

Old Colony Girls Basketball League



Grade 4 and 5 RULES:

TIME - Game consists of two 20 minute halves with running time. Time will change to stop and go for the last two minutes of the game if the teams are separated by 10 points or less. Running time will continue if the score spread is greater than 10 points.

FREE THROWS - Player must start behind the foul line but will be allowed to cross the line, if the player's momentum takes her over the line while releasing the shot (no running up to the line). All players, including the shooter, must not move to rebound a missed shot until the ball has hit the rim.

DEFENSE - Defense will pick up at half court. Full court man to man pressing only will be allowed during the last two minutes of the game if the teams are separated by 10 points or less. Neither team will be allowed to press if the teams are separated by greater than 10 points. No double teaming will be permitted at any time, including during full court man to man pressing, outside the three-point line.

NO ZONES ARE ALLOWED - MAN-TO-MAN DEFENSE ONLY.

Outside the three-point line no double teaming allowed. Between the three-point line and the lane, double team is allowed. When the Offense has the ball inside the lane, there is no restriction. (See "long" version of rule interpretation at the end of the rules). First violation will result in a warning. If there is a loss of possession due to the violation, the ball will be given back to the offensive player. Subsequent violations will result in a technical foul against the coach.

OFFENSE - Since man-to-man defense is being used, isolation plays including spreading the offensive players to the four corners of the half court are not allowed. First violation will result in a warning, subsequent violations will result in a technical foul against the coach.

Grade 6 RULES:

TIME - [Same as 4th/5th] Game consists of two 20 minute halves with running time. Time will change to stop and go for the last two minutes of the game if the teams are separated by 10 points or less. Running time will continue if the score spread is greater than 10 points.

DEFENSE - Defense will pick up at half court. Full court press [man-to-man only] is allowed in the last 2 minutes of game if the teams are separated by 10 points or less. No full court press by either team if the score is more than 10 points. Again, no double teaming is allowed outside the three-point line.

NO ZONES ARE ALLOWED - [Same as 4th/5th] MAN-TO-MAN DEFENSE ONLY

Outside the three-point line no double teaming allowed. Between the three-point line and the lane, double team is allowed. When the Offense has the ball inside the lane, there is no restriction. (See "long" version of rule interpretation at the end of the rules). First violation will result in a warning. If there is a loss of possession due to the violation, the ball will be given back to the offensive player. Subsequent violations will result in a technical foul against the coach.

OFFENSE - Since man-to-man defense is being used, isolation plays including spreading the offensive players to the four corners of the half court are not allowed. First violation will result in a warning, subsequent violations will result in a technical foul against the coach.

Grade 7 RULES:

TIME - Games consist of two 20 minute halves with running time. Time will change to stop and go for the last two minutes of each half if the teams are separated by 20 points or less. Running time will continue if the score spread is greater than 20 points.

DEFENSE - Full court press of any type is allowed in the ENTIRE second half of game if the teams are separated by 20 points or less. No full court press by either team if the score is more than 20 points.

Grade 8 RULES:

TIME - Games consist of two 14 minute stop time halves. The clock will run continuously during the final four (4) minutes of the game only if the teams are separated by more than 20 points. If the score drops to 20 points or less during the final four (4) minutes, then stop time will be used.

DEFENSE - No restriction on the type of defenses. Full court press of any type is allowed at any time during the game if the teams are separated by 20 points or less. No full court press by either team if the score is more than 20 points.

GENERAL RULES:

Unless noted, IAABO rules apply. Referees in consultation with official scorer shall have the final interpretation

- 1. OCL Playing Time Rule:** Minimum playing time for all grades. All players will play a minimum of 3 minutes per half for games with stop time (8th) and minimum of 5 minutes per half for games with running time (4th, 5th, 6th and 7th). Any suspected violations should be reported to the Executive Board after completion of the game. The Executive Board will investigate to determine whether a violation has occurred. Violators risk suspension for non-compliance. If a player is being disciplined with limited game time the OCL town representative must be informed prior to the start of the game.
 - a.) Players for the above rule are defined as players free of all injuries prior to or during the entire game. Additionally, there is no violation if players on the team roster are not present, arrive late, leave early or are unwilling to participate anytime during the game.
- 2. NO ZONES ARE ALLOWED for 5th and 6th [See detailed explanation below]**
- 3.** Size of game ball 28.5" and is supplied by home team.
- 4.** Players must wear a numbered shirt the same color as their team, no duplication of numbers.
- 5.** Jump ball to start the game, then alternating possessions thereafter.
- 6.** No jewelry or hard hair holders are allowed, it is the referees' interpretation that is final.
- 7.** Any player bleeding must be removed from the game, and blood stained clothing may not be worn in game.
- 8.** Intermission at half time will be four (4) minutes but may be shortened if gym time is limited.
- 9. TIMEOUTS** - Four 30 second timeouts allowed per game, two in each half with no carryovers. A 30 second timeout will be taken for injured players on the court.
- 10. OVERTIME** - Overtime periods will be 2 minutes (stop time) until game is over. Each team receives one timeout per overtime.
- 11.** A team forfeits if less than five players are present five (5) minutes after scheduled game start time.
- 12.** a.) Failure to inbound ball within five seconds, results in loss of possession.
 - b.) Failure to advance ball over half court within 10 seconds results in loss of possession.
- 13.** Coaches are responsible for their team's conduct and the conduct of their fans. If there is any fighting, coaches, fans or players involved will be penalized and ejected from the game with further sanctions to follow from the Board.
- 14.** No free throw shall be attempted after time has expired at game's end or in extra period unless the points would affect the outcome of the game.
- 15. COACHES** - Only three (3) registered coaches are allowed to coach a team, and must be on the bench. No coaching will be allowed from anywhere else in the gym. Only one coach is allowed to stand and address the referees during the game. Coaches receiving two technical fouls during a game will be ejected from the game and will not be allowed to coach the following game. A coach receiving two technical fouls during a second game will not be allowed to coach for the remainder of the season.
- 16.** It is the obligation of the home team to provide responsible and experienced scorekeepers and book keepers, preferably an adult, for each game as well as a copy of the rules at the scoring table. The visiting team shall have the right to have their representative at the scoring table; however, the home team scorebook shall be the official book. Scorekeepers are not allowed to coach or in any manner address the players, coaches or referees.
- 17.** One person from each town should represent the town for purposes of reporting scores. The home team is responsible for reporting scores for all teams in their town via OCL admin login by Monday after game day. Failure to report scores by midnight on Monday will result in a forfeit for all teams from that town.
- 18.** All referees are licensed.
- 19.** Any forfeit will result in a \$200 fine. Any forfeit in a playoff game will result in a \$300 fine. A second forfeit may result in expulsion from the league.
- 20.** IAABO RULE - A throw in is awarded for all team control fouls.
- 21. League Philosophy:** Good sportsmanship begins with the coaches. Every effort should be made not to embarrass your opponent; for example, if your team is winning by 20 points or more, defenses should be limited to inside the three point line.
- 22.** Game cancellations or rescheduling must be made through the OCL Scheduling Coordinator.
- 23.** Comments and questions should be forwarded to the Executive Board through the town contact.
- 24.** All coaches shall be required to sign a Code of Conduct contract.

NO ZONES ARE ALLOWED IN THE 5th AND 6th GRADE

- A. Outside the 3 point line double-team defense is not allowed. This means there is no trapping or double teaming outside the three point line.
- B. In the area between the three point line and the “lane”, help defense is allowed. This means a double team or a trap would be allowed in this area.
- C. Inside the lane there is no restriction. Once the ball is inside the lane, proper man-to-man team defense teaches collapsing into the area, and officials would be unable to control the action in there.
- D. **Press allowed time: 5th & 6th Grade**-Last two minutes within proper point spread; **THE PRESS MUST REMAIN MAN-to-MAN.** No zone press. They must be guarding a player, not an area, and double teaming is not allowed until the ball is inside the 3pt. line, as discussed above.
- E. 8th grade is high school rules basketball.
- F. The officials at the game have the final responsibility for interpreting the rule and violation. If, in the flow of the game, there is no advantage being gained, then an official in all likelihood may not call a violation. If a coach has an issue with the rule, it is to be addressed with the league coordinators, NOT the referee.
- G. The first violation of the rule will be a warning. If there is a lost possession due to the violation, the ball will be given back. Subsequent violations will result in a technical foul against the coach.

ROSTERS

- a.) All rosters must be submitted to the league before the first game is played in the season. No roster changes will be accepted after January 1st of the playing year.
- b.) A player can only be submitted on one team roster.
- c.) **Players will be allowed to play up a grade**, and be added to a roster of a higher grades team, but must play the full season on that team. Individual towns will decide guidelines for allowing girls to play up. However, no older player in a higher grade will be allowed to play down a grade, under any circumstance.
- d.) **Temporary “playing up” will be allowed on a game by game basis under the following circumstances:**
- 1.) A team with less than (5) five in attendance (Due to absence or illness) can supplement their bench by adding younger players to total no more than 7 seven players. This will be allowed only for the game in question, and the team that is supplementing their squad must notify the refs, town coordinator, and the opposing coach and identify the players who are temporarily on the roster.
 - 2.) This practice is only allowed during the regular season and will not be accepted during playoffs. Playoff teams must match the roster submitted at the start of the season. **NO EXCEPTIONS!**

INTERPRETATION OF DEFENSIVE RULES

Man to Man Defense only at the 5th and 6th grade:

Rationale for the rule: The absolute basis of this league is player development. All defensive should be taught and learned in the man-to-man format.

A zone (guarding an area, not a player), by definition, is a coaching “TACTIC”, not a player defensive skill. Moreover, by design, a zone defense demands the opposing team to beat it with quick, consecutive passes, and outside shooting. Ten and eleven year old basketball players, on average, do not possess these capabilities. Therefore, allowing a zone defense creates an unfair advantage for the team using it. The coach who is attempting to teach his/her team proper fundamentals with solid man-to-man defense is put in a competitive disadvantage going against a zone.

Additionally, most teams are practicing once per week. It is completely unrealistic to expect 10-11 year olds to remotely comprehend the different demands put on them if one week they face a 2-3 zone, then the next week a 3-2 zone, then a 1-3-1 zone, then a man-to-man, etc. etc. The precious one hour to two hours of practice per week would be infinitely better served with straight man-to-man offensive and defensive concepts only. Implementation of the rule requires a few situational explanations, such as: help defense, traps, “pressing” times, and offensive “isolations”.

