

Norman Optimist Club

Winter, Spring and Hoops Recreational Basketball Leagues

With the following exceptions, the rules of the OKLAHOMA SECONDARY SCHOOL ASSOCIATION (OSSA) pertaining to BOYS AND GIRLS basketball will be used.

Basic Rules: 1 and 1 beginning with the 7th foul, jump ball only to open play, three 45 second time outs and two 20 second time outs per game (girls will use the same rules as the boys).

Length of Game – Time-outs

- Game will consist of **6 minute quarters** with 1 minute between quarters and 4 minutes between halves. **The first 4 minutes of each quarter will have a continuous clock, stopping only on time-outs and free throws.**
- **The last two minutes of each quarter, the clock will stop on the referee's whistle.**
- For grades K-4 only, consecutive time outs may not be called prior to the ball crossing into the front court. Each infraction of this rule shall result in a bench technical foul.

Goal Heights, Ball Size and Court Size

Grade	Ball Size	Goal Height	Free Throw	3 Point Shot	Backcourt Guarding
K-1	Jr. (27.0)	8 feet	10 feet	No	No
2-3	Jr. (27.0)	9 feet	10 feet	No	No
4	Intermediate (28.5)	10 feet	13.5 feet	❖ YES	No
5-6	Intermediate (28.5)	10 feet	15 feet	❖ YES	Yes
7-12 (Hoops)	Regulation	10 feet	15 feet	YES	Yes

Other Rules affecting Play

- For Grades K-2 no double teaming or any guarding outside the 3 point line will be allowed. Man to man or zone defense only.
- For grade 3 no back court guarding, or any double teaming in the front court will be allowed. Man to man and/or zone defense only.
- No backcourt guarding is allowed in grade 4.
- The three point shot is not in effect for grades K-3
- **THE THREE POINT SHOT IS IN EFFECT FOR GRADES 4-6**
- All players must wear an NOC jersey.
- All court technical fouls are 2 shots and the ball, same as bench technical. This includes participation violations.
- Coaches receiving technical fouls must remain seated for the duration of the game.
- Coaches receiving two technical fouls during a game must leave and remain banned from the gym for one game. **– no exceptions.** Coaches receiving repeated technical fouls, (more than two), during the season, could be suspended for a minimum of one year.
- The “20 point no press” rule applies to grades 5 and up. A team with a lead greater than 20 points may not press the opposing team until the point margin is below 20 points.
- In accordance with OSSA rules, **no jewelry of any kind may be worn during any games – no exceptions.** This includes newly pierced ears (bare or covered), or any other cosmetic appliance of any kind. Hair beads shall be permissible.
- Coaches must remain in the coach's box and bench area during play. Coaches may approach the scorer's table only during official timeouts, and at halftime.

7. PLAYER PARTICIPATION

A. All players must play at least one uninterrupted quarter in the first half. If a player arrives after the completion of the first half but before the start of the second half, the player is still required to participate in one complete quarter during the game.

B. All Players must sit out one uninterrupted quarter

C. A player may not be substituted for until he/she has played an uninterrupted quarter.

C(a). Players cannot be substituted in the first quarter.

D. Any team judged to have not played all available players at least one uninterrupted quarter will forfeit the game.

E. A technical foul shall be assessed on the violating team for each player appearing in all four quarters and those players shall be ejected from the game.

F. In the event a player is injured or disqualified, the coach has the option of substitution or playing with less than 5 players for the remainder of the quarter. This will not count as an uninterrupted quarter of participation for the injured player. This will count as a quarter of participation for the substitute player but will not count as one uninterrupted quarter.

G. In the event one team has fewer than seven players available to begin the game, rule 7B above is waived for both teams. The coach with fewer than 7 players is required to notify the officials of his/her status.

H. The official scorer and timekeeper are responsible for notifying the referee when the participation rule has been violated.

I. Players may only be listed on the score sheet if present at tip-off. Players arriving late can be added but a technical foul will be assessed per player added.

SCORE KEEPERS:

The team listed first on the schedule is considered the home team for purpose of furnishing the “official timekeeper”. The visiting team is responsible for furnishing the “official scorekeeper”. In as much as the participation rule will be strictly enforced, only an older and responsible person should keep the clock and book. **Children under the age of 17 will not be allowed to run the clock or keep the scorebook.**

❖ **For issues not covered by these rules, the League Director or Basketball Committee will rule.**

The playoffs will be double elimination. The seeding will be by random draw and will not be a result of the regular season win/loss results.