



Oak Mtn Boys Rec Basketball League

Rules and By-Laws

Season: 2021-2022

Commissioner: Jason Badyrka

Coordinator of Officials: Derek Glover

Website: omboysrecbasketball.com

Facebook: OM Boys Rec Basketball

**all events will occur at the Oak Mtn Middle School gym and will abide by Shelby County and/or OMMS policies*

MISSION

The OM Boys Rec Basketball League was created to build better basketball on Our Mountain. This league is to teach basketball skills and rules to the youth of the Oak Mountain school district and zone. We are trying to create a better avenue for all our OM youth to have a chance to play organized semi-competitive basketball at a high level. We also want to teach winning and losing (both are ok) so we will keep track of records and have a playoff at the end of the season to crown our champions.

SPORTSMANSHIP

Coaches, players, and supporting fans must always exhibit a high degree of sportsmanship. A team will win or lose with class and in no cases will it be acceptable to embarrass an opposing team by running up the score or by showcasing individual talent. A coach or player can be ejected from the game for receiving a technical foul for behavioral-related infractions. Consistent behavior that is deemed to be unsportsmanlike by a player or coach over the course of the season will also be reviewed by the Commissioner.

It is the responsibility of the coaches and Commissioner to assure the actions of those that support the team are controlled. At no time should a supporter (non-coach or non-player) of the team be on the court, in a team huddle, or on the bench without the permission of the coach. The coach will be responsible for those supporters who are given permission. A technical foul can be assessed against a team for the inappropriate behavior of a supporter. There is a maximum of two coaches allowed on the team bench, with only one coach being allowed to stand.

ELIGIBILITY

A player may participate in other leagues outside of the OM Boys Rec League. A player cannot play for more than one team within the same division. There will not be any special scheduling needs or changes allowed accommodating an individual player because of their participation on another team inside or outside of the league.

1. Team Requirements:

- It is the intention of the league to have 7-10 players on any given team.
- Teams will be formed by the Commissioner based on grade, skill, and experience level of the players. It is the intent of the league to form teams in each division that will allow for competitive play among all teams. Teams will include a mix of players from the various grades in that division.
- A game will be forfeited if there are fewer than four (4) players on the court to start a game. There may be exceptions granted by the Commissioner.

2. Divisions/Grade Requirements:

- Divisions will be formed based on the grade of the players.
- There will be a division for grades 2-4 (NCAA) and a division for grades 5-6 (NBA).

3. Residence Requirements:

- All players must live within the Oak Mountain school district but may attend a public or private school or be "home schooled".

GENERAL RULES:

Unless otherwise noted, opposing coaches cannot agree to override any rule even by their own consensual agreement.

1. Goal Height
 - a. NCAA: 9 feet
 - b. NBA: Standard (10 feet)
2. Free Throw Distance
 - a. NCAA: 12 feet
 - b. NBA: Standard (15 feet)
3. Three (3) Point Shot
 - a. NCAA: 2 points
 - b. NBA: Standard (3 points)
4. Ball Size
 - a. NCAA: 28.5
 - b. NBA: Standard (29.5)
5. Personal Fouls
 - a. NCAA: Not tracked
 - b. NBA: 5 per player
6. Team Fouls
 - a. Both Divisions will follow 1 + 1 on the 7th team foul and 2 free throws on the 10th.
 - b. Team fouls will reset after each half.
7. Offensive Sets
 - a. No cherry picking will be allowed.
 - b. Fast breaking is allowed.
8. Defensive Pressure
 - a. The offensive team has 10 seconds to bring the ball across the half court line.

- b. No zone defense is allowed.
- c. No double teaming/trapping is allowed. Help defense is allowed and encouraged. This will be a judgement call by the officials.
- d. There will be no defensive pressure allowed outside of the three-point line from a team that is leading by 20+ points at any time.
- e. The clock does not start until the ball passes half court following any time out or dead ball with less than 1 minute left in the game.
- f. NCAA
 - i. Once a rebound is possessed by the defense, the other team cannot pressure and must get back on their side of the court.
 - ii. No player may be outside of the three-point line until the ball crosses over the half court line first, however, if the offense elects to run a fast break, the defense may defend the ball the length of the court.
- g. NBA
 - i. Half court pressure at any time.
 - ii. Full court pressure is allowed in the last 4 minutes of the 2nd and 4th quarters.

There will not be any technical fouls called for repeated (unintentional) violations unless the warnings or the unwarranted defensive pressure triggers another violation or appears to be intentional at the referee's discretion.

It is highly recommended that coaches implement other strategies to prevent embarrassing the opponent when there is a large lead. (For instance, let your players who have not scored be the only ones to shoot.)

It is the responsibility of the coaches to assure the goal height, the free throw shooting distance, and the game ball are in accordance with league standards.

TEAM NAMES AND APPAREL:

- A. Team jerseys will be provided by the league. Jersey numbers will be assigned to each team in alphabetical order by player last name. All teams must wear matching jerseys and shorts, and standard basketball shoes are required.
- B. Team names and jersey colors will be selected by the Commissioner based on teams from the prior year's NCAA Tournament - Elite 8 (NCAA division) or NBA Playoff - Second Round (NBA).

LENGTH OF PLAY - SUBSTITUTIONS:

- A. There will be four (4) 8-minute quarters
- B. The clock will run continuously except under the following conditions:
 - a. Timeouts
 - b. Shooting Fouls
 - c. Substitutions
 - d. Technical Fouls
 - e. Game interruptions (example: a ball or a child is on the court);

- f. The clock will stop on the sound of the referee's whistle during the last two minutes of the 2nd and 4th quarters.
- C. Substitution Rule:
- a. There will be an official timeout at the 4-minute mark of each quarter for substitutions. The players on the bench are required to substitute in at that time and they will stay in the game until the end of the quarter.
 - b. Additional player substitutions may occur at any time based on excessive personal fouls, injury, sickness, or disciplinary reasons.
 - c. Coaches are encouraged to play every player on the team an equal amount of time, but there will be no rule to enforce it. Your weakest player should play as much as you're strongest.
- D. Each team is allowed a total of four (4) timeouts to be taken anytime during regulation play.
- E. There will be one (1) minute between quarters and a three (3) minute break at halftime.
- F. There will be no overtime during the regular season. If required during the Playoffs, there will be a 2-minute period with a jump ball to start. A second overtime will end on the first point scored with a jump ball to start. The clock will stop on the whistle. Each team will be allowed one time out during the overtime period with no carryovers. Players who have fouled out cannot re-enter the game during an overtime period.

SCOREBOARD AND SCORE BOOK MANAGEMENT:

A scorebook will be purchased and maintained by the league. It is highly encouraged that each team purchase and maintain their own scorebook as well. The league will attempt to have a score bookkeeper and clock operator at each game, but if one is not present, the home team is required to provide a representative to maintain the official score book while the visiting team will provide a representative to keep the game clock. The scoreboard and score book may be maintained by volunteers from either side if a home or visitor representative is not in place before the start of the game. The representative(s) at the scorer's table should take a neutral position during the game. They should not coach or make negative comments directed to players or officials on the court. There should only be two coaches on the bench and only one is permitted to physically stand while the ball is in play.

SCHEDULING:

It is the intention of the league to conclude the season with a single elimination year-end tournament, but it is not guaranteed. The league has the right not to host a tournament if it is not feasible to do so. The league also has the right to only host a tournament for specific divisions depending on certain conditions.

Although schedule changes are discouraged during the season, a change can be presented to the Commissioner and the request will be considered. Both coaches will have to agree to the request. A request must be made one week in advance of the originally scheduled game and there must be a valid reason (a player illness or being out of town). Coaches should make a good faith effort to meet the needs of a request. A coach can only request one game to be rescheduled during the season.

GAME RESULTS:

The winning team must email the game results to the Commissioner no later than the end of the next day following the game. The league prefers you email the results to omboysrecbasketball@gmail.com. Give the coaches name, division, the result.

PROTESTS:

Although protests are discouraged, they will only be allowed if there has been a misapplication of a rule. You cannot protest the outcome of a game based on a referee's judgment call. Any protest should be directed to the Commissioner within a 24-hour period after the official game time.

TIEBREAKERS:

Tiebreakers (for seeding of postseason play) will be determined as follows:

1. Head to Head competition (for multiple team deadlocks where all teams have played each other and a tie still exists, point differential in the pool of tied teams)
then:
2. Total points allowed
then:
3. Coin flip/Pull Out of Hat

In situations where the tiebreaker to be determined involves more than two teams, the tiebreaker formula will be used to determine the first seed, then the formula will be reapplied from Step 1 with the remaining teams in the tiebreaker as needed to determine the remaining seeds.