



7-8 boys & 7-9 girls Basketball Rules

- 1. Every player must play at least half of every game if they consistently attended practice/games. (See Participation Policy)**
- 2. The game will consist of four (4) five minute quarters with a running clock. The clock will only stop for dead ball delays, timeouts, and free throws.**
- 3. There will be no open substitutions during the game except for injuries. The players who start the 1st quarter of the game on the court will continue to play for that entire quarter with no substitutions allowed. The subs who are on the bench for the 1st quarter will then play the entire 2nd quarter. You may select any 5 players from the team to play the 3rd quarter after halftime, but the players who are on the bench for the 3rd quarter will then play the entire 4th quarter. This will ensure that all players are guaranteed to play at least half of every game.**
- 4. A team can play with 4 players, less than 4 will constitute a forfeit. Teams will be allowed a 5 minute grace period.**
- 5. A coin flip will determine the team that starts with the ball. Alternating possession rules will then ensue throughout the game.**
- 6. Halftime will be 3 minutes.**
- 7. Each team will be allowed 2 timeouts per half and 1 during overtime. There will be no consecutive timeouts.**
- 8. Overtime will consist of a 3 minute period. Coaches may pick any 5 players from the team to play the overtime with no open substitutions during overtime. If the score is still tied at the end of overtime a sudden death overtime will be played, any bench players from the first overtime will then play the entire sudden death overtime. The first team to score will win the game. Any overtime period will begin with a coin toss.**



7-8 boys & 7-9 girls Basketball Rules

- 9. There will be no stealing the ball from the offensive player. This rule is defined as stealing or taking the ball from the offensive player during a dribble or while holding the ball in an attempt to pass. This rule does not apply to a loose ball, blocked shot, or rebound. Once a player has obtained possession of the ball the stealing rule will be in effect.**
- 10. Backcourt pressing is not allowed in this league.**
- 11. The defensive team must set up on the free throw line and remain there until the ball has crossed half court.**
- 12. Half court is the rim on the main goal. This is a judgment call by the refs and can not be argued.**
- 13. There will be no backcourt timeline violation.**
- 14. Only player-to-player defense is allowed throughout the competition. Each player is responsible for guarding and moving with one offensive player. If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.**
- 15. Double-team/crowding is not allowed throughout the competition.**
- 16. A player may not stall the game by dribbling around with the ball with more than one minute to go in any quarter. One warning will be issued and then the next occurrence will result in loss of possession.**
- 17. Any foul with less than one minute to play in the 4th quarter or overtime period will result in a 2 shot free throw.**
- 18. No Jewelry. (earrings, bracelets, necklaces) A player may wear a medical alert bracelet, but it must be taped securely to them.**
- 19. Any coach or player ejected from a game will have to serve a 1 game suspension. They will have to sit out the next game their team plays. No Exceptions.**