



PSO MAVERICKS LEAGUE

2009-2010 Rules and Regulations



Please keep in mind that all of our decisions are based on this simple question:

“Does this help us share the word of God to those who do not know Him and encourage those who do.”

1. Coaches and Parents Conduct

- a. Under no circumstances will we allow for verbal abuse from coaches or parents directed at the referees. There will be bad calls. However, at the total discretion of the referee they will be allowed to ask the coach or parent to leave the gym. The second instance with a specific coach or parent will result in a season long suspension.

2. Bench Rules

- a. Only eligible players plus a maximum of three (3) coaches may be on the team's bench.
- b. The coaching box will be the out-of-bounds area directly in front of that team's bench. Chairs cannot be moved to make the coaching box bigger.

3. Playing Time

- a. Mandatory: Each player must play at least one (1) full quarter from start to finish in the first half. There will be no substitutions during the first and second quarters except for injured players or if you are playing with 7 or fewer players.
- b. Mandatory: Each player must play at least half of the third quarter. Substitutions will be made as close to the 5-minute mark as possible as arranged by the coach. (Except in the case of an injured player).
- c. Mandatory: Unless you have 7 or fewer players, every child is required to sit out at least one full quarter cumulatively. If you have 8 or more players, every child is required to sit out at least one full quarter (not cumulatively). In other words, no child is allowed to play the entire game.
- d. Coaches may substitute freely in the fourth quarter only.

4. Quarter Length

- a. All divisions will have ten (10) minute quarters.
- b. **The clock will be a running clock except in the last one (1) minute of each half.**
- c. During the last one minute of each half the clock will stop per NFHS rules unless one team is ahead by 20 points or more, in which case the clock will continue to run.
- d. If at anytime during the last one minute of the half the team that is behind lowers the point spread to less than 20 points the clock will resume the previous stop system per NFHS rules.
- e. The clock will stop for time-outs even if a team is ahead by 20 points or more.

5. Time-outs

- a. Each team is allowed three (3) 45 second time-outs per game.
- b. Time-outs may be used in either or both halves.
- c. Time-outs may be carried over to the overtime period, but no additional time-outs will be given in the extra period.

6. Overtime

- a. If there is a tie at the end of regulation, a 3-minute running clock overtime period will be played.
- b. If overtime play results in a tie, a sudden death overtime period will be played and the first team to score wins.

7. Defense

- a. All man to man and zone defenses are allowed.
- b. There will be no triple teaming allowed in the 8U & 9U Boys and 8-9U Girls Divisions.
- c. Full Court Press
 - i. 8U and 9U Boys and Girls – only allowed in the 4th quarter
 - ii. 10U Boys – allowed in 2nd half only
 - iii. 11U Boys and 10/11U Girls – allowed all 4 quarters
 - iv. Full court pressing is permitted until one team leads by 20 or more points.
 - v. The leading team must then drop back to the half court line.
 - vi. After one warning, violations will result in a one-shot technical foul and loss of the ball.

8. 35-Point Rule

- a. If one team defeats another by 35 points or more they will automatically forfeit that game.
- b. It is important that a coach realize early in the game the direction it is going and make adjustments in the 1st half vs. waiting until the 4th quarter.
- c. Options to consider are:
 - Having your team make 5 passes before they shoot.
 - Allowing your less skilled ball handler to bring the ball up the court.
 - Allowing children who typically play less to play more.
 - Play zone defense vs. man defense.
 - Allow the other team “easier” shot selections and work on rebounding. Allow only one shot.
 - Shoot no lay-ups and improve the shooting skills of your players.

9. Foul Shots

- a. 8U and 9U boys and girls shoot from a designated line (12').
- b. 10U and 11U boys and girls shoot from the normal free throw line.
- c. A player's natural shooting motion can carry him or her over the foul line.
- d. Teams will be in a one and one (1 & 1) situation on the 7th foul of the half.