



Game Rules

7-8th Grade



- ❖ **Coaches are to remain in the bench area at all times and off the court and sidelines.**
- ❖ The 7-8th Division will use 10ft. baskets.
- ❖ Game will start with a jump ball. All jump balls and the beginning of each quarter will be determined by the alternating possession arrow

Game ball

- ❖ Women's 28.5 basketball

Court size

- ❖ High School regulation size court

Clock

- ❖ 4 – eight minute quarters (8 segments)
- ❖ The clock will stop at 4 minutes for the first 3 quarters for substitutions. The 4th quarter will be free substitutions
- ❖ Clock will run continuously except:
 - The last 2 (two) minutes of each half
 - Shooting fouls; the clock will start when the ball is entered for the 2nd free throw
 - Timeouts or player injury

Substitution Policy

- ❖ Every player must play a minimum of 3 segments with the exception of:
 - Injury sustained during a game
 - A player has received 5 personal fouls
 - Behavioral issue

Defense

- ❖ Any defense is permitted
- ❖ No pressing is permitted until the **4th quarter**; teams may not press if they are up by 10 or more points

Free Throws, Violations and Penalties

- ❖ 5 Fouls per player
- ❖ Shots will be taken from regulation foul line
- ❖ Foul shots will be awarded for the following situations:
 - 2 shots for being fouled in the act of shooting
 - 7 team fouls per half (player will shoot one & one)
 - 10 team fouls per half (shooting 2 shots)
 - Players may move on release of ball

Timeouts

- ❖ Each team will receive 2 (30 second) timeouts per half
- ❖ Timeouts may not be carried over from the first half

Overtime

- ❖ Game will be played until there is a winner
- ❖ Overtime is 2 minutes in length. One additional time-out will be awarded per team. Timeouts do not carry over from each overtime period
- ❖ Any player is eligible to play in overtime except for those players with 5 personal fouls
- ❖ Overtime will start with a jump ball
- ❖ Clock will run continuously except for the last minute, shooting fouls, timeouts and injury

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Ejections

- ❖ Any ejection for any reason will result in a 1 game suspension
- ❖ 2 ejections in a season player will be suspended for rest of season
- ❖ 2 technicals in a game player will be ejected from the game and suspended from teams next game
- ❖ 3 technicals in a season and player will be suspended for rest of season

Player Eligibility

- ❖ Players must play in their grade level league
- ❖ A player may not participate in any travel or interscholastic sports (including CYO) during the time period he/she plays in this league
- ❖ Players must be registered with a Recreation Department and the registration fee must be paid before they are placed on a roster
- ❖ Players may only play on one team. Rosters are designated by each Recreation Department via draft.