



7-8 Grade Basketball Rules

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact the AD at the Club.

Playing Time:

- Equal playing time should be given to all players during the season.
 - (10 kids; all play four, five-minute sessions)
 - (9 kids; four play five, five-minute sessions; five play four, four-minute sessions)
 - (8 kids; all play five, four-minute sessions)
- All players should start games multiple times
- With the exception of injury, departure, or ejection, any team that does not honor this rule will be docked ten points at the end of the game
- Free substitutions at any dead ball

Practices:

- All practice schedules must be cleared with the Athletic Director.

General:

This is an instructional basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, Jr. NBA and USA basketball rules will apply.

Coaches:

We use volunteer basketball coaches. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

Quarters:

- 4 quarters of 10 minutes in length
- Clock will only stop for timeouts and injuries, as well as on every dead ball during the last two minutes of the game
- 1 minute between quarters and 2 minutes between halves

- Overtime will be 2 minutes, 1 minute, and sudden death

Timeouts:

- 3 full timeouts per game
 - One minute each
- 1 timeout in overtime
 - One minute
- Timeouts do not carry over

Rules:

- Bonus free throws go into effect on the 7th team foul of each half.
 - Two shot fouls on the 10th team foul per half
 - Two shot fouls for deliberate fouls and technical fouls called
- Lane violations are 3 seconds
- Ten-second rule applies
- Free throw line is 15 feet
- Basketball size is 29.5"
- Each player is allowed five personal fouls

Defenses:

- Half court is man-to-man defense only
- No zone defense

There will be no games/practices on days when Boone County is under a weather emergency. If school is closed on Friday, call the Club for an update of the schedule or check our website www.bgcboone.org If a game is canceled, we will make an effort to reschedule.