

EAST LINCOLN OPTIMIST CLUB
Basketball Rules & Information (Updated 11/18/2021)

CONDUCT:

Three(3) coaches are allowed on the bench, but only the Head Coach is allowed to stand in front of the bench during the game. Coaches are expected to set an example of sportsmanship for the players. Excessive complaining, “working” the referees, or inciting the crowd will not be tolerated. Limit horseplay in gym and parking lots. Participants (including coaches) who must be repeatedly counseled about behavior may be ejected and/or dismissed from future participation. Participants will receive a “next game” suspension for an accumulation of 2 technical fouls and may be banned from participation after an accumulation of 4 technical fouls. Fighting or a willful attempt to inflict injury may result in suspension at commissioner or athletic director’s discretion. Players may also be suspended due to the behavior of relatives or friends. Reference the general ELOC CODE OF CONDUCT policy.

PARTICIPATION:

Participation is open to anyone in grades 3-12. Registration is \$130. Registration fees cover uniform costs, referee costs, equipment costs, and facilities costs.

ADMISSION FEE:

Admission to games has been included in the registrations fee.

PICTURES & TROPHIES:

TSS will provide various photo packages at competitive prices. ELOC ONLY provides medals to the champion and runner-up team in each division.

SHOES:

East Lincoln Community Center (Gym) requires players to wear clean, athletic “game shoes” during games and practices.

FOOD/DRINKS:

Food and Drinks **ARE NOT ALLOWED** in the East Lincoln Community Center (Gym). Players are allowed to bring WATER ONLY to drink during the games.

BASKETBALLS:

For safety reasons, personal basketballs **ARE NOT ALLOWED** in the East Lincoln Community Center. DO NOT bring personal basketballs or other sports equipment into the gym.

Game Day Basketballs Provided by ELOC (No other ball used for games)

- 3rd – 4th Grade Boys – Junior Size 28.5
- 5th – 12th Grade Boys – Regulation Size 29.5
- 3rd – 5th Grade Girls – Junior Size 28.5
- 6th – 12th Grade Girls – Junior Size 28.5

JEWELRY:

Jewelry and watches are not allowed on the court. This includes ear jewelry.

GAME TIME:

Games consist of 5 periods lasting 7 minutes each. The game is played with a running clock which will stop for shooting fouls, timeouts, and all dead ball situations during the last 30 seconds* of each period. (*During the playoffs, the clock will stop during the last 1:00 of each period).

OVERTIME:

If a game is tied after regulation, there will be 2-minute overtime with a running clock which will stop for shooting fouls, timeouts, and during the last 15-seconds of the OT. If the game is still tied after ONE(1) overtime, the game shall be declared a tie. During the tournament, consecutive, 2-minute overtime periods will be played until there is a winner.

TIMEOUTS:

Each team is allowed three(3) 45-second timeouts during the five(5) regular periods and one(1) additional 45-second timeout during each overtime period. There is a 3-minute break between the 3rd and 4th periods. *(This may be shorted to 2 minutes if needed to speed up games)*

DEFENSE:

- 7th-8th Boys, 9th-12th Boys, and 6th -12th Girls are allowed to play FULL COURT DEFENSE DURING THE ENTIRE GAME.
- 3rd-4th Boys, 5th-6th Boys, and 3rd-5th Girls must play half-court defense during the entire game, with the exception of the last minute of the 5th period.
 - Full court defense is allowed during the last minute of the 5th period and during the last minute of overtime.
- If a team has a 20-point (or more) lead at any time during the game, the team that is leading must drop back into a zone defense below the 3-point line.

NOTE:

Violation of defensive rules will be called “Illegal Defense” and the ball will be given to the team on offense. Normally if the offense establishes possession in the back court, the defense will not be allowed to gain possession in the back court. It is the discretion of the referee whether a ball is lost or thrown away due to defensive pressure. A player repeatedly, intentionally, or “conveniently” violating defensive rule may result in a TEAM technical foul and/or time being added back to the clock at referee discretion.

FOULS/FOUL SHOTS:

Five(5) fouls will be allowed per player. Designated “B” team players will be allowed to complete the period in which they foul out and are then ineligible for the remaining periods UNLESS allowed to play by the opposing coach. One and one free throws are in effect on the 12th team foul in the first 3 periods and on the 8th team foul in the last 2 periods and overtime. Younger age groups shoot free throws from around 11-12 feet.

How strict to call? The younger kids are given 3 LONG counts in the lane and 10 LONG counts to get past half court, and are allowed to make more mistakes, especially in the backcourt, early in the season. Remember they are in learning mode.

ELOC BASKETBALL A-TEAM/B-TEAM PHILOSOPHY

Purpose:

- To guarantee a minimum of 2 periods of playing time for all participants.
- To match up competitors as evenly as possible.
- “A” team players should be the most skilled players on your roster. They are expected to play the 1st, 3rd, and 5th periods.
- “Ringers” should not be placed on the “B” team. Game or Optimist officials may make a change if necessary to the lineups at their discretion (for example, if a “B” team player is scoring too easily).

In situations when a team has less than 10 players, it will be at the discretion of the opposing coach to select which "A" team player plays for "B" team during the game. This choice will be made at the end of the 1st period. The "A" player(s) selected for "B" team must play the entire 2nd and 4th periods and may not be changed or substituted for without permission of the opposing coach. Obviously, the more skilled players should not be put on "B" team when a team is shorthanded.

If an "A" player has been selected to play for the "B" team, you can substitute any "B" player to play for that player in the 3rd period to allow this player to rest. This is possible because this "A" player has already played their two(2) minimum periods. However, this player must return for the 4th period as the selected player for the "B" team.

Example Lineups:

10 PLAYERS	<u>PERIOD 1</u>	<u>PERIOD 2</u>	<u>PERIOD 3</u>	<u>PERIOD 4</u>	<u>PERIOD 5</u>
	1	6	1	6	1*
	2	7	2	7	2*
	3	8	3	8	3*
	4	9	4	9	4*
	5	10	5	10	5*
					*(FREE SUBSTITUTION)

11 PLAYERS	<u>PERIOD 1</u>	<u>PERIOD 2</u>	<u>PERIOD 3</u>	<u>PERIOD 4</u>	<u>PERIOD 5</u>
	1	7	1	7	1*
	2	8	2	8	2*
	3	9	3	9	3*
	4	10	4	10	5
	5	11	6	11	6
					*(FREE SUBSTITUTION)

9 PLAYERS	<u>PERIOD 1</u>	<u>PERIOD 2</u>	<u>PERIOD 3</u>	<u>PERIOD 4</u>	<u>PERIOD 5</u>
	1	6	1	6	1*
	2	7	2	7	2*
	3	8	3	8	3*
	4	9	4	9	4*
	5	5	5,6,7,8,or 9	5	5*
	If 5 th player is chosen for "B" team	No Subs	No Subs	No Subs	*(FREE SUBSTITUTION)

REMEMBER THERE SHOULD BE NO SUBSTITUTION FOR PLAYERS WHO HAVE NOT FIRST PLAYED IN TWO(2) FULL PERIODS.

The opposing coach may negate the removal of an opposing player who fouls out and leave them in the game because a "B" team player who fouls out would be replaced by an "A" team player.