

7th/8th Grade Rules 2023-2024

Regulation scoring will be kept for entire game.

Game will consist of four – 6-minute quarters with a regulation clock. (subs at 3 min mark).

Jump ball will be used to start the game and overtime, otherwise, alternating possessions.

Overtime (regular season): Overtime will consist of one 2-minute period, with a regulation clock for the final minute. If the game is still tied at the end of the 2nd overtime the game will result in a tie.

Overtime (playoffs): Overtime will consist of one 2-minute period, with a regulation clock for the final minute. If still tied after the 2nd overtime the game will be played as “sudden death” with the first team to score wins after the jump ball.

Each team will receive 1 (60 sec) timeout per half and 1 additional (60 sec) timeout for all overtime periods. Timeouts do not carry over.

Each player will have equal playing time during each game. Exceptions: injury, foul trouble (if player has 3 or more), disciplinary action (must be cleared by PD). See page 2 for playing time requirement.

You may ONLY sub players at the 3-minute mark of each quarter.

NEW FOUL RULES: Each player will receive 5 fouls per game. After the 5th foul the player is disqualified. Adopting new IHSA Foul Rules: **"Bonus Situation" (2 Free Throws) begins on the 5th foul of each quarter. Team fouls will reset to 0 in the 2nd and 4th quarter. The team fouls from the 4th quarter will be carried over into overtime.**

Foul shots must be taken from behind the free-throw line. 15ft

Players on offense may not be in the lane for longer than 3 seconds.

Official Size basketball will be used (29.5).

Pressing is allowed for the entire 2nd and 4th quarters. The winning team may not press if they are up by 10 or more points.

Any Defense is allowed throughout the game with the exception of pressing only in the second and 4th quarter.

All rules not stated above will follow IHSA rules and regulations

Equal Playing time requirement:

4.4.1 A period is defined as half of a quarter

4.4.2 No player shall sit more than two periods in a row.

4.4.3 Equal playing time guidelines are as follows:

***11 players= 7 players play 4 periods, 4 players play 3 periods**

***10 players=10 players play 4 periods**

***9 players=4 players play 5 periods, 5 players play 4 periods**

***8 players=8 players play 5 periods**

***7 players=5 players play 6 periods, 2 players play 5 periods**

***6 players=4 players play 7 periods, 2 players play 6 periods**

***5 players=5 players play the whole game**