

## Friendsville Optimist Rules Summary

### 6th – 8th Grade Division

- 20-minute halves (running clock except last 2-min of regulation). Clock will stop for timeouts & injuries. 5-minute halftime per game.
- 29.5" regulation basketball
- Middle School Rules apply
- 5 timeouts per game (3 – 30 sec/ 2 – full)
- No Press Rule enforced when one team gains a 10-pt lead. Violations will result in a TEAM FOUL. After 2 violations a one-shot technical will be assessed with each subsequent violation.
- Teams gaining a 20 pt lead will remove their leading scorer from play until the lead is cut to 10 pts. If there are no eligible subs, the leading scorer may remain on the floor, but may not shoot until the lead is cut to 10 pts.
- Overtime: 2-minutes with clock stopping at each dead ball. Each team will receive one additional 30-sec timeout per OT period. After second OT period, game will be decided by Sudden Death.
- An End of Season Tournament will be held during the First weekend in March.

### 3rd – 5th Grade Division

- 20-minute halves (running clock except last 2-min of regulation). Clock will stop for timeouts & injuries. 5-minute halftime per game.
- 28.5" regulation basketball
- Elementary School Rules apply. (NO Full Court defense during first half of game). Violations will result in a TEAM FOUL. After second violation, a one-shot technical will be assessed with each subsequent violation.
- 5 timeouts per game (3 – 30 sec/2 – full)
- No Press Rule enforced when one team gains a 10-pt lead. Violations will result in a TEAM FOUL. After 2 violations a one-shot technical will be assessed with each subsequent violation.
- Teams gaining a 20 pt lead will remove their leading scorer from play until the lead is cut to 10 pts. If there are no eligible subs, the leading scorer may remain on the floor, but may not shoot until the lead is cut to 10 pts.
- Overtime: 2-minutes with clock stopping at each dead ball. Each team will receive one additional 30-sec timeout per OT period. After second OT period, game will be decided by Sudden Death.
- An End of Season Tournament will be held during the First weekend in March.

### Kindergarten – 2nd Grade Division

- 10-minute quarters (running clock)
- Game is played full court on 8 ½' goals.
- NO SCORE IS KEPT AT THIS LEVEL!
- Defense must stay inside the 3-pt arch with NO full court defense at any time.
- 3 – 30 sec timeouts per half.
- Coaches may be on the court during play to instruct players.
- Players should give BEST EFFORT to dribble when advancing the ball.
- Defense will be played with hands straight up or straight out to the side. NO SWATTING at the ball or STEALING the ball.
- Each player should get an opportunity to shoot the ball each game.

