

TOWN & COUNTRY OPTIMIST 3rd/4th Grade Girls BASKETBALL RULES 2023-2024

GAMES officials call by UIL rules except for special T&C guidelines

1. League will play two-20minute halves with a running clock.

Clock will stop approximately every 5 minutes, **all players on bench must go in.**

Clock will stop for, timeouts and injuries.

Home team works book, Visitor does the clock

2. LINE-UP: use game worksheet to plan playing time(can be printed from website/coaches)
Players will not check in, but if less than 10 players, **same player cannot play all of the half.**
3. WARM-UP: Team should warm-up at basket opposite of bench based Home(white) or Away(black).
4. TIMEOUTS 4 timeouts per team may be taken at any time during the game. In overtime team receives 1 timeout plus any not used. **MAY BE CALLED BY COACH.**
5. FREE THROWS: Player shoots from blue taped line 16" in front of regulation line
Ball not hitting the rim will be a turnover to other team.
(bonus situation) At 10th team foul each half, player shoots 1 free throw for 2 pts.
A technical foul counts as a personal foul
6. One Coach may stand to instruct players, but cannot obstruct view of scoretable. Coaches must refrain from commenting on officials calls. Improper bench decorum could result in a technical foul. Coach may be asked to remain seated. Only 2 coaches on bench
7. SPORTSMANSHIP All players, coaches, & parents will exhibit good sportsmanship at all times during and after the games. All players need to shake hands after game. **Any player or coach receiving two technicals or expulsion must leave the game. They will not participate in the next game,** nor be in the gym. Parents may also be asked to leave the gym.
8. Watches and Jewelry are not permitted. Please check before each game. No player may participate with a hard cast.
9. Standings and playoff seedings shall be determined by league won-loss record.

Special rules for 3rd/4th Girls League, will be reviewed by coaches and officials

1. Start game with rock/paper/scissors use 27" basketball 10 ft. goal
2. Defense: man-to-man no double teaming does not apply in paint
(coach may help assign who guards who as girls line-up across from each other at beginning of each period)
3. Press: no press
4. Lane violation: 5 sec
5. Free throw line blue tape about 24" in front of regulation (stepping over line will not be called)
6. Timeouts under one minute in second half...the clock starts at half court
7. Only one 2-min overtime period. Game remains a tie
8. Play two 20 minute halves, clock stopped every 5 minutes. All players on bench must go in.
9. Three point shots count as 3