

Boys 7th & 8th Grade – Basketball Rules

High School basketball rules will govern play with the following modifications:

1. They will use a men's size (29.5") basketball and will play on a 10-foot basket.
2. Each team member must play an equal amount of time.
3. There will be four 8-minute quarters using a running clock. The clock will stop on all dead balls during the last minute of each quarter. It will also stop during all free throws and timeouts.
4. If any team is leading by 15 or more points, the mercy rule will take effect. There will be a running clock the whole game unless the score margin is less than 15 points.
5. The game will be started with a jump ball. All subsequent jump balls and the start of the remaining quarters will be alternating possessions.
6. 3-second key violation.
7. Free throws will be shot from the free throw line, 15 feet from the basket.
8. Each team will receive one 30 second timeout per quarter. They do not carry over.
9. One-and-one bonus will be awarded on the 7th team foul of each half. Double bonus will be awarded on the 10th team foul.
10. There are no restrictions on defense, a full court press is allowed the whole game. Exception: If a team is leading by 15 or more, they will not be allowed to full court press or half-court trap.
11. Only the head coach and one assistant coach will be permitted on the bench. The assistant cannot address the officials. They are there to assist the players and must remain seated during the game.
12. There will be no overtime period. If the game ends in a tie, it is a tie.
13. Any player receiving a technical foul will sit out eight game time minutes. If a player receives two technical fouls in a single game, he/she will be ejected for the remainder of that game and the next game. Any head coach receiving a direct technical foul will be required to sit down on the bench for the remainder of the game. If a coach receives two direct technical fouls in a single game, he/she will be ejected for the remainder of that game and the next game. Any 2 technicals will require a meeting with the program coordinator. Three technical fouls accumulated during the season will result in being suspended from league play.
14. Spectators are not allowed to address the officials. The first offense, the game will stop and the coach will come talk to the spectator, the game will not resume until that happens. The second offense will result in the game stopping, the coach telling the spectator they must leave the facility. If the spectator refuses to leave, the game will be over and the police will be called.

*Rule interpretation and enforcement will be at the discretion of the recreation staff (officials, site supervisors, coordinators, directors, etc.).