



Youth Basketball Rules

7th – 8th Grade

Boys

1. **Length of Game:** We will play (2) 20 minute halves with a running clock. Halftime will be 4 minutes long. The clock will stop on dead balls the last 2 minutes of each half.
2. **Overtime:** If needed, overtime will be 2 minutes with the clock stopping on dead balls. In overtime each team will be allowed one more timeout. There will only be ONE overtime during the regular season. Post season games will have as many overtimes as necessary to determine the winner.
3. **Time Outs:** Each team will get FOUR timeouts per game.
4. **Playing Time:** We encourage that every player must play at least half of the game. All players should have a chance to learn and have fun, regardless of the players experience or ability.
5. **Basketball Size:** Boys will play with a 29.5.
6. **Team Size:** 5 v 5. Teams must have at least 4 players by the start of the game. If 4 players are not present, the game will be a forfeit.
7. **Defense:** Any legal defense can be used with the **exception of the full court press**. The offense will have 10 seconds to get the ball across the mid court line. Defense must wait at half court before they can pressure the ball. (See Full Court Press)
8. **Full Court Press:** No full court press except when a team is 15 or more points ahead that team will not be allowed to full-court press. The other team may continue to press. Once the point differential has dropped below 15 points, full-court press may be resumed by either team.
9. **Offense:** Any legal offense can be used in this age division.
10. **Substitution:** All substitutes must check in at the score table and will be substituted in on any dead ball by officials.
11. **Shooting Free Throws:** The shooter must start from behind the free throw line. If the player shoots the basketball from behind the line and happens to step across the line it will be a violation.
12. **Picking up the offensive player:** You may pick up the offensive player at midcourt. Remember your offense has 10 seconds to get the ball across the mid court line. Coaches, if you have the game won please call off the mid court press and let the other team have some success playing the game. Remember this is Recreation basketball.

13. **Flagrant Behavior:** Flagrant behavior as a coach, player or parent will NOT BE TOLERATED! Please have good sportsmanship during the game.
14. **Scoring:** The score will be kept in the book and on the board.
15. **Fouls:** Teams will now shoot two free throws for common fouls when in the "bonus," whereas previously they would have shot one-and-one. The rule for when the bonus is awarded has also been changed. Previously, teams would be awarded one when their opponent committed seven fouls in a half. Now, the bonus will be reached for five fouls in a half. If the game goes into overtime and one team is in the bonus, it will also apply in the extra period.
16. **Tournament:** A post season single-elimination (seeded) tournament will be held.
17. **Facilities:** Coaches, please remind your players that it is a privilege for us to be able to use these facilities. Please help clean up all trash by your bench and the bleachers.