



BOYS AND GIRLS FALL BASKETBALL LEAGUE

2019 OSP BASKETBALL LEAGUE RULES

Game Length:

- 2 - 20 minutes halves. Running clock.
- **Clock stops on whistle last minute of second half.**
- **Clock does not stop if a team is ahead by 10 pts. or more.**
- Halftime is 2 minutes.

Overtime:

- First overtime - 2 minutes. Running clock. Clock stops on whistle last minute.
- 2nd O.T - No time on clock. Shoot all foul shots. First point scored or made basket.

Fouls: 1 free throw will be shot every time a player is fouled in the act of shooting.

- A shooting foul if the basket is made - count the basket and shoot 1 free throw.
- A shooting foul if the 2 pt. basket is missed - 1 pt. and shoot 1 free throw.
- A shooting foul if the 3 pt. basket is missed - 2 pts. and shoot 1 free throw.
- The 10th team foul in the half will result in 1 pt. and 1 free throw.
- **Clock continues to run during free throws except the last minute of second half.**
- Technical Foul: Offended team gets 1 pt. and possession of the ball at half court.

Timeouts:

- 2 - 30 second timeouts per half. No carryover.
- 1 - 30 second timeout per team in an overtime.
- **Clock continues to run during timeouts except the last minute of second half.**

Substitutions:

- Players are substituted every 5 minutes. Horn will buzz: 15 min., 10 min., 5 min.
- COACHES CAN SUBSTITUTE FREELY IF ONLY 1 OR 2 PLAYERS ON THE BENCH. The same player can't be substituted. Attempt to give all players equal playing time.
- No player is to be on the floor more than 2 consecutive rotations.
- Use a different lineup every game so each player has an opportunity to start.

Defense:

- Teams should play matchup defense only
- No pressing 3rd and 4th grade until the last 2 minutes of second half.
- Pressing allowed anytime 5th - 12th grade.
- No pressing by a team if ahead by 10 pts. or more.