



## 11-12 Basketball Rules

1. Every player must play at least half of every game if they consistently attended practice. (See Participation Policy)
2. The game will consist of four (4) five minute quarters.
3. A team can play with 4 players, less than 4 players will constitute a forfeit. Teams will be allowed a 5 minute grace period.
4. There will be no open substitutions during the game except for injuries or players who have fouled out. The players who start the 1st quarter of the game on the court will continue to play for that entire quarter with no substitutions allowed. The subs who are on the bench for the 1st quarter will then play the entire 2nd quarter. You may select any 5 players from the team to play the 3rd quarter after halftime, but the players who are on the bench for the 3rd quarter will then play the entire 4th quarter. This will ensure that all players are guaranteed to play at least half of every game.
5. Each team will be allowed 2 timeouts per half and 1 during overtime. There will be no consecutive timeouts.
6. Halftime will be 3 minutes.
7. Overtime will consist of a 3 minute period with each team having 1 timeout. Coaches may pick any 5 players from the team to play the overtime with no open substitutions. The game will continue until there is a winner, any bench players from the previous overtime will then play the next overtime period.
8. OBPR will keep the official scorebook.
9. The game will be played by high school rules with the exception of the rules on this sheet.
10. If a team gets ahead by 10 points at any point in the game, that team will no longer be allowed to press. Once the lead is less than 10 the team can begin pressing again.
11. Each player is allowed 6 fouls before fouling out.
12. Only the head coach and 1 assistant are allowed on the bench.
13. NO JEWELRY. (earrings, bracelets, or necklaces) A player may wear a medical alert bracelet, but it must be securely taped to them.
14. Any coach or player ejected from a game will have to serve a 1 game suspension. They will have to sit out the next game their team plays. No Exceptions.