

TOWN & COUNTRY OPTIMIST YOUTH BASKETBALL RULES 2023-2024 3<sup>rd</sup> Boys

GAMES officials(High school basketball players)

**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 timeouts and injuries.

Home team does the book, Away team 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 each half.

3. WARM-UP: Team should warm-up at basket opposite of bench based on Home(white) or Visitor(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(certified) 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 comparative won-loss record.  
Commissioner shall determine additional tie-breakers if necessary.

**Special rules for 3rd Grade League as reviewed by league commissioner and officials**

1. **Play two 20-minute halves with running clock,(broken down into 8 5-min periods)) see game worksheet**

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

3. **Start game with rock/paper/scissors use 27" basketball 10 ft. goal**

4. **Defense: man-to-man no double teaming does not apply in paint**

(coach may help assign who guards who as players line-up across from each other at beginning of first two shifts)

Encourage boys not to chase the ball on defense

5. **Press: no full court press**

6. **Lane violation: 5 sec**

7. **Free throw line blue tape about 24" in front of regulation (stepping over line will not be called)**

8. **Half-time will be only 2-3 minutes, discretion of commissioner**

9. **Only one 2-min overtime period. Use sudden death free throw if still tied, home team shoots last.**

10. **Shots from outside 3pt line count as 3**

11. **Stalling - applies to leagues that do not have full court press. If time-out called, clock starts after ball crosses half court during last minute of play in second half.**