



# *Ohio Sports Plus League Rules*

## Game Length

- 2 – 16 minutes halves, running clock.
- Clock stops on ref whistle last minute of second half, if less than 10 pts

## Halftime - 2 minutes

- Overtime 3 minutes with running clock, clock stops last minute of overtime
- 2<sup>nd</sup> overtime is sudden death/first made basket.

## Fouls

- A shooting foul if the basket is made – count the basket and 1 free throw
- A shooting foul if the basket is missed – 1 pt and 1 free throw – on 3 pt, 2 pts and 1 free throw
- Excessive team fouls will result in offensive team receiving 1 pt and ball possession (Referee's discretion)

## Time outs

- 2 - 30 second time out per half with no carryover, running clock
- 1 – timeout per team in overtime
- Clock stops on ref whistle last minute of second half, if less than 10 pts

## Substitutions

- Players are substituted every 4 minutes, unless you have two or less on the bench, than can substitute freely, as long as the same person isn't being substituted (OSP Teams).
- Timer to buzz horn every 4 minutes for substitutions
- Attempt to get everyone even playing time (OSP teams)
- Please start a different lineup each game, so the athletes learn what it means to start a game.

## Defense

- No pressing 3th-4th grade, pick up half court.
- 5th-12th grade pressing allowed anytime, unless score is greater than 10 pts
- No zone defense, **man to man only**.
- Travel teams can play zone defense while playing against another travel team (Both Team coaches have to be in agreement).
- If travel team playing against OSP team, zone defense not allowed.