



PROVO & OREM RULES 7th – 8th GRADE



High school rules will govern play with the following exceptions

- COVID-19 and Facility Code of Conduct regulations will be determined by each city and controlled by their respective league administrators. Please see separate documents for additional information.
- Play will consist of two (2) twenty minute halves with the clock stopping during the last two (2) minutes of the game unless at the two minute mark a team has a 15+ point lead.
- Time-outs: 2 (1 minute each) per half (these do not carry over).
- Overtime:
 - Overtime will be a 3 minute period with a running clock.
 - Each team will be given one (1)-one minute time-out for overtime (these do not carry over).
 - Team fouls stay as they were at the end of the normal game time and are not reset for the overtime.
 - Each overtime period will begin with a jump ball to determine possession.
 - If after the first overtime period the teams are still tied, a second overtime is started, sudden death first to score wins.
- Defense: Man-to-man or zone defense is allowed.
- Full-court press may be played at any time except when a team is 15 points ahead (they are no longer allowed to full-court press).

FACILITY RULES

- **No touching, dunking or hanging on the rims, before, during or after the game.**

Provo: Anyone caught playing with the rims, jamming the ball, or otherwise abusing the facility will be given a technical foul and will sit the next 10 min of game time. It is a Code of Conduct violation if it occurs before or after the game and players can be suspended for a minimum of one week. **Exception:** You may dunk the ball in the course of the game, but you may not hang on the rim unless, in the judgement of the officials, it is to protect yourself. Any player responsible for damage will be charged.

Orem: No touching, dunking or hanging on the rims before, during or after a game. Anyone doing this will be suspended for the remainder of the current game and the next game. The basket will not count and the other team will get the ball under that basket. If this situation occurs after a game, a player will sit the next two games. No technical foul will be assessed for dunking.

- No food or drink will be allowed in any of the gyms by players or spectators. A water bottle for the players is the only exception.

7th/8th Grade Rules

- Any children attending basketball games must have appropriate supervision. Players are not considered appropriate supervision. Unsupervised children may result in the league losing its privilege of using the facility.
- For all games played at the Provo Recreation Center; players may check in with the sports staff no more than 15 minutes prior to the start of their game. Players should enter the lane closest to the front desk to check in. Players wishing to remain at the Provo Recreation Center to practice, swim, or use the facility in any way should exit and re-enter to swipe their membership card or pay the daily admission fee (\$5).

FORFEITS

- The game clock will start at game time and run until there is 10 minutes left in the first half. The game will be ruled a forfeit for scoring purposes, if a team does not have enough players at this point. The game must start if there is a minimum of four players.
- In the event of a forfeit, a non-scored, non-officiated scrimmage game will be played by sharing players between teams for the remainder of the scheduled game time.
- Any team who forfeits 2 or more regular season games will not be eligible to participate in the post-season tournament.

SPORTSMANSHIP

Everyone will be expected to display good sportsmanship at all times. Rude or disruptive behavior of any kind will not be tolerated. To ensure good sportsmanship, each team must receive at least a 75% overall sportsmanship score for the season to play in the post-season tournament.

- Staff will be rating teams based on the following scale:

Team Sportsmanship	Points
1. Team checked in on time at the score table	1
2. Coaches keep players, and self under control.	1
3. No technical or flagrant fouls called on team.	1
4. Parents and spectators are positive during game.	1
5. Teams go out of way to show good sportsmanship.	1
Total:	5

- Any team receiving two (2) or fewer total Sportsmanship Points in a post-season game will be disqualified from the remainder of post-season play.
 - Coaches or fans that are disruptive will be asked to leave the gym by the Site Supervisor.
- Players and coaches are not allowed to switch any player(s) to a different team.
- **Coaches must play all their players at least 50% of each game.**

7th/8th Grade Rules

DISCIPLINE

- Player technical fouls (these are Technical Fouls for conduct or Code of Conduct Violations) during **pre-season, regular season, and post-season** will be penalized by two free-throws for the opposing team plus possession, and the following:
 - **1st Technical: Sit out ten minutes of game time.**
 - **2nd Technical (any time in pre-season, regular, and post-season): Minimum suspension for 1 game.**
 - **3rd Technical (any time in pre-season, regular, and post-season): Suspension for rest of season and tournament.**
- These technical fouls are cumulative and carry through regular and post-season. **Game ejection will occur upon receiving two technical fouls in one game.** Serious conduct violations may require additional disciplinary actions.
- Any player given a suspension will not be allowed to participate in any Parks & Recreation Leagues for the specified amount of time.
- The Provo & Orem Parks & Recreation staff reserves the right to make all final decisions and subsequent penalties regarding the basketball program.