**Basketball – Mustang Rules**

**RULES FOR Mustang**

**There are to be no parents at the scorer table. League will provide scorer and scorekeeper. Assistant coach can keep unofficial book on bench. If head coach would like parent to keep book the parent must be in bleachers. Official scorer runs official book.**

**Free throws to be taken from 2 feet in front of foul line**

**To prevent teams from running out the clock in backcourt teams are allowed to full court press in final ten seconds of game**

Every player is to play one half of the game (14 minutes) of which one quarter must be uninterrupted, no excuses. No player is to play in more than three quarters (each player must sit out one complete uninterrupted quarter). If a coach does not abide by this rule, he will be warned for the first offense, second violation will result in a one game suspension, third violation will result in termination.

If a team has six or less players both sides get free substitutions. Meaning no kid should sit out an entire quarter. However all kids should play at least half of the game and all kids should sit at least half a quarter. With 6 players no kid should play entire game.

If a player shows up before the second quarter begins, he is required to play one half of the game. If the player shows up after the second quarter begins, the player is only required to play one quarter. If a player shows up after the third quarter begins, it is the coach’s discretion if the player is to play.

If a player gets hurt during a game you can use a bench player until the player is able to go back into the game. Please do not sub your best player back into the game and put injured player back in ASAP.

10 Foot Baskets

WNBA size basketballs (28.5”)

Game starts with jump ball, second half starts with possession arrow, overtime starts with jump ball

Four 7 minute quarters with a running clock, except clock will be stopped for timeouts and shooting fouls. The clock will be stopped the last two minutes of the fourth quarter for any infractions, out of bounds or substitutions, etc.

One minute break between quarters and three minutes at halftime.

4 time-outs per team (one additional for overtime).  Timeouts limited to 30 seconds.

2 minute overtime, 1 minute double overtime, sudden death for triple overtime

5 fouls per player

All baskets inside and outside 3 point line count two points, there are no 3 point shots , foul shots one point

Two free throws plus the ball will be awarded as a result of a technical

Half Court Defense allowed all game. No organized half court zone traps allowed.

Guarding in the back court will result in 1 warning per team, the second offense will result in a 1 technical. Referees have the option to give ball to offense instead of issuing technical foul if they believe the infraction was accidental.

Offense to be called for 3 second lane violation

NC High School Federation Rules will be used in absence of MCOC rules

Coaches to set good example, control players and fans, no shouting at referees, only one coach allowed to stand during the games.

Referees will have total control of the game. There will be no arguing or trying to work the referees, continuously trying to do so will result in a technical or being asked leave.

There will be a coaches box (area) and the coaches cannot leave this area, if they do, it will be an automatic technical.

Two technicals in a game, the coach will be suspended for the remainder of that game and the following game, any additional technicals during the season will result in disciplinary action, including the possibility of being removed from all Mallard Creek Optimist Club programs (without a refund)

Players can be suspended for misconduct

Fans can be asked to leave the premises

Each team is responsible for leaving the gym clean and controlling the spectators

No hard sole shoes allowed on gym floor

Emergency doors to remain closed at all times

No food or Gatorade type of drinks allowed in gym, snacks to be distributed outside the gym. Water for kids is allowed on bench.