

Friendsville Optimist Basketball League (F.O.B.)

Rules and information

- Any student playing on a school team cannot play/practice on an Optimist team until his/her season is over.
- Players must wear their team shirt during games.
- Players must wear gym/tennis shoes while on the court.
- Every effort shall be made to equalize playing time based on a player's effort and behavior.
- Game balls will be provided for games and warm-ups. Practice balls are not provided. **Do not bring practice balls on game day.**
- Be on time for practice and games. Please leave the court when your time is up.
- Coaches shall ensure players/parents cleanup after themselves at the end of each practice or game.
- Protests or complaints must be submitted in writing to the Optimist Club, with full description of the problem. The Optimist Club will review all complaints and protests. **No official's call can be challenged, only a rule violation may be challenged.**
- Team grades will be K-2, 3-5, and 6-8.
- Any non-team substitutions will result in an automatic forfeit with no exceptions.
- No team may begin a game with less than 5 players...exceptions may be made by the coaches prior to the ballgame.
- Games can be completed with four players.
- Players are disqualified from play when they receive their 5th personal foul, or they receive 2 personal technical fouls.
- Players disqualified for technical fouls will be suspended from play for one game following the disqualification. The second time a player is disqualified due to technical fouls, the player will be disqualified for the remainder of the season.
- Any coach stepping on the court to stop play, or interfere with play will be ejected from the game. First offense will be game suspension for one game following disqualification. Second offense will be removal from the league.
- Demonstrative behavior **will not be tolerated**. Any coach, fan, or player acting in this manner will be warned by league officials, and if behavior does not improve, the individual will be ejected from the building. Future league participation will be at the discrepancy of the FOB League.
- Any player, coach, or fan instigating a fight will be removed from the building and disqualified for the remainder of the season.
- Coaches' children will automatically get on the same team (unless the parent wishes otherwise.)
- No players can be added to a team after the third game of the season.
- Player fee is \$60.00. Families with 2 or more children will be discounted. Included in this fee are game shirts, medal, and end of season party for the immediate family, as well as funds for league operations.
- If a player has been suspended from school for any reason, then suspension applies to Optimist basketball games and practice. Player may return to league when suspension has been completed.

Game Format

- For grades 3 and up, games are divided into two 20 minute halves with a 5 minute pre-game warm-up and a 5 minute halftime.
- Overtime periods will be 2 minutes in duration. A one minute break will be inserted between regulation time ending and overtime beginning. Each team will be allowed one additional 30-second timeout for each overtime period. The clock will stop during timeouts and when the referee's whistle is blown (dead ball).
- Each team will be awarded three 30 second and two full (1-minute) timeouts per game. Clock will stop for timeouts.
- The clock and the scorebook at the scorer's table are right and official.
- A team will be placed in the penalty situation when they commit their 7th team foul in either half. Second half fouls carry over if overtime is required.
- Players entering the game from the bench must enter during official stoppage of play and they must check in at the scorer's table. During an injury timeout, only the injured player may be substituted for.
- **Any team that has the lead of 20 points or more must remove the leading scorers from the floor until the lead is back below 20 points.**

League Rule Breakdown

Teams will follow TSSAA rules with the following exceptions:

- K – 2 will play on 8 1/2 foot goals and will use a youth size basketball (27.5”).
- **K – 2** NO back court pressure is allowed.
- **3 – 5** may play full court defense beginning with the **2nd half**. No full court will be allowed with a 10 point lead.
- **6 – 8** may play full court defense the **entire game** as long as the lead is less than 10 points.
- The call on the back court pressure is made by the referees. Team committing back court pressure violation will be assessed a team foul. Following the second back court violation, a one-shot technical foul will be assessed for each subsequent violation.

NOTE: Traveling violations will be generous with younger players. However, if a player gains an advantage by traveling, then a walk will be called by the official. Also, as the season progresses, expect this rule to become stricter.

NOTE for all 3-5 & 6-8 teams: All assistant coaches are to remain sitting unless it is a time-out, halftime, or an injury.

Coaches will stay inside of the coaches box at all times. If a coach goes out of the box, they will receive a first warning. The second warning will be a technical foul.

Friendsville Optimist Code of Ethics

Players' Code of Ethics

Coaches and parents have a responsibility to provide the best possible experience for the youth in sports programs. However, the players also have certain responsibilities related to their participation. The Players' Code of Ethics should be read and signed by each member of the team.

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Players' Code of Ethics Pledge.

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs and alcohol and expect adults to refrain from their use at all sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.
- I will clean up after myself when my game is over. I will pick up all water bottles, coke cans, etc so that my team will not be penalized.

Parents' Code of Ethics

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs and alcohol and will refrain from their use at all sports events.
- I will remember that the game is for youth - not adults.
- I will do my very best to make youth sports fun for my child by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.
- I will ask my child to treat other players, coaches, fans and officials, with respect regardless of race, sex, creed, or ability.
- I will require that my child's coach uphold the Coaches' Code of Ethics.

Coaches Code of Ethics

- **I will place the emotional and physical well-being of my players ahead of a personal desire to win.**
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will do my best to organize practices that are fun and challenging for all of my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in rules of the sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- **I will remember that I am a youth sports coach and that the game is for the children and not adults.**

All youngsters deserve to have a fun and rewarding experience in organized sports. Unfortunately, conflict can arise between parents and coaches that can have a disruptive influence on a child's participation. Motives become skewed, perceptions become problems, people become frustrated, and the youngsters suffer the consequences. Being able to deal with conflicts in a productive way is a vital skill for any coach. Open lines of communication with other coaches and all of your athlete's parents are a key to preventing conflict. When you are faced with a conflict that needs to be resolved, think of these key points to guide you:

- Isolate the situation. Take the situation away from the impressionable eyes and ears of children.
- Acknowledge the other person's point of view, make eye contact and listen.
- Keep a positive attitude. Demonstrate a willingness to work things out. (*Stubbornness is a sure way to escalate conflict.*)
- Take action! Resolve to take action to ease the conflict. Be careful of your non-verbal communication, remain open-minded, and repeat and clarify information.

Most important of all: Refer back to the best interest of the children at all times!