

Cooper City Optimist Basketball 2016
Rules that Deviate from High School Rules

Important information

Uniform Distribution will take place on June 3 from 6-8 pm. Each team must have a representative at the pick-up. Coaches with missing or incomplete background checks will not be give uniforms.

Coaches are required to wear the Coach's Shirt provided by the league so they may be identified. If the coach does not have the proper shirt the team/coach will be assessed a technical foul.

All players must report to the scorer's table prior to entering the game. This is the coach's responsibility.

- Two timeouts per half. An additional time out will be given in overtime.
- Only players and coaches (2 per team) are allowed on the team sideline.
- No food or balls are allowed in the gym
- All players are required to shake hands after the game. Anyone refusing will be suspended for the next game. There is an exception for ejected players.
- Indoor practices are set by the league. Other practices are set by the coach. Coaches who will not use their indoor practice time must notify the league 24 hours in advance. Failure to do so will forfeit future indoor practices.
- Once the game schedule is set, it will not be modified.
- Players foul out after 5 fouls. Instructional and developmental will get 6 fouls before being disqualified.
- Bonus in effect after 7 team fouls, double bonus after 10.
- Overtime will be one three minute period. Only one timeout may be carried over. The clock will stop in the last minute only. If the game is tied after two overtimes in a division playing on baskets lower than 10 feet, the game will proceed to foul shots. All players will shoot.
- Referees have the authority to eject any player, coach, or spectator. Any player or coach ejected will be suspended a minimum of one game.
- Coaches are responsible for the conduct of their players, player's parents and guests. Failure to exert such control may result in technical fouls and forfeiture.
- Do not yell and scream at the referees. The team will take on the personality of the coach, set a good example.
- Uniforms may not be altered by coaches, parents or players.
- A team/player will be assessed a technical foul for starting a game out of uniform (shirt and shorts). This will also count as a personal foul.
- Teams may not press if up by 20 points at any time.
- All player must play at least the minimum time. Players who do not will be required to play double that time the next game.

Developmental/Instructional

- Referee can stop the game at any time to explain the rules/teach
- Developmental coaches can go anywhere on the court (stay out of the way)
- Instructional coaches can move up and down the entire sideline.
- 8-minute running clock per quarter
- 7-minute minimum playing time per half
- 27.5 basketball in developmental/28.5 basketball in instructional
- Defense may pick up at $\frac{3}{4}$ court. Developmental at the 3-point line

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- 10 second violation in the paint
- Clock stops the last two minutes of each half
- Clock will stop for up to 20 seconds to set up a free throw
- 6 foul disqualification
- No penalty for jumping forward on a free throw
- 15 seconds to bring the ball past $\frac{3}{4}$ court
- In the Instructional Division, prior to July 4 minor violations will be returned to the offending team. After July 4 violations will result in a turnover
- Half-court defense can be played the last minute of the game, if close.
- Basket Height: Developmental – 6.5 / Girls Instructional – 7.5 / Boys Instructional - 8

Starter/Bronze

- 8-minute running clock per quarter
- 7-minute minimum playing time per half
- 28.5 basketball
- Defense may pick up at $\frac{1}{2}$ court
- Full court press allowed the last two minutes of each half
- 6 second violation in the paint
- Clock stops the last two minutes of each half
- 5 foul disqualification
- No penalty for jumping forward on a free throw
- 15 seconds to bring the ball past $\frac{1}{2}$ court
- Basket Height: Bronze – 8 / Starter - 9

Freshman/Sophomore/Silver

- 10-minute running clock per quarter
- 8-minute minimum playing time per half
- Clock stops the last two minutes of each half
- Defense starts at half court
- Full court press the last two minutes of each half
- 3 second violation in the paint
- 28.5 ball
- Basket Height - 10

Junior/Senior/Gold-Girls Senior

- 10-minute running clock per quarter
- 8-minute minimum playing time per half
- Clock stops the last two minutes of each half
- Full court press allowed the entire game
- 3 second violation in the paint
- 28.5 ball for Gold/Girls Senior
- Basket Height - 10