

**BRENHAM OPTIMIST CLUB  
BASKETBALL RULES FOR 2019-2020 SEASON**

**Junior Girls::**

**Goal Height: 10 Feet**

**Ball Size: 28.5**

**Free Throws: Regulation**

**Three Pointers: YES**

**Lane Violation: Offense 5 seconds in the lane**

**Zone Defense: YES**

**Pressing: Yes, 4th Quarter only man to man only**

**Double Teaming: YES Front Court only**

**Substitutions: YES, a coach can substitute whenever he or She wants**

**Game Length: (4) 6 minute quarters**

**Overtime: In the event of a tie at the end of regulation a 2 minute overtime**

**Be played, if at the end of overtime the game is still tied, a second**

**2 minute overtime will be played. If at the end of the second overtime**

**The game is still tied, a 3rd sudden death overtime will be played with**

**The first team that scores wins.**

**HalfTime: 3 minutes**

**Timeouts: Each team will have 3 one minute timeouts per GAME.**

**Overtime Timeouts: Each team will be allowed 1 timeout in overtime, regulation  
Timeouts don't carry over into overtime.**

**Out of timeout Technical Foul: If a team has used all 3 timeouts and a COACH  
Or PLAYER calls timeout, the timeout will be  
Awarded but a technical foul will occur, with the  
Opposing team getting 2 free throws and the ball**

**Coaches: Each team will be allowed 2 Coaches on the bench, ONLY 1 coach is  
Permitted to stand during the game. The other coach must be sitting  
Down. An official or OPTIMIST CLUB member can give a coaches  
Warning for 2 coaches standing up. Second offense will be a  
Technical foul.**

**Players: Each player on every team WILL HAVE TO PLAY 5 minutes per half,  
If a player doesn't meet 5 minutes per half the opposing team can ask  
For a forfeit, if it is proven the player didn't meet the 5 minute total a  
Forfeit will be awarded.**

**Player Shows up late: If a player shows up late, that player forfeits his  
Mandatory 5 minutes per half playing time for the 1st  
Half. However the player must play his 5 minutes in the  
Second half. (coaches choice)**

**Fouls: Each player is given 5 fouls per game**

**On the 7th team foul of each half, the opposing team will be in the bonus  
And shoot one and one. On the 10th team foul the opposing team will**

Then go into Double bonus which is 2 free throws. Team fouls start over In the second half, but carry over into overtime.

**Technical Fouls:** If a **PLAYER** or **COACH** receives 2 technical fouls in one game That player or coach is ejected.

**Pressing:** Pressing and double teaming is allowed, however if a team is up by More than 20 pressing isn't allowed.

**SPORTSMANSHIP RULE:** if a team is up by more than 20 going into the 4th Quarter, the opposing team that is trailing their Coach can pick 2 kids to sit out from the winning team Those 2 kids **MUST** remain on the bench for the Entirety of the game unless the score drops to under 20 then the players can reenter the game. This is put in So teams can avoid running purposely running the Score up on teams!!!

**Officials:** All in game decisions will be determined by the referees in charge of The game. Their decisions will be final. Optimist Club members Can't Overturn and officials call. If however 2 officials can't agree on a call Or can't make a call. The Optimist club member running the clock can Step in and make a call based on what he or she saw.

**Score Keeper:** the score Keeper will be the only person in game, that will keep Track of fouls. The Score Keepers records will be final.

Example: if Team A thinks player on Team B committed his 5th Foul but score Keeper has player with 4 fouls, it will be the Score keepers record not the ref or optimist club member that Make the call.

**SCORE KEEPERS ON DUTY MUST** let each coach know when A player picks up his 3rd and 4th foul.

**Uniform:** Every player on the court must have their shirt tucked in **AT ALL TIMES**. no watches, bracelets, hats, or necklaces will be allowed

**Final 2 minutes of each half:** All timeouts by a team the ball can be advanced To be taken out at half court, as long as the team calling The timeout didn't try to advance the ball

Example:: Team A shoots the ball misses Team B gets the rebound immediately calls timeout, the coach then would have the option of taking the ball out at half court if under 2 minutes per half.

Example:: Team A shoots the ball misses, Team B gets rebound makes a pass or dribbles then calls timeout, that would be considered trying to advance the ball, ball would be taken out where the time out occurred.

**Possession arrow::** after every jump ball there will be a change in possession, if If a ball gets shot and gets stuck in the goal it will be jump Ball. The time Keeper will be in charge of all jump balls.

**Basketball goal::** the very top of the goal is **OUT OF BOUNDS**, but if a player Shoots the ball and hits the side **THAT IS STILL IN BOUNDS**.

