

GENERAL BASKETBALL INFORMATION - EAST LINCOLN OPTIMIST CLUB

BEHAVIOR: Two coaches are allowed on the bench. Coaches are expected to set an example of sportsmanship for the players. Excessive complaining, "Working" the referees, or inciting the crowd will not be tolerated. Limit horseplay in gym and parking lots. Participants (including coaches) who must be repeatedly counseled about behavior may be ejected and/or dismissed from future participation. Participants will receive a "next game" suspension for an accumulation of 2 technical fouls and may be banned from participation after an accumulation of 4 technical fouls. Fighting or a willful attempt to inflict injury may result in suspension at commissioner or athletic director's discretion. Players may also be suspended due to the behavior of relatives or friends. Reference the general ELOC BEHAVIOR POLICY.

PARTICIPATION, Participation is open to anyone in grades 3-12. Registration is \$100.

FEES & ADMISSION: Admission to games is \$2 for adults and \$1 for students. Players and coaches get into any game free. Fees and admission cover program expenses.

PICs & TROPHIES: TSS will provide various photo packages at competitive prices. ELOC ONLY provides trophies to the Champion and runner-up team in each division.

SHOES: The county rec. facility will require clean "game shoes" to be worn into the facility.

FOOD/DRINKS: Food and drinks ARE NOT ALLOWED near the playing area or in the stands. This includes practices. Water fountains are available in all facilities.

BASKETBALLS: DO NOT bring personal basketballs or other sports equipment into the gym. This is for safety reasons.

Boys Grades 5th-12th use a regulation size ball (29.5). Others use a junior size ball (28.5)

JEWELRY: Jewelry and watches are not allowed on the court. This includes ear jewelry.

GAME TIME: Games consist of 5 periods lasting 7 minutes each. The game is played with a running clock which will stop for shooting fouls, timeouts, and all dead ball situations during the **last 30 seconds of each period.**

OVERTIME: If a game is tied after regulation, there will be 2 **minute** overtime with a running clock which will stop for shooting fouls, timeouts, and during the last 15 second of the OT. If the game is still tied after ONE overtime, the game shall be declared a tie except for tournament games which will consist of one more overtime followed by a sudden death OT if necessary.

TIMEOUTS: Each team is allowed three 45 second timeouts during the 5 regular periods and one additional 45 second timeout during each overtime period. There is a 3 minute break between the 3rd and 4th periods.

DEFENSE: 7-12 Boys & Girls FULL COURT DEFENSE ALLOWED THE ENTIRE GAME.

ALL Others Half court defense allowed the entire game. Full court defense allowed in the last minute of the 5th period and in the last minute of overtime.

NOTE: Violation of defensive rules will be called “Illegal Defense” and the ball will be given to the team on offense. Normally if the offense establishes possession in the back court, the defense will not be allowed to gain possession in the back court. It is the discretion of the referee whether a ball is lost or thrown away due to defensive pressure. A player repeatedly, intentionally, or “conveniently” violating defensive rule may result in a TEAM technical foul and/or time being added back to the clock at referee discretion.

FOULS/FOUL SHOTS: Five fouls will be allowed per person. Designated “B” team players will be allowed to complete the period in which they foul out, and are then ineligible for the remaining periods UNLESS allowed to play by the opposing coach. One and One free throws are in effect on the 12th team foul in the first 3 periods and on the 8th team foul in the last 2 periods and overtime. Younger age groups shoot free throws from around 11-12 feet.

How strict to call? The younger kids are given 3 LONG counts in the lane and 10 LONG counts to get past half court, and are allowed to make more mistakes, especially in the backcourt, early in the season. Remember they are learning mode.

ELOC BASKETBALL A TEAM - B TEAM PHILOSOPHY

Purpose * To guarantee a minimum of 2 periods playing time for all participants.

* To match up competitors as evenly as possible.

“A” team players should be the players who are currently more gifted.

These players are expected to play in the 1st, 3rd, and 5th periods.

“Ringers” should not be on the “B” team. Game or Optimist officials may make a change to the lineups at their discretion (for example, if a “B” team player is scoring too easily).

EXAMPLE LINEUPS:

10 PLAYERS	<u>PERIOD 1</u>	<u>PERIOD 2</u>	<u>PERIOD 3</u>	<u>PERIOD 4</u>	<u>PERIOD 5</u>
	1	6	1	6	1*
	2	7	2	7	2*
	3	8	3	8	3*
	4	9	4	9	4*
	5	10	5	10	5*
					*(FREE SUBSTITUTION)

11 PLAYERS	<u>PERIOD 1</u>	<u>PERIOD 2</u>	<u>PERIOD 3</u>	<u>PERIOD 4</u>	<u>PERIOD 5</u>
	1	7	1	7	1*
	2	8	2	8	2*
	3	9	3	9	3*
	4	10	4	10	5
	5	11	6	11	6
					*(FREE SUBSTITUTION)

In situations when a team has less than 10 players, it will be at the discretion of the opposing coach which "A" team player plays for "B" team during the game. This choice will be made at the end of the 1st period. The "A" player(s) selected for "B" team must play the entire 2nd and 4th periods, and may not be changed or substituted for without permission of the opposing coach. Obviously the more talented players should not be put on "B" team when a team is shorthanded.

IF ONE TEAM HAS SEVEN OR LESS PLAYERS, THAN THE OPPOSSING COACH WILL PICK HIS TEAMS "B" PLAYERS AND THE OTHER TEAMS "B" PLAYERS. IF ONLY 5 PLAYERS ON A TEAM, THEN OPPOSING TEAM CAN MIX THEIR "A" PLAYERS WITH "B" PLAYERS.

REMEMBER THERE SHOULD BE NO SUBSTITUTION FOR THOSE PLAYERS WHO HAVE NOT FIRST PLAYED 2 FULL PERIODS.

9 PLAYERS	<u>PERIOD 1</u>	<u>PERIOD 2</u>	<u>PERIOD 3</u>	<u>PERIOD 4</u>	<u>PERIOD 5</u>
# 5 picked for team	1	6	1	6	all player now have 2 full periods; free substitution allowed
after 1 st period	2	7	2	7	
	3	8	3	8	
	4	9	4	9	
	5	5	5,6,7,8,or 9	5	
		No subs		No subs	

The opposing coach may negate the removal of an opposing player who fouls out and leave them because a "B" team player who fouls out would be replaced by an "A" team player.