

## **7<sup>th</sup>/8<sup>th</sup> Grade Rules 2021-2022**

Regulation scoring will be kept for entire game.

Game will consist of 4 – 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 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.

Each player will receive 5 fouls per game. After the 5th foul player is disqualified. "Bonus Situation" (1 & 1) begins on the 7th foul of each half. "Super Bonus" (2 shots) begins on the 10th foul of each half

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 2<sup>nd</sup> and 4<sup>th</sup> 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 4<sup>th</sup> 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**