

# Fern Creek Optimist Basketball Rules (2021)

## Ages: 7-8, 9-10, 11-12, 13-14 and 15-18

### PLAYING TIME

Rule 1A – All Players will play one full quarter in the first half and make an appearance in the second half equal to ¼ of the second half.

Rule 1B – No Player can play more than 3 quarters. (The only exception to this rule is when you have exhausted all other players due to fouls (5) or injuries can a player play more than 3 quarters).

Rule 1C – Every player must play a full quarter in the first half. There will be no substitution in the first half unless a player is injured or fouls out. If this occurs, the coach may opt to play with 4 players to prevent penalty in the 2<sup>nd</sup> half.

### GAME RULES

Rule 2A – All age groups will play 4 - 8 minute quarters.

Rule 2B – All age groups can play any type of defense.

Rule 2C – 3-point field goals apply to 9 years old and up age groups.

Rule 2D – All players must report to the scorer's table and be summoned to the floor by an official.

Rule 2E – All age groups will shoot the bonus on the 7<sup>th</sup> foul committed of each half and shoot the double bonus on the 10<sup>th</sup> foul committed of each half.

Rule 2F – Any player or coach that receives two technical fouls in one game, must leave the gym area (go outside). The coach, player or parent will face a minimum one game penalty for such actions.

Rule 2G – There must be a total of seven players at the game or it will be a forfeit. You will have 10 MINUTES to get the game started after its scheduled start time. **NA**

Rule 2H – Uniform – All Players must wear basketball/gym shoes (no track or any type of cleats will be allowed – suggest high-top shoes to prevent ankle injuries). **ALL PLAYERS ARE REQUIRED TO WEAR BLACK BASKETBALL SHORTS – NO EXCEPTIONS!**

Rule 2I – All overtimes will be for two minutes.

Rule 2J – Each team will receive FOUR timeouts per game. These can be taken anytime during the game. No timeouts will be carried over into overtime situations. Each team will receive ONE timeout for each overtime period.

Rule 2K – A team winning cannot press if they are up by 15 or more points.

### LEAGUE RULES

#### 7 & 8 Year Old Division

Rule 3A – May full-court press **ONLY** the last **THREE MINUTES** of the 4<sup>th</sup> Quarter.

Rule 3B – Free throws will be shot from the bottom of the circle at the free-throw line or ten feet from the rim if no circle.

Rule 3C – Players are allowed three seconds in the lane. (Full lane)

Rule 3D – Basketball size is 28.5”.

Rule 3E – There is no 3-point line in this division.

Fern Creek Optimist Basketball Rules  
Ages: 7-8, 9-10, 11-12, 13-14 and 15-18  
Page Two

**LEAGUE RULES (cont).**

9 & 10 Year Old Division

Rule 4A – May full-court press ONLY the 4<sup>th</sup> Quarter.

Rule 4B – Free throws will be shot from the Regulation Free-Throw Line.

Rule 4C – Players are allowed three seconds in the lane.

Rule 4D – Basketball size is 28.5”.

11-12, 13-14 & 15-18 Year Old Divisions

Rule 5A – May full-court press the entire game.

Rule 5B – Free throws will be shot from the Regulation Free-Throw Line.

Rule 5C – Players are allowed three seconds in the lane.

Rule 5D – Basketball size is regulation.

FOR ALL OTHER RULES, PLEASE SEE THE KHSAA BASKETBALL RULE BOOK.

**PLAYING ELIGIBILITY**

Rule 6A – (9-10 Year Old Division) – All 10-year olds will play in the first quarter. All 9-year olds will play in the second quarter. See the following examples if players are absent or there are different numbers of age groups. (Example: If a team has six 10-year olds, the “best” five will start the first quarter. The opposing coach picks your “weakest” 10-year old to start with the 9-year old team in the second quarter before the game starts. If a team has six 9-year olds, then the strongest 9-year old player will play up with the 10-year olds. Example: If one of the team’s 10-year old players arrives to the game late, he/she will wait his/her turn to play. If this “older” player is “MR/MS ALL STAR”, then he/she will wait until the third Quarter to play. Any other questions concerning player eligibility should be directed to the League Director(s). **NO LONGER APPLICABLE NO LONGER APPLICABLE**

Rule 6B – All age Divisions will follow rule 6A in regards to this rule. **NA**

Rule 6C – 15-18 year old division has free substitutions – no one will play 4 quarters.

**GENERAL RULES**

Rule 7A – **NO BASKETBALLS ARE ALLOWED IN THE GYM ON GAME DAY!** This includes Coaches, Players and Parents!

Rule 7B – **ONLY PLAYERS ARE ALLOWED ON THE FLOOR DURING THE GAME!**

Rule 7C – **NO SMOKING IN THE GYM OR ON CHURCH PROPERTY!**

Rule 7D – **THE GAME!**

Rule 7E – Parents are to sit in the bleachers and chairs surrounding the gym floor.

Rule 7F – **Absolutely NO PARKING IN THE FIRELANE** – Cars may be towed or ticketed at Owner’s Expense.

Rule 7G – The penalty for any player, coach or parent ejected from a game will be a minimum one game suspension.

**NO SMOKING ON CHURCH GROUNDS**