

BIG 10 Youth Basketball

2015/2016

League Rules Grades 7 & 8

1. Each team will play with 5 players on a side. You must start with 4 if not enough players are there on time. If a team does not have 4 players 5 minutes after the scheduled start time, the game will be forfeited. **You may not continue with less than 4 players.**
2. Game Ball
 - a. All leagues will use an official men's size basketball.
3. Jump Ball
 - a. Jump ball to start the game and any overtime periods. After that, the throw-in possession will alternate with each held ball called and starting the 2nd, 3rd, & 4th quarters.
4. The game will consist of
 - a. Four quarters of 8 minutes each
 - b. There will be 1 minute between quarters.
 - c. There will be a 5 minute break at half-time.
5. Overtime
 - a. In case of a tie, one overtime period of two minutes will be played.
 - b. In case of 2nd overtime, the first team to score wins
 - b. Each team will receive one additional timeout per overtime.
6. Time Outs
 - a. Each team will be allowed two time outs per half. If a team does not use their first half time outs they do not carry over to the second half.
 - b. Each time out will be 45 seconds in length.
7. Clock Operation
 - a. The clock will stop for all called time outs and free throws.
 - b. The clock will stop in the last 2 minutes of each half and overtime for fouls, violations, injury, etc.
 - c. The clock will be continuous in all other situations.
8. Team Fouls and Free Throws
 - a. Six team fouls are allowed per half. Both offensive & defensive fouls will be counted as a team foul.
 - b. Bonus free throws will take effect on the 7th team foul of each half. The double bonus (2 shots) will take effect on the 10th team foul and each foul from that point on in that half.
 - c. Each player can get up to 5 personal fouls and then they will be fouled out of the game.
9. Technical Fouls
 - a. All technical fouls will carry a penalty of two point award (no free throws shot) and the ball out-of-bounds for a throw-in at the division line. Any player receiving 2 technical fouls in one game must sit out the remainder of that game and the next game he/she is present for.
10. Playing Time and Substitution
 - a. **It is strongly encouraged that all players get equal playing time but it is required that all players present play at least 8 minutes in each game.**
 - b. Substitutions will be made only on dead balls, between quarters and at the time outs.

11. Defensive Positioning Rule
 - a. The defense cannot guard the offensive player until that player reaches the top of the key extended to both sidelines. On fast breaks, rebounds, and steals, players can advance the ball but cannot be challenged until they reach **the top of the key extended**. First violation of this rule is a warning and subsequent violations could result in a technical foul. Officials will preventatively tell kids to get back.
 - b. Once the offense has crossed this line (the top of the key extended) the defense may come out past this line to cover their player.
 - c. Absolutely no zone defenses either formal or informal (i.e. sagging back inside the 3 point arch so it becomes unclear who the defensive player is guarding) are allowed at any time. Violation of this rule will be on team warning and subsequent violations could result in a technical foul for the bench.
 - d. **Double-teaming is not allowed** unless the offensive player comes to the defense and the defense does not initiate the double team (ie half court trap); a team will be allowed to provide help defense in the lane provided it is not construed to be a zone by the officials.
 - e. **Full court pressing is allowed for the last 2 minutes of the game** when the score is within 10 points. If the score difference is greater than 10 points, the team with less points is allowed to press, but the team that is leading by 10 points is not allowed to press.
12. Ten Second Rule
 - a. The ball must be brought into the forecourt within 10 seconds.
13. Lane Violations
 - a. Lane violations will be 3 seconds.
14. Five Second Rule
 - a. The 5 second closely guarded rule will be in effect.
15. In-Bounds time: 5 seconds
16. All jewelry must be removed when possible. Rings & earrings that cannot be removed must be covered with tape.
17. All coaches, players, and spectators are expected to promote good sportsmanship and there will be a zero tolerance policy for harassment, taunting, profanity or racial comments directed towards coaches, players, officials, timers/scorers, or spectators. Referees have the authority to assess technical fouls on coaches, players, AND spectators. Coaches are expected to assist game officials with players and spectators that are violating these rules.
19. All coaches **must** remain seated while the ball is in play during the game. 1st infraction will result in a verbal warning, subsequent infractions will result in a technical foul. **Any coach that receives an unsportsmanlike technical foul will be suspended for the next game. If a coach would receive a 2nd unsportsmanlike technical foul during the season, that coach will be removed from the league for the rest of the season.**
20. All other rules not covered will adhere to WIAA basketball rules.