



# Orem Instructional Basketball League Rules & Regulations

- **Location:** Hillcrest Center. 650 E 1400 S, Orem
- Each player will receive a jersey the first day

## Rules and Gameplay

- Coaches, along with the staff supervisor, will be responsible in helping their team during gameplay
- Each division will use a 27.5 size basketball.
- Hoops lowered to 8 feet
- There will be no referees. (One staff supervisor on each court)
- 4 quarters 6 minutes each, running clock
- 20 minute practice time before gameplay.
- No timeouts unless there is an injury or a child needs to tie a shoe
- Each player must play around the same amount of time
- Substitutions can be made on made baskets or out of bounds
- Defensive team cannot press until team with the ball crosses half court.
- **Defense cannot steal the ball unless the ball is loose or being passed. Cannot reach and strip the ball out of the hands of the opposing team.**
- No double teaming
- Score will not be kept. This league is meant for kids to learn and have fun
- Teams can play with 4 players
- Coaches cannot add players to their roster
- Players cannot wear anything dangerous during the game: rings, earrings, bracelets, necklaces, hard casts, and anything deemed unsafe by the supervisor
- **Sportsmanship and have fun!!** Set a good example for the kids. This is a recreation league for the kids to learn the game of basketball and have fun

