

2015-2016 OAKMONT YOUTH BASKETBALL LEAGUE

SUMMARY OF RULES

The National Federation of State High School Association rules and regulations apply in all situations not covered by these Oakmont Youth Basketball League (OYBL) rules. These rules apply to the Pro, College and Juniors Divisions.

DIVISIONS FOR 2015-2016

Jr. Boys - Play under Junior Division rules. 9' hoop height, 28.5" Ball.
Jr. Girls - Play under Junior Division rules. 9' hoop, 28.5" Ball.
College Boys - Play under College Division rules. 10' hoop height, 28.5" Ball.
College Pro Girls - Play under College Division rules. 10' hoop height, 28.5" Ball.
Pro Boys - Play under Pro Division rules. 10' hoop height, 29.5" Ball.

PLAYERS

"Spartans" and "Eagles"

Each team will designate four (4) players as their "Spartan" squad. These will be the four most advanced players on the team's roster. These four players will typically remain as the team's Spartan squad throughout the season. All other players are designated as the "Eagle" squad. The only change would be if a player who was designated as an Eagle at the beginning of the season has a dramatic improvement and performs better than a player that had been designated as a Spartan.

At midyear, all coaches will review, discuss and designate their respective Spartan squads. This will happen again prior to the playoffs.

Spartans do not change from game to game based on which players show up. Remember: these are the most advanced players in their respective divisions; if one of them doesn't show up; it does not mean that a player who was not one of the most advanced players suddenly becomes better for that game.

Spartans are only allowed to play in the 2nd and 4th periods. Eagles are allowed to play in any period. The only exception to this rule is during the 1st and 3rd period, the trailing team is allowed to play up to 2 Spartans if the Mercy rule is in effect. As soon as the Mercy rule is no longer in effect (lead reduced to 10 Points or less), the Spartan(s) must come out of the game.

Prior to the start of each game, the coach must list his entire team roster in the scorebook, with the Spartans entered first with an asterisk next to their name. ALL SPARTANS MUST BE LISTED, REGARDLESS OF WHETHER OR NOT THEY ARE AT THE GAME.

GAME STRUCTURE

Junior Division: Games will consist of 4 periods, 7 minutes each.

First half: First period: 7 minutes - Eagle squad ONLY
Second period: 7 minutes - Anyone can play
Half-time: 3 minutes
Second half: Third period: 7 minutes - Eagle squad ONLY
Forth period: 7 minutes - Anyone can play

College Division: Games will consist of 4 periods, 7 minutes each.

First half: First period: 7 minutes - Eagle squad ONLY
Second period: 7 minutes - Anyone can play
Half-time: 3 minutes
Second half: Third period: 7 minutes - Eagle squad ONLY
Forth period: 7 minutes - Anyone can play

Pro Division: Games will consist of 4 periods, 8 minutes each.

First half: First period: 8 minutes - Eagle squad ONLY
Second period: 8 minutes - Anyone can play
Half-time: 3 minutes
Second half: Third period: 8 minutes - Eagle squad ONLY
Forth period: 8 minutes - Anyone can play

The game clock starts when the ball is tipped during the jump ball. After the opening tip-off the clock will be normal running/stop time. If the game ends in a tie, there will a maximum of 2 three-minute overtime periods with one 30-second time-out allotted per team for each overtime period.

WARM UPS

There will be a five minute warm-up period prior to the start of games.

TIME OUTS

Each team is allowed two 30-second time outs per half during regulation time.
Each team is allowed one 30-second time out per overtime period.
Time outs cannot be carried over.

OVERTIME

Overtime periods will be three minutes each. If a regular season game is still tied at the end of the second overtime period then the game will be recorded as a tie.
Exception: Postseason tournament games will continue with additional three minute periods until there is a winner at the end of an overtime period. If a team has 10 players or more, the players who play in the first overtime period cannot play in the second overtime period.

JUMP BALL

A jump ball will be made at the beginning of the game and the alternating possession rule will apply thereafter. A jump ball will be conducted at the start of any overtime period.

3 POINT SHOTS

Junior Division: No 3-point field goals will be in awarded for the entire game.

College Division: 3-point field goals only count in the last period and any overtime periods.

Pro Division: The 3-point field goal is in effect for the entire game.

FREE THROWS

Junior Division: The free throw shooter has 10 seconds to attempt a try; this applies for each attempt. The shooter is allowed to take one full step forward from the normal free throw line. If the shooter attempts to advance towards the goal before the ball hits the rim, a violation will be assessed and the attempt nullified.

College & Pro Divisions: The free throw shooter has 10 seconds to attempt a try; this applies for each attempt. The shooter has to release the ball from behind the line and remain there until the ball touches the rim.

VIOLATIONS

3-Second Key Violation: No player is allowed to remain in the key for more than three seconds while the ball is in the control of their team in the frontcourt. A field goal attempt restarts a 3-second count.

5-Second Inbound Violation: When passing the ball inbounds after gaining possession, players have five seconds to release the ball for the throw-in.

10-Second Back Court Violation: A team will not have control of the ball in their back-court for more than ten seconds.

PERSONAL FOULS

A player fouls out at five personal fouls. Technical fouls are considered personal fouls.

TEAM FOULS

The 7th team foul in each half results in a "1&1" foul shooting situation (bonus).

The 10th team foul in each half results in a two shot situation (double bonus).

Player Control (Offensive) fouls count towards the team foul total, however if the Player Control foul puts the other team into the bonus, the single or double bonus does not take effect until the next foul.

DEFENSIVE TACTICS

Junior Division: All defensive tactics (Man to Man Defense only) must start at the top of the key (3-point line) or below. The offensive team transitions to defense once a defensive player has gained control of the ball in the shooting team's frontcourt. Any violation of this rule will result in an Illegal Defense assessment. NO full-court pressing is allowed.

College Division: Defensive tactics (Man to Man Defense only) must start at the half-court line or below after the offensive team has crossed the division line. The offensive team transitions to defense once a defensive player has gained control of the ball in the shooting team's frontcourt. During the last period of the game and any overtime periods, two designated defenders (identified with arm bands) from each team are allowed to play full-court defense. All other players must fall back behind the half-court line on defense. Any violation of this rule will result in an Illegal Defense assessment.

Pro Division: Defensive tactics must start at the half-court line or below after the offensive team has crossed the division line. The offensive team transitions to defense once a defensive player has gained control of the ball in the shooting team's frontcourt AND completes a successful outlet pass. During the fourth period of the game and any overtime period/s, all players are allowed to play full-court defense.

Exception: For the College and Pro Divisions only, when full-court pressing is allowed, if the Mercy Rule is in effect the **TRAILING TEAM ONLY** will be allowed to use full-court defensive tactics.

Illegal Defense: Is defined as a willful attempt to disrupt the offensive team's possession. The first Illegal Defense violation results in a warning in the scorebook. Second and subsequent Illegal Defense violations result in a technical foul. These technical fouls are assessed as team fouls but do not count against an individual player's personal foul total.

NOTE: At the discretion of the game official/s, an "inadvertent" illegal defense call can be made when a player's instinctive reaction results in a disruption of possession.

MERCY RULE

COACHES ARE ENCOURAGED TO SUBSTITUTE APPROPRIATELY PRIOR TO A GAME GETTING INTO A MERCY RULE SITUATION. YOUR GOAL AS YOU APPROACH THE MERCY POINT IS NOT TO STOP YOUR TEAM FROM SCORING, IT IS TO ALLOW THE OTHER TEAM TO SCORE.

There will be a 14 point Mercy Rule for all Junior, College and Pro Division games. When a team is ahead by 14 or more points the rule goes into effect. When the lead is reduced to 10 or less the rule is no longer in effect. There will be a stoppage of play (official's time out) when either of these score differentials occurs. The leading team must remove all but one of its Spartans while the Mercy Rule is in effect. Coaches are encouraged to rotate their Spartans into the one Spartan position. The team that is behind continues to play under the normal playing time/eligibility rules.

SHORT-HANDED SUBSTITUTION RULE (formerly the "Hancock Rule")

At the start of the game, if there are not enough Eagle players (5) to field a squad for the 1st and 3rd periods, an adjustment must be made to that team's roster as the rules state that Spartan players cannot play in these periods.

When this occurs, the opposing (non short-handed) coach will select which Spartan player (or players - if short more than one Eagle player) from the short-handed team will be eligible to play in the 1st and 3rd periods. The chosen player/s are not eligible to play in the 2nd and 4th periods.

In order to balance out the fact that Spartan players will be playing in the 1st and 3rd periods, the non short-handed coach is also allowed to have an equal number of Spartan players eligible to play in the 1st and 3rd periods. These Spartan player/s will be selected by the short-handed coach. Unlike the short-handed team, these Spartan player/s are eligible to play in all periods. In both cases, the least advanced Spartan player/s should be chosen.

If a team does not have five Spartan players at the start of a game, no arrangements need to be made as Eagle players can play in any period. Any Eagle who starts in a short-handed game is still not considered a Spartan and is eligible to play in all periods.

It is the responsibility of both coaches to make sure both teams have enough Eagle players before the game begins. Please make sure this rule is completely understood. The time to try and understand this rule is not just before a game when a short-handed Eagle player situation occurs.

GENERAL RULES

1. All players must report to the scorekeeper's table before entering the game.
2. Teams shoot at the basket opposite their bench to start the game.
3. Team jerseys must be worn and tucked in at all times during a game. All players are strongly encouraged to wear black athletic gym shorts. No jewelry is to be worn at practices or games.
4. All official's calls are final.
5. Coaches are responsible for the conduct of their team before, during and after the game.
6. No postponed "regular season" games will be made up after the last scheduled regular season game. Rescheduling postponed games must be coordinated with the Board of Directors.
7. Seeding for the postseason tournament will be based on the win percentage calculated at the end of the regular season.
8. End of Season Tie Breakers:
 - a. Win/loss record for head-to-head games.
 - b. Coin toss.
9. Standings at the end of the postseason tournament will determine award distribution.
10. If there is no school or school is cancelled during the day, then games and practices scheduled for that day are cancelled.
11. If gym usage is cancelled on a Friday, Biddy Ball and games may still be played on Saturday if weather permits. Contact the Division Coordinator if unsure.
12. Housekeeping:
 - a. Coaches and players must ensure that all papers and trash are picked up from the gym and restrooms at the end of each game and practice.
 - b. Coaches are responsible for putting the score book, game clock, scorekeeper's chair and table away at the end of the final game of the evening.
13. Home team sits to the right of the scoring table. Away team sits to the left of the scoring table.
14. Coaches may approach the scorekeepers to inquire about number of personal fouls, team fouls and timeouts. If there is a question about the score, it needs to be directed towards the official who can confer with the scorekeeper. The official's decision on score is final after conferring with the scorekeepers.

FREQUENTLY ASKED QUESTIONS:

- 1) **One of my Spartan players becomes injured or leaves the team and I will have only three out of my four Spartan players left for the remainder of the season. Do I need to designate another player as a Spartan?**
 - A. No. The Spartans are identified as the most advanced players in their respective divisions. If one of them gets hurt or leaves the team, it does not mean that another player on your team suddenly becomes as good as the departed Spartan. You will need to substitute an Eagle in the periods that the Spartan would have played. In fact, this Eagle is always eligible to play in any period.
- 2) **Doesn't the Short-handed Substitution Rule benefit the short-handed team by allowing them to play a Spartan player against the Eagle players?**
 - A. No. If a team does not have enough Eagle players to field a squad during the 1st and 3rd periods, they must use one of their Spartan players to play in those periods. The opposing team will pick which Spartan can play (typically the least advanced player) in the 1st and 3rd periods. The short-handed team then picks a Spartan from the non short-handed team to balance out the Spartan playing in the 1st and 3rd periods. This makes any advantage neutral. The big difference is that the Spartan on the short-handed team is not eligible to play in the 2nd and 4th periods. On the non-shorthanded team, any player can play in the 2nd and 4th periods (including the Spartan selected by the short-handed team).
- 3) **What if I do not have four Spartan players at the beginning of the game?**
 - A. This is irrelevant. You still have your four Spartans in the scorebook and those players can only play in the 2nd and 4th periods. If one of your Spartans is not there, it means you need to use an Eagle to play in the 2nd and 4th periods. This player is eligible to play in these periods even if the Spartan player was there. Unless you do not have five Eagle players available to play (Short-handed Substitution Rule is in effect), ANY player can play in the 2nd and 4th periods.
- 4) **Shouldn't I select my Spartan squad at the beginning of each game based on which players show up for the game?**
 - A. No. The Spartans were identified as the most advanced players in their respective divisions when the entire league roster was analyzed. Because a Spartan doesn't show up, it does not increase the skill level of another player. Also, there is no benefit to doing this; if a player is designated as a Spartan they can ONLY play in the 2nd and 4th periods. Eagles can play in all periods.

NOTE: The objective of the Spartan/Eagle "rule" is to provide equitable playing time while matching players' skill levels throughout the game.