environment in which youth may experience the fun of playing basketball and develop the basic concepts of competition within the framework of good sportsmanship.

B. To teach basic fundamentals of the game of basketball.

C. To teach (by word and example) to give one's best, regardless of one's circumstances, always produces a winner.

D. To involve adults in helping achieve the above purposes whether as coaches, advisors, officials, fans, scorekeepers, timekeepers, etc...

3. Division Breakdown:

A. The basketball league will be separated into four boys and four girls' division ranging from the ages of 6-14 years old.

*Freshmen Division – Boys and Girls age 6-8 years of age as of 12/1

*Sophomore Division – Boys and Girls age 9-10 years of age as of 12/1

*Junior Division – Boys and Girls age 11-12 years of age as of 12/1

*Senior Division – Boys and Girls age 13-14 years of age as of 12/1

4. General Rules:

A. Coaches will be responsible for the conduct of their teams at all times while using school property. They will not permit players to leave the gym area at any time without proper adult supervision.

B. Team members will not arrive at the gym any more than 10 minutes prior to a scheduled practice and leave no later than 10 minutes after their scheduled practice. For the safety of the players, Parents shall not "drop off" a player without a coach present.

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C. Parents must accompany children who are not participating in the basketball program. Children are not permitted to play with/on the school's equipment, but are required to be seated while in the gym.

D. All players will participate in each game unless barred for disciplinary or other valid reasons. The League Commissioner and/or the League Director must be notified of any player barred from playing prior to the game the player is being withheld from. If a player misses 2 unexcused practices, the coach may sit the player for 1 quarter. This quarter will count as a quarter played.

E. All players, coaches and officials must wear regulation basketball shoes during practice and league play. No shoes are allowed that has the potential of marking the gym floor.

F. Practices Each team will have (2)two organized team practice per week at the time and place designated by the League. Also, no coach may switch a practice without first receiving approval by his/her commissioner. See Section 7: coaches will be suspended for one game following the first offense and they will be suspended for the balance of the year for the second offense.

G. There will be two basketball officials schedule for each game.

H. The designated HOME TEAM will:

- 1) Will occupy the bench to the right as you face the sideline from the floor.
- 2) Be responsible for providing a person to operate the game clock.
- 3) In an emergency the coach will serve as commissioner for the following game.

I. Visiting team will be responsible for an official scorekeeper during the game.

*Scorekeeper- must be able to keep the following for BOTH TEAMS:

- 1) Point totals- individuals and team (per quarters).
- 2) Fouls- individuals and team (after 7th team foul 1&1 bonus; 10th foul 2-shot bonus, thereafter. (Team fouls are kept per halves).
- 3) Quarters played for each player. Starters will be marked by a / or x thru number of quarter played. Substitutes will be marked by an O around number of quarter played.

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J. Two (2) warm-up balls per team and one (1) game ball will be provided. **NO BASKETBALLS**, other than those provided, will be permitted in gymnasium during games.

K. Commissioners have the responsibility, and may intervene at any time, to ensure that the spirit of the rules of the H.O.B.L. are being interpreted and followed correctly. The Commissioners interpretation is final.

L. Blow Outs If, a game within all leagues, has a team lead of 15 points or more, at any juncture of the game, that team will be required to play LIMITED PRESSURE on the ball and stronger players instructed to work on other fundamentals (ex: weak hand dribbling, passing, screening, etc...) and allow less experienced players to have more opportunities in the offense to shoot, dribble, etc... Limited pressure should continue until the lead is below 10 points. This is done for the purpose of attempting to keep the margin of the score down and promoting good fundamentals and team play. If the lead become 30 points, the score board will be changed to 1 to 0 and the clock will be a running clock (stops only for injury/timeouts).

M. Basket Heights:

- 1) Freshmen boys and girls - 9 feet
- 2) Sophomore, Junior, and Senior boys and girls (regulation) - 10 feet

N. Three point goals count for all grades. HOWEVER, they are not encouraged in our Freshmen division, or any player who physically is unable to shoot with proper technique.

O. DRESS CODE:

- 1) Uniform jerseys will be tucked in at all times.
- 2) There will be no altering of uniforms (no cutting, writing on, no names on back, etc...) Parents will be required to purchase a new uniform if uniform is altered in any form.
- 3) A T-shirt for all our girls' divisions are recommended for modesty purposes.

5. Eligibility

A player may not participate on any other basketball team and play for H.O.B.L. concurrently. This would include but not limited to, recreational, club, travel, AUU, church or school sponsored basketball teams.

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6. Formation of Teams:

A. New players are assigned to teams on the basis of an evaluation number given at a live evaluation or an evaluation number given at sign-ups based on their weight, height, and years of basketball experience from their current application form.

B. Returning players will be assigned to their previous season's team unless moving up to a new division or parent request for another team.

C. Teams are formed by attempting to evenly distribute the players by the above information to create a more balanced competition between teams.

D. Coaches and/or parents are not permitted to switch players from one team to another team. Only the league director may give approval for a player to switch.

7. Rule Violations:

1st Offense= warning letter (issued by commissioner)

2nd Offense= 1 game suspension (will miss that week's practice and next played game) (1st Offense for Section 4.F)

3rd Offense= suspended for balance of year (2nd Offense for Section 4.F)

*ALL COACHES: Any coach receiving one technical foul will be ejected for the duration of game being played and an automatic one game suspension for the next game played.

**Any coach who receives their second technical foul in the same season will be ejected for the duration of game being played and the duration of the basketball season.

***Any coach who is suspended for duration of a basketball season, and wishes to coach in the following season, will need to make an application through a letter of reinstatement to the Sports Director of the Hilliard Optimist Club Youth Sports.

Each violation will be reviewed by the league's mini-board to verify the discipline matches the violation.

8. General Game Rules:

A. High school rules apply except as noted herein.

B. Pre-game warm-up will be 10 minutes (pre-game warm-up will be 5 minutes if game starts are running behind: per Commissioner).

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- C. At 2 minutes left in warm-up, the horn will sound. Players go to their benches and the coaches bring teams to center court for match-ups.
- D. There will be 5 minute halftimes.
- E. There will be 1 minute between quarters.
- G. Each team has 2 time-outs per half (no carry-over).
- H. A game will consist of 4 six minute quarters.
- I. On the 7th team foul, of either half, teams will shoot 1&1 bonus.
- J. On the 10th team foul, of either half, teams will shoot a 2 shot bonus for the rest of that half.
- K. There will be NO FOUR CORNER OFFENSES so that a particular player will be *highlighted. *Highlighting is clearing one side of the court, allowing a one vs. one to the basket.
- L. Freshmen and Sophomore Divisions ONLY: A man to man defense is the only defense permitted. You will need to be 6 feet or closer (in the front court) to be considered Man to Man. NO ZONES. If an official determines a zone is being played, 3 warnings will be given. The following violation(s) will result in technical fouls which will be assessed against the head coach. (*The 1st technical foul will result in the head coach being ejected from the bench.)
- M. Playing time / Disqualification:
 - 1) All players must play a minimum of 2 quarters of each game that they are present for unless they are disqualified.
 - 2) No player can play 4 quarters until all players have played 3 quarters. Once a player starts a quarter he/she must remain in the game for the full quarter except for injury. It is advised that the same players not play extra quarters every week. This League is to be used for the development of all the players.
 - 3) A player cannot foul out of the game in his/her 1st quarter.
 - 4) A player will be disqualified on his/her 5th or subsequent foul. *If a player is used as a substitute for an injured player, this playing time counts as the subbing player's 3rd quarter played.

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5) Upon an unsportsmanlike disqualification, the player will automatically miss the next played game. *All disqualification's will be viewed as a serious action against the HOBL's purpose, and will be viewed by that league's mini-board and could result in further discipline.

N. SUBSTITUTIONS:

1. Are only permitted for injuries (illness) and disqualifications.
2. The head coach will choose the substitute. He will keep in the spirit of the game by inserting a player of equal talent and not one of the better players.
3. Regardless of time that the substitute plays it counts as his/her 3rd quarter played. (Player must still receive their full 2 quarters of play).

O. OVERTIME SESSION

1. Two 1 minute overtime sessions. Each session will start with a jump ball at center court. First 1 minute session will be played by any 5 players and the second 1 minute overtime session will be played by the remaining players. Both sessions must be played for overtime to be complete.
2. Each team is given (1) 30 second time-out for entire overtime session (no carry over from regulation).
3. The team who is ahead at the end of overtime session wins. Game is over.
4. If score is still tied at the end of overtime session then teams shake hands for a game well played. Game is over.
5. Personal and team fouls will carry over to overtime session.

8. Division Rule Exceptions:

A. Freshmen Divisions:

- 1) There is no pressing permitted in backcourt for entire game.
- 2) NO ZONE DEFENSES
- 3) A defensive 5 second rule will apply inside the paint.
- 4) NO DOUBLE TEAMING will be permitted outside of the paint but defensive switching after picks are encouraged. Within the paint help side defense is permitted. Help side defenders must return to their man to man responsibilities if ball is passed or dribbled away from basket. Two official

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warnings will be given and marked DT-1 on the teams score sheets; third infraction will result in a technical foul assessed to the head coach.

5. Free throws will be attempted from the inner circle of the free throw line.

6) Coaches will be permitted to walk the sidelines (staying off court) to instruct their players for the first four played games. On the fifth game played all coaches will return back to the bench area.

B. Sophomore Division:

1) Full court man to man pressure allowed

2) NO ZONE DEFENSES

3) A defensive 5 second rule will apply inside the paint.

4) NO DOUBLE TEAMING will be permitted outside of the paint but defensive switching after picks are encouraged. Within the paint help side defense is permitted. Help side defenders must return to their man to man responsibilities if ball is passed or dribbled away from basket. Two official warnings will be given and marked DT-1 on the teams score sheets; third infraction will result in a technical foul assessed to the head coach.

5) Free throws will be attempted 10ft. from basket.

6) Coaches will be permitted to walk the sidelines (staying off court) to instruct their players for the first four played games. On the fifth game played all coaches will return back to the bench area.

C. Junior Division:

1) Zone defenses and full court man to man pressure allowed

2) NO ZONE PRESSES OR TRAPPING allowed.

D. Senior Division:

1) No defensive restrictions as high school rules apply.

9. Gym Availability

A. If school is cancelled then there will be no practice that day. (Monday thru Friday)

B. If school is cancelled on Friday, games on Saturday will also be cancelled. If games are cancelled, no make-up games will be scheduled

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C. If you arrive at practice site and are told that another school event is going on; smile, apologize to your parents for the inconvenience and contact the commissioner for a make-up practice date (if available).

D. There will be no selling of items or other fund raising activities done during an HOBL function (games/practices etc...) unless HOBL Director has given approval.