

OKCPS/OKCPAL Basketball Rules

Revised Dec.9th 2021

Sportsmanship

1. Always maintain a good relationship with opposing players and coaches.
2. Athletes, parents, and coaches are expected to treat game officials with the respect due them. Players/parents showing disrespect to officials may be dismissed from the program.
3. The use of profanity or derogatory/racist comments are inconsistent with the philosophy of athletics and will not be tolerated.
 - Sportsmanship is simply being honorable and courteous while striving to win. Being certain that opponents have an equal and fair opportunity and knowing when to forego an advantage.
 - The rules of the game are to be regarded as mutual agreements, the spirit and letter of which will be observed by all honorable persons.
 - Respect the decisions of the officials. They are vested with final authority by the rules of the game.
 - Consider opponents as having honest intentions although you may not agree with their points of view or approve of their actions.
 - Pursue a course of individual conduct and team action, which will seem honorable if known to ones' opponents or the public.
 - Whether you are a visitor or host, "Do unto the other fellow the way you would like him to do unto you – and do it first".
 - The spectator represents his/her school and community and should give suitable recognition to the skill and sportsmanship of players regardless of their team affiliation.

General Conduct

- 1) The conduct of an athlete is closely observed in many areas of everyday life. It is important that actions at all times be above reproach. Thus, some guidelines must be followed by all athletes in our program.
 - Conduct in Competition: The athlete must be gracious in defeat, modest in victory and maintain complete control at all times.
 - Conduct at School: The student/athlete should set examples for all students by following rules set forth by the administration and individual teachers.

- Conduct in the Community: The athlete represents not only him/herself, but also the community, school, coaches and parents. Thus, it is expected that the athlete will dress and behave in an acceptable manner in a public setting.
- 2) The following acts are considered severe enough that they may cause an athlete to be dismissed from the athletic program. Each player/parent should be aware of the severity of punishment for these acts:
- Immorality, profanity or obscenity, derogatory or racist comments.
 - Stealing or cheating.
 - Consistent violation of School Handbook or team rules.
 - Possession, threat or use of a dangerous weapon.
 - Assault and battery.
 - Destruction of school property.
 - Possession or use of any illegal narcotic drug, alcohol or tobacco.
 - Conduct which jeopardizes the safety of others.
 - Disrespect to coach, official, opponent or any person of authority.
 - Habitual tardiness or absence.

PARENT CODE OF CONDUCT:

- Be realistic about your child's athletic ability.
- Help your child set realistic goals.
- Be an encourager at home and in the stands by emphasizing "improved performance", not winning.
- Don't relive your own athletic past through your child.
- Control your emotions at games and events.
- Respect your child's coaches, communicate with them in a positive way and encourage others to do the same.
- Be a positive role model.
- Be responsible, sensible, and keep your priorities in order. Much more is at stake than a win or loss.

Athlete Code of Conduct

It is important that every athlete and parent understand that we are all representing the OKC Police Athletic League. School rules that are in the student handbook will apply to athletics as well. Participation in athletics is a "privilege" and not a right and is not required, coaches and/or Police Athletic League officials may find it necessary to remove students from the athletic program. Disciplinary sanctions include:

- Appropriate disciplinary action from the head coach of the sport
- Temporary suspension from sport
- Contract for improvement with student athlete and parent(s)
- Suspension from the sport for remainder of season
- Suspension from athletics for the year

OKC PAL athletes will be held to a high standard of conduct and need to represent themselves and OKC PAL at such level in the classroom, in the athletic

arena, and in the community. Our athletes will be reminded to “do the right thing” and should understand that they will have to accept responsibility for the choices they make. It is necessary to adhere to the responsibility of abstaining from drugs, tobacco and alcohol. By agreeing to play PAL sports you make a commitment to yourself, your team, and your school. The following guidelines serve as the example expectations for a OKC PAL Athletes:

ATHLETES CHARACTER CODE

ACTIONS IN SPORTS

- √ Be respectful of other people
- √ Be respectful of the game and to its rules and regulations

RESPECT

- √ Be respectful of others' property
- √ Be respectful of your opponents
- √ Be respectful of your environment
- √ Be respectful of the officials
- √ Be respectful of yourself
- √ Be respectful of victory and defeat

RESPONSIBILITY

- √ Fulfill your obligations
- √ Prepare yourself to do your best
- √ Be dependable
- √ Be punctual for practices and games
- √ Be in control of yourself
- √ Be self-disciplined
- √ Be persistent
- √ Be cooperative with your teammates

CARING

- √ Be compassionate and have empathy
- √ Help your teammates play better
- √ Be forgiving
- √ Support teammates in trouble
- √ Be generous and kind
- √ Be generous with praise; stingy with criticism
- √ Avoid being selfish and mean
- √ Play for the team, not yourself

HONESTY

- √ Be truthful and forthright
- √ Play by the spirit of the rules

- √ Act with integrity
- √ Be loyal to the team
- √ Be trustworthy
- √ Play drug, alcohol, tobacco free
- √ Be courageous to do the right thing
- √ Admit to your own mistakes

FAIRNESS

- √ Treat others as you wish to be treated
- √ Be tolerant of others
- √ Be fair to all players, including those who are different.
- √ Be willing to share √ Give other players an opportunity
- √ Avoid taking advantage of others
- √ Play to win within the rules

GOOD CITIZENSHIP

- √ Obey the laws and rules
- √ Be respectful to law enforcement and those in positions of authority
- √ Be a good role model
- √ Be educated and stay informed
- √ Strive for excellence
- √ Contributed to the community
- √ Give back to the sport
- √ Protect others
- √ Encourage teammates to be good citizens

- Prior to the start of a game:
 - Teams will warm up opposite court of their bench.
 - Coaches and captains will meet at scores table. Any eligibility questions may be asked at this time: proper uniforms, jewelry, rosters, etc.
- All players in question over eligibility may be allowed to play. The league will conduct review the following week. If a player participated that is ineligible then the team will forfeit the previous game.
- Games will consist of four, 8-minute quarters, with a running clock until the final minute of the 2nd and 4th quarters. There will be one minute between quarters and three minutes for halftime. Each team is allotted two timeouts per half. If time expires while a player is shooting free throws, the free throws will be completed and the quarter or game will end. Overtime will be 2 minutes and if no winner has been decided then the end result will be a tie. Teams will have one timeout for overtime and no timeouts will carry over into this period. Fouls will carry over into this OT period. During tournament play, a second OT will take place if necessary. If the score is still tied at the end of a second OT, then a sudden death third OT period will decide the winner.
- Travels, double dribbles, fouls, and line violations are called. The referees will call

tighter games as the season is played out.

- If a team does not have enough players present to start a game (4) by 5 minutes after regularly scheduled game time, then a forfeit will take place.
- Free throws will be from the marked free throw line. **Players may enter the lane upon the release of the ball.**
- All teams will use a 28.5 sized basketball. Only game balls will be provided.
- A back-court violation is in effect for this age division.
- Full-court press is allowed in this age division UNTIL there is a 10-point lead in which the leading team must retreat to the half-court line. After made basket, the offense will have 10 seconds to bring the ball past half-court. If at the point there is a 15-point lead or larger, the defense is to retreat inside the 3-point arch. (Utilizing zone defenses will help teams draw back)
- Scores and standings will be kept at www.okcpal.org.
- There is a 3 second lane violation for this age division.
- Playing time is solely at the discretion of the coach. If a player is under suspension and will not enter the game, then they are not permitted to dress in uniform nor sit on the bench.
- There may only be two coaches on the bench in addition to the head coach. ONLY the head coach may be able to stand while the ball is in play. A violation will result in a technical foul.
- Coaching and Parental Behavior: Profanity, violent behavior, and any other inappropriate actions will not be tolerated. These types of behavior will result in a technical foul resulting in free throws. If an action is repeated, the offending party will be asked to leave the building.
- Players must wear their school's jersey. Color of shorts is up to each player/school/team. Home team will wear their home-side jersey that has the team's nickname on it. In the result of a color conflict, then the away team will turn their jersey to alternate color.
- All jewelry must be removed prior to warm-up time. Players are permitted to wear tights, but must have something over the tights. No slip-on shoes will be permitted.

