TOWN & COUNTRY OPTIMIST YOUTH BASKETBALL RULES 5th Grade Boys 2024-2025

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

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| 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 provides scorekeeper, Away team does 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 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 On 10th team foul player team shoots 2

Ball not hitting the rim will be a turnover to other team.

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 explusion 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 5th Boys Grade League as reviewed by league commissioner and coaches**

1. **play two-20minute halves with a running clock, see game worksheet**
2. Clock will stop approximately every 5 minutes, **all players on bench must go in**
3. **Start game with jump ball 28” basketball (ladies size)**
4. **Defense: no restriction**
5. **Press: full court press unless ahead by 10pts**
6. **Lane violation: 5 sec**
7. **Free throw line regulation, stepping over line will not be called.**
8. **Half-time will be only 2-3 minutes, discretion of commissioner,official**
9. **Only one 2-min overtime period, running clock.**
10. **At 10 team fouls per half, players shoots 2**