

## **GIRLS OVER THE MOUNTAIN BASKETBALL** **LEAGUE RULES (2025-2026 SEASON)**

### **I. TEAM AND PLAYER ELIGIBILITY RULES**

- A. Team Eligibility:** Over the Mountain basketball teams are allocated and designated according to high school boundaries. Private school teams are eligible to participate in the Girls' Over the Mountain basketball, subject to compliance with the player eligibility rules.
- B. Player Residency Requirements:** In the case of non-private school teams, all players listed on the official team roster must (a) attend a public school or reside (b) within the high school boundary of the team for which they play. For example, all players on a Mt. Brook team must attend a public school in Mt. Brook or reside within the school boundary of Mt. Brook High School such that they would be eligible to attend Mt. Brook High School. In the case of private school teams, all players on the team must be actively enrolled in and attend that school. The league office may allow "non-qualified" teams (teams whose players do not meet the residency requirements above) in order to attract a sufficient number of teams in the various divisions. These "non-qualified" teams are not eligible for the league's year-end tournament and their games do not count for final regular season standings. **ANY AND ALL EXCEPTIONS TO THE ELIGIBILITY RULES MUST BE APPROVED IN ADVANCE BY THE LEAGUE OFFICE.**
- C. Player Age Requirements:** Girls' Over the Mountain play is by grades; however, there are restrictions as to the maximum age that a player may be. All 3rd graders must be born on or after 9/1/14; 4th graders must be born on or after 9/1/13; 5th graders must be born on or after 9/1/12; 6th graders must be born on or after 9/1/11. A player may play up a grade if she is too old to be eligible to play in her own grade.
- D. Rosters:** To be eligible to participate in Girls' Over the Mountain basketball games, a player must be listed on the team's official roster submitted to the league office. All players listed on the official roster must provide a parental waiver, consent, and release form; an acceptable birth record to be filed with the league office; and documentation proving the player's enrollment in a respective community school. If the player attends a private school but resides within the respective community boundaries, the player must have documentation proving that she would qualify to enroll for a community school based on residency status.

### **II. SPORTSMANSHIP/APPROPRIATE CONDUCT**

Players, coaches, and fans are expected to exhibit a high degree of sportsmanship and behave appropriately at all times. Game officials have the authority to eject

players, coaches, and fans who use abusive or foul language, who engage in flagrant bad conduct, or who show disrespect to the game officials, opposing team coaches or players (applies before, during, and after a game). Should a Coach or Assistant Coach receive two (2) technical fouls in the same game, he/she will be immediately ejected from the game, and he/she will sit out the following scheduled game (he/she may attend the game but cannot be on the team bench). The game(s) suspension WILL include post-season tournament game(s) up to and including the grade championship game.

For disrespectful fans, the game officials will give the fan a warning and then can eject the fan from the game if the inappropriate behavior continues. If a fan is ejected by a game official from a game, that fan will not be allowed to attend his or her team's next OTM game (including regular season or tournament games). Failure by the fan to comply with these rules will result in his or her team forfeiting its next game. Finally, if OTM officials receive one or more complaints regarding a coach's, player's, or fan's behavior before, during, or after any OTM game and those complaints are deemed to be valid, OTM reserves the right to take appropriate action against the coach, player or fan, including, but not limited to, a one-game suspension or a ban from the remainder of the OTM season and tournament.

**All players must play in at least 75% of the regular season games to be eligible for the end of season tournament. If a player fails to meet the 75% requirement, approval from the league office must be given in writing for the player to play.**

### III. SCHEDULING

- A. The scheduler or league commissioner will schedule all games for the regular season and the post-season tournament games. Most regular season games will be played on Saturday and Sunday afternoons, with some exceptions as needed to avoid conflicts among OTM divisions and with rec league schedules.
- B. Once the schedule is finalized, games must be played as scheduled, unless a change is expressly permitted and approved by the league office. Changes in schedule that are mutually agreed upon by all coaches involved in the change generally will be permitted. However, such changes may require that the teams locate their own gym space and arrange for their own officials. In addition, the league office must be notified of such changes at least one week in advance so that referees may be notified regarding any cancelled games.

#### IV. GYM SPACE

- A. Each community is encouraged to provide gym space at some point during the regular and/or post season. The league must have gyms that it can use in order to exist. Gyms are needed for at least 3 consecutive hours on a single day.
- B. Coaches are responsible for locating their own gym space for practices, and for scheduling their own practices.

#### V. COURT OF PLAY

- A. Goal Height: The 3rd grade will play on 8.5-foot goals. The 4th grade will play on 9-foot goals. The 5th and 6th grades will play on 10-foot goals. A 3rd and 4th grade coach may, at his or her own discretion, elect to have his or her team play on 10-foot goals with the understanding that his or her team will play in one direction the entire game. This should be decided upon before the beginning of the game and cannot be changed during the course of the game.
- B. Ball Size: All grades will play with the intermediate size basketballs (28.5" circumference).
- C. Free Throw Distance: Free throw distances will be 10 feet for 3rd grade, 12 feet for 4th grade, and 15 feet for 5th and 6th grades.
- D. Free Throw Release: For all grade levels, players may enter the lane on a free throw upon release of the shot with the exception of the free throw shooter, who must wait until the ball touches the rim.
- E. **\*\*New Free Throw Rules- Teams will shoot 2 free throws for common fouls when in the “bonus.” Teams will reach the bonus when their opponent commits the FIFTH foul in each quarter. Team fouls will reset at the end of each quarter. In all Overtime Periods, fouls are extended from the 4<sup>th</sup> Quarter. Ex. If the team is in bonus in the 4<sup>th</sup> quarter they will be in the bonus throughout OT. If a team has 4 fouls, once 5<sup>th</sup> foul is committed in OT, they will be in the bonus.**

#### VI. PLAY OF THE GAME

##### A. Defensive Pressure

1. In the 3rd grade league, teams may not apply defensive pressure until the ball has passed the mid-court line, except in the final two minutes of the 2nd and 4th quarters and during any overtime period. Defensive pressure is permitted anywhere on the court (i.e. full court press) during the final two

minutes of the 2nd and 4th quarters and any overtime period, except by a team that is leading by 20 or more points. In addition, teams may double team or trap the full game once the ball has crossed the mid-court line.

2. In the 4th grade league, no team may apply defensive pressure until the ball has passed the mid-court line during the 1st, 2nd and 3rd quarters. Defensive pressure is permitted anywhere on the court during the 4th quarter and any overtime period except by a team that is leading by 20 or more points. In addition, teams may double team or trap the full game once the ball has crossed the mid-court line.

3. In the 5th and 6th grades, defensive pressure is permitted anywhere on the court at all times, except by a team that is leading by 20 or more points.

4. The first violation of the defensive pressure rules will result in a warning. Second and subsequent violations will result in a technical foul.

B. Length of Game

1. 5th and 6th grades: four (4) 8:00 quarters. 3rd and 4th grades: four (4) 7:00 quarters. If the game is tied at the end of regulation, the teams will play a 2:00 overtime period. If the game is still tied after the second 2:00 overtime period, the game will be decided by sudden death overtime, in which the first team to score will be the winner. Sudden death overtime will not be utilized in any tournament championship game, but instead 2:00 overtimes will be played until a winner is determined.

2. The clock will stop only on time outs, foul shots, and at the referee's discretion (e.g., player injury or ball out of play), except for the last two minutes of the 2nd and 4th quarters and during any overtime period, during which times the clock will stop on every blow of the referee's whistle.

3. There will be a one-minute break between quarters and a five-minute break between halves.

4. In the event of a 20 point or greater lead during the 4th quarter, the clock will run continuously except for time-outs.

C. Time-outs: Each team is allowed four one-minute time-outs per game, which may be used at any time during the game. In each overtime period, each team will be allowed one time-out with no carryovers.

D. Lane Violations: Lane violations will be called at 3 seconds for all grades (aka "3 seconds in the lane").

- E. Jump Balls: Each game and each overtime period will begin with a jump ball served by the referee. All other jump balls will be awarded under the alternating possession rule.
  - F. Fouls: A player with 5 fouls is disqualified from participating further in the game. A player who has fouled out of the game may not reenter the game during any overtime period.
  - G. Three Point Shots: Three point shots will not be allowed in the 3rd or 4th grades. Three point shots will be permitted in the 5th and 6th grades in accordance with Alabama State High School rules where the floors are marked to designate a three point shot.
  - H. Forfeits: In the event a team does not have 5 eligible players at five minutes after the scheduled start of the game, it may play with four players. Any team with less than 4 eligible players at five minutes after the scheduled start of the game shall forfeit the game.
  - I. Rules of Play: All rules of play not specifically qualified or amended by these rules shall be conducted in accordance with the Alabama State High School Athletic Association Rules.
- VII. SCOREKEEPER/CLOCK-KEEPER:
- Each home team must provide a clock/scoreboard keeper for each game. Each visiting team must provide an individual to keep the official scorer's book.
- VIII. GYM RULES
- A. Please remember that we are guests in the all of the gyms we are using in OTM basketball. Please take care of the gyms.
  - B. Players and spectators must remain in the gym area of the facility at all times. Do not allow children to roam the hallways or go into other portions of the facilities.
  - C. No food, drink, alcohol or tobacco products are permitted in any of the facilities.
  - D. Players are prohibited from bringing basketballs into the gym during games. Coaches may bring basketballs to the gym, but they are responsible for making sure that balls are not bounced, thrown, shot, etc., while games are in process.
  - E. Players not involved in a game that is on-going should refrain from going out onto the court during time-outs and between quarters of the game.

F. Profanity and other unsportsmanlike conduct will not be tolerated in any of the facilities. Coaches are responsible for controlling the behavior of their players and fans.

## IX. TIE BREAKERS FOR TOURNAMENT SEEDING

If there is a tie between two or more teams, the following tie breakers will decide seeding in order of priority:

- A. Head-to-Head Record
- B. Total Point Differential
- C. Total Points Scored
- D. Total Points Allowed

## X. LEAGUE OFFICE:

The league office contacts for the 2025-2026 year are as follows:

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