

West Haven/Roy Recreation 7th Grade Draft League – Boys Basketball
(Updated 11/2/2023)

League Rules:

Basket Height: 10 ft.

Basketball: 29.5 Men's Regulation Size

Games will consist of two 18-minute halves with a running clock. Clock will stop on all whistles the last minute of 1st and 2nd half, and overtime (unless point differential is 15 or more).

At end of 2nd half, if game is tied, we will play one (2) minute overtime period. If game is tied after overtime period, the game will be declared a tie.

All teams will play 8 regular season games. NO POST-SEASON TOURNAMENT. The team with best regular season record will receive league champion t-shirts.

Teams must have 4 players (minimum) to start game. A 5-minute grace period will be allowed if 4 players are not present. If team does not have 4 players before 5-minute grace period ends, game will be declared a forfeit.

Man and zone defense will be allowed. Full court pressure is allowed (unless point differential is 15 or more).

When 7 team fouls have been committed, teams will shoot one-and-one free throws. When 10 team fouls have been committed, teams will shoot two free throws. Team fouls reset at half time.

If the score is more than a 15-point spread, the clock will not stop, and the scorekeepers will only keep the score in the books. The team that is ahead will be asked to move back inside the 3-point line and play a defense that starts and stays inside the 3-point line.

Three-point shots count.

Each team is allowed two (2) time-outs per half. You cannot carry over unused time-outs. Each team is allowed one (1) time-out in overtime period.

Any coach, player, or spectator that is ejected for unsportsmanlike conduct will not be allowed to participate for the remainder of the game and may have to sit out the following week's game (Recreation Director's decision). Any coach, player, or spectator ejected from two (2) games during the season will be expelled from the league and not allowed in the gym.

Only Two coaches are allowed on the bench and only one coach is allowed to stand up and coach. As soon as two coaches are up off the bench coaching and/or complaining to officials; there may be a technical foul called. If a technical foul is issued on any of the coaching staff or bench personnel, the head coach must sit on the bench the remainder of the game, and no assistant coach may stand and take the head coach's place. See Rule 10 section 5 and 6 of the NFHS Basketball Rule Book.

Any coach who receives a technical foul this season is subject to suspension/expulsion from the league (Recreation Director's discretion). Any coach who receives (3) technical fouls in a season will have a mandatory one game suspension. Technical fouls do not have to be committed in the same game or consecutive games for this rule to apply. If a coach receives (4) technical fouls in a season, he/she is subject to another game suspension and/or will be expelled from the league (Recreation Director's discretion) and will not be allowed in the gym for the remainder of the season. NFHS technical foul rules still apply (if a coach receives 2 technical fouls in a game, the coach is ejected from the game and will face possible suspension (Recreation Director's discretion) from the next game).

Technical Fouls (Player) - Any player receiving a technical foul must immediately leave the game and must sit for a minimum of 5 minutes (If technical occurs with under 5 minutes remaining in game, the time WILL carry over to the start of the players next scheduled game). Any player receiving two technical fouls in a game is disqualified from the game and will be remanded to the bench. The player will also be subject to suspension/expulsion from the league (Recreation

Director's discretion). Any player receiving a flagrant foul, must immediately leave the game and will be subject to suspension/expulsion from the league (Recreation Director's discretion)

If you have questions or concerns, please call Lizzy Badger at 801-774-1048 or email ebadger@royutah.org

*****We EXPECT good sportsmanship from EVERYONE*****