



7th & 8th-Grade Playing Rules



Playing Time

- It is the coach's responsibility to make sure all players get equal playing time, regardless of ability or position.

Game Times

- **Four eight-minute quarters – running clock (see exceptions below)**
- The clock will stop *during free throws and in the last two minutes of the 4th quarter ONLY* on all dead balls. During the game, only time-outs or an injured player(s) can stop the clock.
- Clock will **not** stop if a team has a **15-point lead in the 4th quarter**. Resume stopped clock **IF** deficit is under 15.

Basket Height

- The height of the rim will be 10 feet.

Ball Size

- 7th & 8th-Grade teams will use a regulation-size ball (29.5).

Number of Players/format

- 5-on-5

Start of Game

- A jump ball will take place to start the game. The alternating possession arrow will be used after the tip.

Half-Time & Quarters

- There will be a three-minute halftime period and a one-minute break between quarters.

Substitutions

- Substitutes must check-in at the scorer's table and stay off court until the official waves them onto the court.
- The scorekeeper shall sound the horn as soon as the first dead ball occurs if/when subs are at the table.

Time-Outs

- A team is allowed two 30-second time-outs per half. The clock will stop for time-outs.
- Unused time-outs in the first half are **not** carried over to the second half

Scoring

- Two points are awarded for baskets scored inside the 3-point arc.
- Three points are awarded for baskets scored beyond the 3-point arc.
- One point is awarded for each made free throw.

Out of Bounds

- All out of bounds plays will start nearest the spot where the ball went out or where the foul occurred.

Mid Court

- The offensive team will have ten seconds to cross mid-court.
- Backcourt violations **will** be called.

Dribble Count

- There will be a closely-guarded (five second) dribble count and a player can only hold the ball for 5 seconds.

Lane Violations

- Three seconds in the lane will be allowed by the offense when in possession in their half.

Defense

- Zone defenses are permitted.
 - Double teaming and trapping are allowed if **a team does not have more than a ten-point lead.**

Full Court Press

- A full court press may be applied any time a team does not have more than a **10-point lead**.
- If a team leads by more than 10 points, then the defense must allow the offensive team to cross midcourt before guarding.

Fouls

- Individual fouls will be counted and each player is allowed five fouls before disqualification.
- Shooting fouls will result in two free throws (three free throws if fouled player was shooting a 3).
- Player (and team) control fouls (offensive) will **not** result in free throws.
- Flagrant fouls will be administered as **technical** fouls.

Free Throws

- ***New for 2024 – Players will shoot 2 free throws after opposing team commits 5th foul in a quarter. Team fouls will be reset at the start of each quarter. Team fouls will NOT be reset if a game goes into overtime. Free throws will NOT be shot after any team or player-control fouls.**
- Free throws will be shot for shooting fouls.
- During a free throw, players may **not** enter the lane until **the ball is released by the shooter. The shooter (and any players beyond the 3-pt. arc cannot enter the lane until the ball hits the rim.**

Technical & Intentional Fouls (clock may stop if necessary)

- If a technical foul or an intentional foul is called, it will be an automatic two points and possession for the offended team.
- A player committing a conduct technical foul will be ejected for the remainder of the game and suspended for the next game. A second ejection during the same season will result in suspension from the league.
- A coach receiving two technical fouls during a game will be ejected for the remainder of the game and suspended for the next game. A coach who is ejected twice during the same season will be suspended for the remainder of the season. Additional penalties could be administered depending on the severity of the actions and/or the point in which the second ejection occurred during the season.
- A player committing an intentional act of violence will result in an automatic suspension.
- A bench technical **WILL BE ISSUED TO THE COACH**. Please take responsibility for your players/bench.
- A technical given to a fan **WILL BE ISSUED TO THE TEAM**. The game will not continue until the ejected fan is removed from the gym/venue.

Overtime Guidelines

- The following overtime procedures will be used:
 - A two-minute overtime period will be played in the first overtime period.
 - A one-minute overtime period will be played in the second overtime period.
 - In the third overtime period, the first team to lead by two points will win the game.
 - Each team will get **one** 30-second timeout for the entire overtime. Unused timeouts in the second half will carry over to overtime periods.
 - ***The clock stops on all dead balls during overtime periods.***

* No team may start with less than four players. If both teams agree, a team can “borrow” players from the opposing team to continue/play a game. In this situation, a forfeit is declared and the game is played in “scrimmage” mode.

For additional information or questions, contact:

Scott McClure – Athletic Director

Office/cell: (208) 791-2394

smcclure@poweroftheclub.org