

Friendsville Optimist Youth Basketball League
3-5 Division Rules
2026 Season

- **All players who attend practice must play**
- Elementary rules apply
- While equal playing time is not guaranteed, fair playing time for each child on the roster must be given. As long as a player is attending practice and putting forth effort, they are entitled to playing time.
- **This is “fun ball”, not competitive league ball. Families have paid for their children to participate in our league, so it is the obligation for each coach to provide them with the opportunity to enjoy playing time.**

3-5 Game Details

- Games are 35-minutes long consisting of four (4) 8-minute periods.
- A running clock is utilized with the exception of the last 2 minutes of the game.
- Half-time will be 3-minutes in length (unless games are running behind, at which time it may be cut to 2-minutes)
- Each team will have a total of five (5) Timeouts per game. Three (3) Full Timeouts (1-minute) and two (2) 30-second Timeouts per game.
- During the First Half of each game, there will be NO full-court defense. In the event the defense does not get back to the front court, they will be assessed with a back court infraction. Upon the second back court infraction and for each infraction thereafter, a 2 shot Technical will be assessed. The coach will designate which player on the court will shoot the technical shots.
- Free Throws: Players on the lane may move upon the shooter releasing the ball. The shooter and any player behind the shooter must not enter the lane until the ball reaches the rim. Violations result in either a “re-shoot” (if the defense is in violation) or lost shot/nullified basket (if the offense is in violation)
- Each player is limited to five (5) Personal Fouls. Upon receiving their fifth personal foul, a player will be disqualified for the remainder of the game.
- Team Fouls are kept per period, as per TSSAA rules. Upon a team receiving five fouls in a period, the opposing team will receive 2 free throws. The fouled player will shoot the free throws. At the beginning of each new period, team fouls will start at zero; personal fouls will carry over throughout the game.
- After Half-time, full-court defense is allowed unless a team has a 10-point lead. If this occurs, and the team with the lead fails to get back on defense, Back Court Infractions will be assessed as in the first half of the game.
- In the event of a tie score at the end of regulation, 2-minutes will be put on the clock, and the additional period will begin with a jump ball. A second 2-minute period will be played if the score is still tied. This overtime period will begin with

another jump ball. In the event of a tie after the second overtime period, a third jump ball will be done with the game ending upon one of the teams scoring. This will be known as a Sudden Death period.

- At the end of the game, coaches will line their teams up and high five the opposing team. **Good sportsmanship is a must.**
- Each team is responsible for cleaning up their benches.
- A one-day, single elimination tournament will be held on the first Saturday in March. After each game, participation metals will be awarded to the members of the losing team. At the completion of the championship game, metals will be awarded to the second-place team; metals and trophies will be awarded to the winning team.

Disciplinary Provision

- If a player is ejected from a game, that player will be suspended for the next game. Two suspensions and the player will be dismissed from the league. Likewise, if a coach received two technical fouls in a single game, they will also be suspended for the next game.

Adverse Weather

- If Blount County Schools close or are called off due to adverse weather, ALL practices for those days will be cancelled. Decisions will be made as to weekend games. Eight games are scheduled but only 7 are guaranteed. One weekend cancelation will NOT result in make-up games.
- If more than one weekend is cancelled due to adverse weather, a make-up weekend will be played the first weekend in March and the tournament will be bumped to the 2nd weekend of March (as in years past, this may result in players missing the tournament due to Spring Break). Because of other sports and obligations, our league will not extend any further into March than the 2nd weekend.

Remember that this league is for fun. Although there is competition, the most important thing is not which team wins or loses; it is that each child participating has an enjoyable and safe experience. At the end of the season, this division will have a one-day, single elimination tournament. Brackets for the tournament will be composed once all regular season games are played, with seedings being determined on win/lose records.