



RULES GOVERNING OCS BASKETBALL LEAGUE 2025-26

This league will be governed by the Kentucky High School Athletic Association (KHSAA) rules and the Owensboro Catholic Schools Elementary Sports Handbook. Some additional rules are as follows:

GENERAL:

1. Games will consist of 3-minutes between halves and a 5-minute minimum warm up period between games. Rosters must be turned in at least 5 minutes before games begin and the gym will be open 20 minutes before the first game is scheduled to begin.
2. Time-Outs: Teams will have two (2) 1-minute and two (2) 30-second time outs per game. Teams will receive 1 extra time-out for each 3-minute overtime. Timeouts can be carried over into overtime periods.
3. Player technical fouls count as personal fouls toward five for disqualification. Player technical fouls count as teams fouls for bonus free throws.
4. After a coach receives 3 direct technical fouls in a season, that coach must meet with league officials, and the school principals. Coaches may be dismissed from the league if he or she refuses to attend the meeting.
5. Any person, whether player, coach, or fan, who threatens another individual, including officials, will be ejected from the gym.
6. After being ejected, an individual has 5 minutes to leave the gym. Failure to do so will result in the forfeiture of the game.
7. Because some players will get ill and some will receive deficiencies, any team fielding at least 4 players will not be required to forfeit. A team may finish with as few as 2 players. All coaches are to encourage players to attend each practice and game.
8. The Executive committee of the OCS will resolve controversies or protests resulting in violations of rules. The officials will not resolve a playing time protest. The lead official will sign the book acknowledging the protest should one occur.
9. Only 1 coach is allowed to stand on the sideline at a time while the game is being played.
10. All games will start with a prayer led by the Home team.

3rd-4th DIVISION:

11. All third and fourth grade players may shoot free throws from the shorter foul line – 12 ft distance.
12. Pressing: Third and Fourth grade teams may only press the last 60 seconds of the fourth quarter and the last 60 seconds of any subsequent overtime periods. Teams may not press if they have a ten or more point lead.
13. Each player on the roster of 7 players or more must play one full quarter uninterrupted and sit out one full quarter uninterrupted. If either team has 6 or fewer players, the requirement to sit out one full quarter will be waived for both teams, including the #1 pick sit out rule.
14. The #1 pick in the draft for each team must sit out the 2nd quarter. If a player arrives in 2nd quarter or later, sit out rule is waived unless the player is the #1 pick. Coaches should mark a (*) in the official scorebook on the name of the team's #1 pick before each game.
15. Clock: Games consist of 4 – eight-minute running clock quarters with normal stoppage of the clock occurring for the last two minutes of the second, fourth, and overtime quarters.
16. Third and Fourth grade boys teams will use the 28.5" basketball. Third and Fourth grade girls teams will use the 27.5" basketball.
17. Third and Fourth grade divisions will play on 9' goal heights.

5th-6th DIVISION:

18. Pressing: Fifth and Sixth grade teams may press in all quarters except the 2nd quarter, in which there can be no press. Teams may not press if they have a ten or more point lead.
19. Each player on the roster and at the game must play a total of one quarter (6 minutes) over the full game. This time does not have to be consecutive. There is no "sit-out" rule.
20. Games will consist of 4 – six-minute quarters with normal stoppages of the clock. If there is a 20 point lead in the second half, clock will run continuously until the lead drops below 20 or until the end of the game. Overtime will be 3 minutes with normal stoppage of the clock.
21. Fifth and Sixth grade boys and girls teams will use the 28.5" basketball.