

## OLGC HOUSE LEAGUE 2013-2014

- Philosophy:** The primary objectives of the OLGC House league are instruction, sportsmanship, and fun which will be fulfilled in a positive Christian environment. Our coaches are the key to meeting these objectives. Please stress to your parents and kids the need for good sportsmanship and teamwork at all times. But most importantly, please set an example with your actions.
- Pre Game Prayer:** The home team coach will lead the players, coaches, referees, and fans in a brief prayer and share a few words about sportsmanship and Christian fellowship.
- Acting Commissioner:** For each game, a coach or an adult representative from each team should be assigned as the Acting Commissioner for that game. The duties of the AC will be to ensure compliance with the rules of gym usage (e.g., no food and water in the gym, no playing in the lobby).
- Overall:** **Standard high school rules will apply except where noted.** In the beginning of the season, the refs will go a little easy on 5-second lane calls and traveling. As the weeks progress, things will tighten up a bit. The home team wears white and the visiting team wears blue.
- Defense:** **No defense is allowed in the backcourt.** Once a team has secured a defensive rebound, the other team should move down court and set up their defense behind the blue line. Passes thrown from the backcourt to the front court (i.e., fast breaks) may be defended after the blue line.
- For the first three weekends all teams will play man-to-man defense; for the next three weekends all teams will play zone defense. For these six weeks we would like to keep the defenses initially behind the three point line until the last minute of the game when the “final minute” rules below take effect. For the remaining games of the regular season and in the tournament, teams can play whatever type of defense they would like behind the blue line.
- For the last four weeks of the regular season and in the tournament, defense in the front court is not allowed until the **earliest** of:
- A pass is completed or the ball is dribbled past the blue line
  - Five seconds have elapsed since passing mid court
- The refs will give a warning, but if it continues a technical foul may be called (two free throws and the offense retains possession). This is a team foul that will count towards one-and-one and bonus foul counts but will NOT count towards the offending player’s personal foul total.
- In the final minute of the **game** (not half), the blue line rule is not in effect. Thus, teams can play defense in the entire front court, but not the backcourt. During this period, as always, a team will have ten seconds to bring the ball past half-court. However, a timeout will not restart this ten second period. Thus, if you kill seven seconds and then call a timeout, you will only have two seconds to get the ball past half-court. In addition, in the last minute once the ball is brought over half court, any throw ins by the offense have to be made in the front court. In other words, the team can’t bring it over half court, call time out and then throw it into the back court to ice the game.
- Foul Shots:** Given that many of the kids will have a hard time reaching the rim with a foul shot, we traditionally shorten the distance. The foul line for House League will be a little inside the regular foul line (approximately 2 feet from the regulation foul line) which is marked with tape.
- Three Point Shot** There will be no three point field baskets in the House League. We do not want to encourage kids to hoist them up from downtown.

**Time:** Seven minute quarters. For the regular season, in the event of a tie at the end of regulation, the teams will play **one** three-minute overtime period. If the score is tied after that 3 minute period, the game will end and be recorded as a tie. In the tournament, 2 overtimes will be played. If still tied after the second overtime, teams will play until the first team scores (sudden death).

**Playing time:** One key principle of the House League is equal playing time. This is a firm policy and not one to be massaged or disregarded based on game situations.

- No player may play more than one half quarter (i.e., 3.5 minutes) more than any other player.
  - *If you have 9 players, 5 players will play 2 quarters, 4 players play 2.5 quarters*
  - *If you have 8 players, all players should play 2.5 quarters.*
  - *If you have 7 players, five play 3 and two play 2.5 quarters.*
  - *If you have six, four play 3.5 and 2 play 3 quarters.*
  - *If you have 5, use your timeouts well. If you have less than four players, it is a forfeit, but you can play if you have four.*
- Substitutions are only allowed in between quarters and at the dead ball nearest to the midpoint of each quarter except for injury, illness, or disqualification for fouls. Please have your subs ready to go.
- Coaches are expected to play all players equally over the course of the season.
- In situations where a team is winning by a considerable margin (and the game is not in doubt), we expect that you use that opportunity to give some extra playing time to your less talented players.
- If a player gets injured or fouls out, you need to replace that player with a player on your bench who will be receiving the least playing time so that player can catch up to everyone else. For example, if you have seven players and one of your 2.5 quarter players is on the bench with a 3 quarter player, the 2.5 quarter player replaces the injured player. Otherwise, you would have a player with 3 plus quarters and one with 2.5 quarters.
- In each overtime there will be a mandatory substitution half way through the period

**Jump balls:** There will be a jump ball at the beginning of the first period and all overtime periods. Held balls will be awarded based on alternate possession. The trailing team will inbound the ball at the beginning of each quarter (this does not impact alternating possession). If the score is tied, possession will be determined by alternate possession arrow.

**Time outs:** Each team may call **four** time outs per game. Time outs each last one minute. One additional time out is added per overtime period.

**Lane violations:** Players may remain in the lane for **five** seconds. Referees should warn offenders if possible.

**Coaches:** Only one coach is permitted to stand and address the referees. This mirrors the CYO rule and is particularly important as we have high school boys and girls refereeing many of the games. They likely will miss calls as all refs do. We expect each of you to treat the referees with respect and to show good sportsmanship and self-control and to monitor and control your players and fans.

**Penalties:** The seventh team foul each half will result in a “one-and-one” situation. The tenth team foul will result in two shots being awarded.

**Jewelry:** Please make sure all players take off ALL jewelry. Earrings must be taken out and cannot be covered with bandage or similar. Refs will enforce this to prevent injuries.

**Food:** **No food or drink in the gym, including water bottles. Please tell your players and parents.**

**Tournament:** The culmination of the House League season is the double elimination tournament the last weekend in February from Friday through Monday. It is OLG’s version of March Madness. All teams qualify. View the regular season as an opportunity to develop all of your players for the tournament.