

OVER THE MOUNTAIN BASKETBALL LEAGUE RULES

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. There will be a maximum of two teams per grade from a single high school boundary unless the grade commissioner for each grade determines otherwise. Private school teams are eligible to participate in Over the Mountain basketball, subject to compliance with the player eligibility rules. Private schools also are limited to two teams per grade.
- 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 in the high school's zone for that team, or (b) reside within the high school boundary of the team for which they play. For example, all players on a Mtn. Brook team must attend a public school in Mtn. Brook, or reside within the school boundary of Mtn. Brook High School such that they would be eligible to attend Mt. Brook High School. "Residing within the school boundary" requires that the child spends the majority of his time living at that residence in that school's boundary. In the case of private school teams, all players on the team must be actively enrolled in and attend that school.
THERE WILL BE NO EXCEPTIONS TO THESE ELIGIBILITY RULES.
- C. Player Age Requirements: Over the Mountain play is by grades; however, there are restrictions as to the maximum age that a player may be.
All 2nd grade players must have been born on or after September 1, 2016. All 3rd grade players must have been born on or after September 1, 2015. All 4th grade players must have been born on or after September 1, 2014. All 5th grade players must have been born on or after September 1, 2013. All 6th grade players must have been born on or after September 1, 2012. A player may play up a grade if they are too old to be eligible to play in their own grade.
- D. Rosters: To be eligible to participate in Over the Mountain basketball games, a player must be listed on the team's official roster submitted to the league office.
The deadline to add/drop players from a team's roster is the day before the first OTM games are scheduled to be played. All players listed on the official roster must have a parental waiver and concussion form signed by a parent, found on the OTM website. Birth certificates will be required for all players, during all games, upon request.

II. SPORTSMANSHIP

Players, coaches, and fans are expected to exhibit a high degree of sportsmanship at all times. Game officials have the authority to eject players, coaches, and fans who use abusive or foul language or who engage in flagrant bad conduct. If a coach or an assistant coach receives a second technical foul they will be automatically suspended from coaching the next game (they may attend the game but cannot be on the team bench), and will be required to stop coaching that game. A second event as described above will result in league suspension for the rest of the year.

If a player receives two technical fouls of any kind in a single game, that player will be ejected from that game and suspended from playing in the next game.

III. SCHEDULING

- A. The scheduler or league commissioner will schedule all games for the regular season. Grade commissioners will schedule all post-season tournament games. All regular season games will be played on Sunday afternoons. There will be **NO** exceptions to the Sunday afternoon games. If a team cannot play on Sunday afternoon they will forfeit that game.
- 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.

IV. GYM SPACE

- A. If mandated by each grade, each community is responsible for providing a minimum of 8 days of gym space at some point during the regular and/or post season. To the extent that a community provides multiple gyms on a single day, each gym will count toward the community's gym space requirement. For example, if a community provides 2 gyms on a particular Sunday, this will satisfy two days of the community's gym space requirement. A gym must be provided for at least 4 consecutive hours on a single day for it to be counted toward the gym space requirement.
- 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: 2nd grade will play on 8 ½ foot goals. The 3rd grade will play on 9 foot goals. The 4th – 6th grades will play on 10 foot goals.
- B. Ball Size: Grades 2 through 5 will play with the intermediate size basketballs (28.5" circumference). The 6th grade will play with regulation size basketballs (29.5" circumference).
- C. Free Throw Distances: Free throw distances will be 10 feet for 2nd and 3rd grade, 12 feet for 4th grade and 15 feet for 5th and 6th grade.

VI. PLAY OF THE GAME

A. Defensive Pressure

- 1. 2nd Grade defensive rules- No pressing in 2nd grade. The offensive team has 10 seconds to bring the ball across the half court line. In 2nd Grade, teams may not apply defensive pressure until the ball has passed the mid-court line. In addition, teams may double team or trap at any time once the ball has crossed the mid-court line. In 2nd Grade, the clock does not start until the ball passes half court following any time out or dead ball with less than 1 minute left in the game. This prevents a team from "killing the clock" with multiple time outs on the defensive side of the court with no pressure.
- 2. 3rd grade defensive rules, except in the final two minutes of the 2nd and 4th quarters and during any overtime period, teams may not apply defensive pressure until the ball has passed the mid-court line. Defensive pressure is permitted anywhere on the court during the final two minutes of the 2nd and 4th quarters and during any overtime period. In addition, teams may double team or trap at any time once the ball has crossed the mid-court line.
- 3. In grades 4 through 6, 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. All games will consist of four 8-minute quarters.
- 2. Overtime Rules - In the case of a tie at the end of regulation, the teams will play 2-minute

overtimes.

Regular Season – If the game continues to be tied at the end of the second overtime, a sudden death overtime will be played in which the first team to score will be the winner.

Tournament – The game will continue to use 2-minute overtime periods until a winner is determined.

3. The clock will stop only on time outs, foul shots, and within the referee's discretion, until the last two minutes of the second and fourth quarters, and during any overtime period when the clock will stop on every blow of the referee's whistle.

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

C. Time-outs: Each team is allowed four (4) 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 (1) time-out with no carryovers.

D. Lane Violations: Lane violations will be called at 3 seconds for all grades.

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 2nd and the 3rd grades. Three-point shots will be permitted in 4th – 6th grades in accordance with Alabama High School Athletic Association Rules where the floors are marked to designate a three-point shot.

H. Forfeits: In the event a team does not have five (5) eligible players at five minutes after the scheduled start of the game, it may play with four players. Any team with less than four (4) eligible players at five minutes after the scheduled start of the game shall forfeit the game.

I. Free Throws: Teams will shoot 2 free throws for common fouls when in the "bonus." Teams will reach the bonus when their opponent commits five fouls in each quarter. Team fouls will reset at the end of each quarter. This new rule eliminates the one-and-one.

J. Rules of Play: All play not qualified or amended by these rules shall be conducted according to Alabama High School Athletic Association Rules.

VII. SCOREKEEPER/CLOCK-KEEPER: Each team must provide a scorekeeper/clock-keeper for each game. Home team keeps the scorebook; the visitor keeps the clock.

VIII. GYM RULES

A. Smoking, eating, drinking and chewing gum are prohibited in all gyms. This applies to players, coaches, and spectators.

B. 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

C. 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.

IX. TIEBREAKER RULES

Due to the implementation of the new website in 2017, simplifying the tie breaker procedure became necessary given how the website seeds teams. The tie breaker procedures for the OTM basketball season are outlined below, and are calculated on the website electronically as follows:

- 1) Record
- 2) Head to Head (if all tied teams played each other)
- 3) Total Point Differential (Maximum of 20 pts per game)
- 4) Total Points Against
- 5) Total Points For
- 6) Coin Toss

X. LEAGUE OFFICE: The league office contacts for the current year are as follows:

2nd Chris Weingartner

3rd James Gannon

4th Ryan Ray

5th Roger Haughton

6th Frank Caley