

OOO JR. NBA LEAGUE

OFFICIAL LEAGUE RULES

2026 League Rules & Parent Expectations

1. League Purpose

The OOC Jr. NBA League is a competitive, development-focused youth basketball program designed to teach fundamentals, improve basketball IQ, create balanced competition, provide quality coaching, and maintain a safe and respectful environment.

2. League Divisions

- Rookie Division: Ages 7–9
- All-Star Division: Ages 10–12
- MVP Division: Ages 13–15
- Players are normally placed in the division that matches their age.

3. Player Evaluations

Every player must complete an evaluation before team placement. Evaluations help OOC review ball handling, passing, shooting, defense, basketball IQ, athletic ability, effort, communication, coachability, and readiness. The purpose is to create fair teams and the best developmental environment for each player.

4. Playing Up or Down a Division

Only players at the age boundary between two divisions may be considered for movement.

- A 9-year-old may be approved to play up in the All-Star Division.
- A 10-year-old may be approved to play down in the Rookie Division.
- A 12-year-old may be approved to play up in the MVP Division.
- A 13-year-old may be approved to play down in the All-Star Division.
- All movement decisions are made by OOC staff based on skill, safety, readiness, evaluation performance, competitive balance, and roster needs.

5. Team Placement

Teams are created after evaluations. OOC considers skill level, positions, size, athletic ability, experience, leadership, and competitive balance. The goal is not to build one dominant team, but to create balanced teams and meaningful competition.

6. Official Game Structure

- 5-on-5 basketball
- Full court
- Four 6-minute quarters
- Running clock

- One-minute halftime
- No scheduled breaks between quarters
- Two 30-second timeouts per team
- Five personal fouls before disqualification
- Two-minute overtime
- Sudden death if the score remains tied

7. Running Clock

- The clock runs continuously during normal play.
- The game clock stops only for free throws and team timeouts.
- The clock does not normally stop for out-of-bounds plays, violations, substitutions, made baskets, normal referee whistles, or quarter changes.
- The referee may stop the clock for a serious injury, unsafe condition, equipment issue, or emergency.

8. Free Throws

- The clock stops when free throws are awarded.
- The clock remains stopped during all awarded free throws.
- After a missed final free throw, the clock restarts when the ball is legally touched.
- After a made final free throw, the clock restarts when the inbound pass is legally touched on the court.

9. Timeouts and Overtime

- Each team receives two 30-second timeouts per game.
- Only an approved coach or a player with possession may request a timeout.
- Each team receives one additional 30-second timeout during overtime.
- If tied after regulation, one 2-minute overtime period will be played.
- If still tied after overtime, the game moves to sudden death and the first team to score wins.

10. Fouls

- A player fouls out after five personal fouls.
- Team fouls are tracked by half.
- Beginning with the fifth team foul in a half, the opposing team receives two free throws.
- Shooting fouls follow standard basketball rules.

11. Substitutions

Substitutions may be made during dead-ball situations. Players must report to the scorer's table and wait for the official's signal. The clock continues to run during normal substitutions.

12. Defensive Rules

The following division rules apply, with one league-wide lead rule:

- Rookie Division: No regular full-court press.
- All-Star Division: Full-court press is allowed in the 4th quarter.
- MVP Division: Full-court press is allowed throughout the game.
- League-Wide Lead Rule: No team may full-court press while leading by 15 points or more.
- If the lead drops below 15 points, pressing may resume based on that division's normal rules.

13. Playing Time, Roles & Trusting the Process

The OOC Jr. NBA League is both competitive and developmental. Every eligible player should receive meaningful opportunities during regular-season games; however, equal playing time is not guaranteed.

Playing time, starting roles, substitutions, and responsibilities may be determined by attendance, effort, attitude, coachability, skill development, game situations, safety, discipline, foul trouble, and the needs of the team. We ask parents and players to trust the development process and the coaches OOC has placed in leadership positions. Coaches may challenge players, change roles, adjust lineups, or make decisions that are part of a player's long-term development.

Parents are asked to refrain from voicing complaints or disagreements regarding playing time during practices, games, or immediately following competition. Questions or concerns should be addressed respectfully with the coach or League Director at an appropriate time.

14. Attendance and Practice Expectations

Players are expected to attend practices and games consistently. Parents should notify their coach in advance when a player will be absent.

Players are asked to arrive approximately 10 minutes before their scheduled practice time, when possible, so they can get prepared and practices can begin on time.

Practices are open for parents and guardians to observe. We ask families to respect the practice environment and allow OOC coaches to coach, teach, correct, and develop athletes without sideline instruction.

Repeated unexcused absences may affect playing time, starting opportunities, team role, playoff eligibility, or future placement.

Players are expected to listen to coaches, practice with effort, respect teammates, and follow safety instructions.

15. Game-Day Arrival and Uniforms

- Players should arrive at least 15 minutes before their scheduled game.
- Players must arrive in the correct uniform and with appropriate basketball shoes and water.
- Jewelry and unsafe accessories are not allowed.
- Medical braces must be safely covered when required.

16. Coaches

- Only OOC-approved coaches may sit on the bench.
- Only the head coach should communicate with officials about a rule or call.
- Coaches are expected to teach, manage substitutions, promote sportsmanship, and control the team bench.

17. Parents, Spectators & Sideline Coaching

OOO values and appreciates parent support. One of the best ways families can support their athlete is by allowing coaches to coach and players to learn, make mistakes, compete, and grow.

No coaching from the sidelines is permitted during practices or games. This includes calling out plays, telling players where to move, correcting decisions, directing defensive assignments, or giving instructions that may conflict with the coach.

Parents are encouraged to cheer, encourage, and support. We ask that coaching and instruction be left to the OOO coaching staff.

Our goal is to create an environment where athletes receive one clear voice of instruction, coaches can do their jobs effectively, and players can focus on competing and developing.

- Parents and spectators must cheer positively and respect both teams, officials, and coaches.
- No arguing with referees, threatening staff, confronting another child, or creating a disruptive environment.
- OOO may remove anyone who behaves in an unsafe or disrespectful manner.

18. Sportsmanship

All players, coaches, and families are expected to compete safely, accept coaching, handle winning with humility, and handle losing with maturity. Teams will shake hands after games.

- Play hard.
- Learn the game.
- Respect everyone.
- Represent OOO the right way.

19. Standings and Playoffs

- Standings may be based on wins, losses, ties, or winning percentage when teams have played an unequal number of games.
- Suggested point system: Win = 2 points, Tie = 1 point, Loss = 0 points.
- Playoff seeding will be based on regular-season standings.
- Standard semifinal matchups: No. 1 vs. No. 4 and No. 2 vs. No. 3.

20. Final Authority

The OOO League Director has final authority over player evaluations, division movement, team placement, eligibility, discipline, schedule changes, safety decisions, playoff rulings, rule interpretation, and situations not specifically covered in these rules.