



## SUNRISE OPTIMIST BASKETBALL OFFICIAL PLAYING RULES

(The rules were last revised on September 15, 2010)



The goals and objectives of the Sunrise Optimist Basketball League are:

- To provide a *recreational* activity for the youth of our community.
- To *teach* youth about the game of basketball, teamwork and sportsmanship.
- To provide the opportunity for youth to *learn and improve the skills* needed to play basketball.
- To provide each participant an *equal* chance to participate.

### **RULE 1: RULES GOVERNING PLAY**

- Section 1. The Basketball Rule Book of the National Federal of State High School Associations will govern play.
- Section 2. Any rule not consistent with the Basketball Rule Book will be stated in this set of rules. The officials will make the calls from their interpretation of the rules governing play.
- Section 3. The League Director will have the responsibility to make judgements concerning situations involving teams, players, coaches, or situations that arise during the season, and that judgement will be final.

### **RULE 2: ELIGIBILITY AND ROSTERS**

- Section 1. Any child enrolled in the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade and residing in the Seaman Unified School District No. 345, or whose parent/guardian resides in the Seaman Unified School District No. 345, or whose parent, grandparent, or guardian is a member in good standing of the Sunrise Optimist Club, is eligible to participate in the Sunrise Optimist Basketball League.

Note: In the event that roster openings are available after the coaches' meeting, players from outside the school district may apply to participate in this league. Players will be added at the direction of the League Director beginning with the teams needing the most players to fill to its roster.

- Section 2. Only the League Director may add or delete names to or from team rosters.
- Section 3. A child who moves out of the Seaman U.S.D. after the season begins may continue to play for the remainder of the current season.

### **RULE 3: COURTS, UNIFORMS and EQUIPMENT**

- Section 1. The league will furnish team jerseys to players. Players are required to wear the team jersey during all games.
- Section 2. Players are required to wear soft-soled shoes.
- Section 3. The league will furnish basketballs for pre-game warm up and the game. Coaches and/or players should not bring extra basketballs to the games. The *junior size* basketballs will be the official basketball for the 1<sup>st</sup> & 2<sup>nd</sup> and 3<sup>rd</sup> & 4<sup>th</sup> grade divisions. The *intermediate size* basketball will be the official basketball for the 5<sup>th</sup> & 6<sup>th</sup> grade divisions.
- Section 4. The court size for the 1<sup>st</sup> & 2<sup>nd</sup> grade division will be played cross court with goal inserts or 8 ft goals. The court size for the other leagues will be full length with 10 foot goals.
- Section 5. The Seaman School District Elementary Principals will permit coaches to schedule practices with their team up to two times a week beginning three weeks prior to the beginning of the league play. After the season begins, the coaches can schedule practices once a week. These practices are subject to the availability of the gyms.

### **RULE 4: TIME**

- Section 1. All of the leagues games will consist of four (4) - seven (7) minute periods.
  - Article 1. The clock will be started at the beginning of each period and run continuously until the end of the period.
  - Article 2. The game is over at the conclusion of the final Period.
- Section 2. In the 5<sup>th</sup> & 6<sup>th</sup> grade divisions, the game will be altered in the following manner.
  - Article 1. In the first three periods the clock will be started at the beginning of each period and run continuously until the

end of the period. If the score is within 10 points during the last two- (2) minutes of the fourth period, then the timekeeper will stop the clock for all fouls, violations and time-outs.

Article 2. If the score is tied at the end of regulation play, a one- (1) minute overtime period will be played to break the tie. The overtime period will be started with the continuation of the alternating possession. If the score remains tied after the overtime period, the game is over.

Article 3. There will 1 minute between the first and second quarters and between the third and fourth quarters.

Article 4. There will be a 3-minute half time.

Section 3. For the 1<sup>st</sup> & 2<sup>nd</sup> grade league, the time between all periods, including halftime, will be one (1) minute. There will be no time outs.

Section 4. In the 3<sup>rd</sup> & 4<sup>th</sup> and 5<sup>th</sup> & 6<sup>th</sup> grade divisions, each team will be granted one (1) time-out per half. Only for the 5<sup>th</sup> & 6<sup>th</sup> Grade Leagues: if the game extends into overtime, only one timeout may be taken during the overtime period by each team.

Section 5. The stoppage of the clock shall be for injuries, assessment of technical fouls and by the referees' direction.

## **RULE 5: SUBSTITUTIONS**

Section 1. In the 1<sup>st</sup> & 2<sup>nd</sup> and 3<sup>rd</sup> & 4<sup>th</sup> grade divisions, coaches will make substitutions only between periods. In the cases of injury, illness to a player or the disqualification of a player for five (5) fouls or sportsmanlike conduct, substitutions will be allowed.

Section 2. In the 5<sup>th</sup> & 6<sup>th</sup> grade divisions, coaches may make substitutions only between periods until the final two (2) minutes of the fourth period or overtime period while the clock is stopped for fouls, violations or time-outs.

Section 3. The coach will need to notify the game officials prior to the game of substitutions for known illness or injury.

## **RULE 6: LIMITATIONS TO THE DEFENSE**

Section 1. Defensive players must allow the offensive player, controlling the ball, to completely enter (both feet and the ball) the front court before applying defensive pressure. In the 1<sup>st</sup> & 2<sup>nd</sup> Grade Division, the division line will be at the front court free-throw lane marking for the full-court layout. In the other leagues, the defense can't defense in the backcourt once the offense gains possession of the basketball. The defensive team may not intercept a controlled pass between teammates in the backcourt. However, when the ball is passed from the backcourt to the front court, any player may attempt to gain control of the ball once the ball crosses the vertical plane of the division line. When the defensive team gains control of the ball, thus becoming the offensive team, the opposing (defensive) team must immediately drop back into the offensive team's front court before applying defensive pressure.

Section 2. *In the 5<sup>th</sup> & 6<sup>th</sup> grade division only*, full court defensive pressure is allowed in the fourth period by the team that is behind and by the team that is leading by less than ten points.

Violation: For the first violation of Rule 6, the referee will issue a warning to the players and head coach of the team committing the violation. After the warning, the referee will assess a technical foul to the team for each subsequent violation of Rule 6.

## **RULE 7: FOULS**

Section 1. The referees will charge and administer all personal technical fouls according to the Basketball Rule Book.

Section 2. If a team has four or fewer players during the game due to disqualification due to five personal fouls, that team will have the option of playing with players previously disqualified. Provided the disqualified player was disqualified due to five personal fouls. A disqualified player will not be allowed to play if the disqualification is due to flagrant or unsportsmanlike conduct. However, the officials will charge all fouls by a disqualified player as intentional fouls beginning with the sixth foul.

Section 3. In the 1<sup>st</sup> & 2<sup>nd</sup> Grade Leagues, free throws will not administered. The offended team will take the ball out. In the 3<sup>rd</sup> & 4<sup>th</sup> Grade Boys; 3<sup>rd</sup> & 4<sup>th</sup> Grade Girls; and 5<sup>th</sup> & 6<sup>th</sup> Grade Girls, the free thrower shooter can attempt free throws from a distance of twelve (12) feet.

## RULE 8: BEGINNING THE GAME

Section 1. The *visitor* team will have the first possession to begin the game. Then the teams will alternate possession on jump ball situations and at the end of each quarter.

## RULE 9: LACK OF PLAYERS

Section 1. A team may start the game with four players.

Section 2. By consent of the League Director, a coach with less than five (5) players on his/her roster present at game time, the coach may use players not on his/her roster. These players must meet the league eligibility requirements.

## RULE 10: COACHING RULES

Section 1. Coaches should try to understand the limitations of young basketball players and conduct themselves by those limitations. Coaches berating a child for mistakes have no positive effect. Coaches must explain the skills and strategy by providing an opportunity to practice in a positive learning experience. Children learn best by this method.

Section 2. Coaches will play all players who are present at the beginning of the game as equally as possible. There shall be no more than one (1) period discrepancy in playing time for all players.

5 players present	5 play 4 periods	8 players present	4 play 3 periods 4 play 2 periods
6 players present	2 play 4 periods 4 play 3 periods	9 players present	2 play 3 periods 7 play 2 periods
7 players present	6 play 3 periods 1 play 2 periods	10 players present	10 play 2 periods

Coaches may arrange with the league director not to play a player for disciplinary reasons (e.g., missing practices and unsportsmanlike conduct) his/her full number of entitled periods. The coach will need to explain the situation before the game to the League Director.

Section 3. **Coaches will not question or make comments concerning the calls made by the official(s), on or off the premises. Questions concerning interpretations of the rules will be directed to the League Director.**

Section 4. There is no provision for protesting a game.

Section 5. The coach's box is to be considered to be in front of the bench the team occupies. The coach should refrain from roaming beyond the limits of the bench. The coach can receive a warning on excess movement followed by a technical foul for continuation at the discretion of the League Director or referee.