

**ROLLA OPTIMIST BASKETBALL RULES:**  
**CENTRAL DIVISION: 3<sup>RD</sup> GRADERS.**

Regular Rules apply except as follows:

**TEAMS:**

- Each team must have four (4) players to start the game. Any team who does not have four (4) players to start the game within 10 minutes of the scheduled start time must forfeit.
- Each player who attends called practices and scheduled games must play at least one half (1/2) of the game.
- Each player must be scheduled to play two quarters before any player plays three quarters.
- Substitutions will be may be made at the halfway point of each quarter.

**TIME:**

- Play will consist of 4 quarters, each 8 minutes long.
- There will be 3 minutes between quarters and 5 minutes for half time.
- Overtime periods will be 2 minutes with a maximum of two(2) overtime periods.
- **All players except those having fouled out during the regular game are eligible to play during the overtime period.**

**TIME OUTS:**

- Two (2) time outs will be allowed during each half.
- One(1) time will be allowed during an overtime period.
- Time outs will not be carried over from the regular game.

**FOULS:**

- A player will be eliminated from the games after five(5) personal fouls.
- After seven (7) team fouls the player who was fouled will be awarded a 1 & 1 free throw attempt.
- After ten (10) team fouls: the player who was fouled will be awarded two(2) free throw attempts.
- **The free throw line will be 1 foot in front of the free throw line.**

**PLAY:**

- Only man to man defense will be allowed. .
- A defensives player may not guard an opponent in the back court. Except for the last two(2min) of the game
- **During the last two(2) minutes of the games a defensive player may guard an opponent in both the front and back court. And during overtime periods. THIS WILL NOT APPLY DURING THE LAST TWO MINUTES IF ONE TEAM IS AHEAD BY 15 OR MORE POINTS**
- **The first violation of the defense rule will result in a warning from the official. All others will be enforced as a technical foul.**
- **No three point shot will be counted.**

**ROLLA OPTIMIST BASKETBALL RULES:**  
**ALANTIC DIVISION: ALL 4<sup>TH</sup> AND 5<sup>TH</sup> GRADERS**

Regular Rules apply except as follows:

**TEAMS:**

- Each team must have four (4) players to start the game. Any team who does not have four (4) players to start the game within 10 minutes of the scheduled start time must forfeit.
- Each player who attends called practices and scheduled games must play at least one half (1/2) of the game.
- Each player must be scheduled to play two quarters before any player plays three quarters.
- Substitutions may be made at the half way point of each quarter.
- All players will check themselves in at the scorers table before entering the game.

**TIME:**

- Play will consist of 4 quarters, each 9 minutes long.
- There will be 3 minutes between quarters and 5 minutes for half time.
- Overtime periods will be 2 minutes with a maximum of two(2) overtime periods.
- **All players except those having fouled out during the regular game are eligible to play during the overtime period.**

**TIME OUTS:**

- Two(2) time outs will be allowed during each half.
- One(1) time will be allowed during an overtime period.
- Time outs will not be carried over from the regular game.

**FOULS:**

- A player will be eliminated from the games after five(5) personal fouls.
- After seven (7) team fouls the player who was fouled will be awarded a 1 & 1 free throw attempt.
- After ten (10 team fouls: the player who was fouled will be awarded two(2) free throw attempts.
- **The free throw line will be 1 foot in front of the free throw line.**

**PLAY:**

- Only man to man defense will be allowed.
- A defensives player may not guard an opponent in the back court. Except for the last two(2min) of the game. **And during overtime periods**
- **During the last two(2) minutes of the games a defensive player may guard an opponent in both the front and back court. And during overtime periods. THIS WILL NOT APPLY DURING THE LAST TWO MINUTES IF ONE TEAM IS AHEAD BY 15 OR MORE POINTS**
- **The first violation of the defense rule will result in a warning from the official. All others will be enforced as a technical foul.**
- **No three point shot will be counted.**

**ROLLA OPTIMIST BASKETBALL RULES:**  
**MIDWEST DIVISION: ALL 6<sup>TH</sup> & 7<sup>TH</sup> GRADERS.**

Regular Rules apply except as follows:

**TEAMS:**

- Each team must have four (4) players to start the game. Any team who does not have four (4) players to start the game within 10 minutes of the scheduled start time must forfeit.
- Each player who attends called practices and scheduled games must play at least one half (1/2) of the game.
- Each player must be scheduled to play two quarters before any player plays three quarters.
- Substitutions will be may be made at the halfway point of each quarter.

**TIME:**

- Play will consist of 4 quarters, each 9 minutes long.
- There will be 3 minutes between quarters and 5 minutes for half time.
- Overtime periods will be 2 minutes with a maximum of two(2) overtime periods.
- **All players except those having fouled out during the regular game are eligible to play during the overtime period.**

**TIME OUTS:**

- Two(2) time outs will be allowed during each half.
- One(1) time will be allowed during an overtime period.
- Time outs will not be carried over from the regular game.

**FOULS:**

- A player will be eliminated from the games after five(5) personal fouls.
- After seven (7) team fouls the player who was fouled will be awarded a 1 & 1 free throw attempt.
- After ten (10) team fouls: the player who was fouled will be awarded two (2) free throw attempts.
- **The free throw line will be 1 foot in front of the free throw line.**

**PLAY:**

- Any defense may be used.
- A defensives player may not guard an opponent in the back court. Except for the last two(2min) of the game
- **During the last two(2) minutes of the games a defensive player may guard an opponent in both the front and back court. And during overtime periods. THIS WILL NOT APPLY DURING THE LAST TWO MINUTES IF ONE TEAM IS AHEAD BY 15 OR MORE POINTS**
- **The first violation of the defense rule will result in a warning from the official. All others will be enforced as a technical foul.**
- **Three point shots will be counted.**