



Boys & Girls Club  
of Zionsville

**7<sup>th</sup> 8<sup>th</sup> 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 me at the Club.**

**Playing Time**

- All players must play at least 8 minutes per game. With the exception of injury, departure, or ejection, any team that does not honor this rule will be docked 10 points at the end of the game.
- Free substitutions at any dead ball.

**Practices**

- All practice schedules must be cleared with the Unit Director at the Boys and Girls Club. Practices should not last more than 1 hour.

**General**

- This is an instructional competitive basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, official IHSAA rules apply.

**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.

**Quarters**

- 4 quarters of 10 minutes in length. Clock will only stop during timeouts and injuries, as well as on all whistles during the last 2 minutes of the 1<sup>st</sup> half and the last 2 minutes of the game.
- 2 minutes between quarters and 5 minutes between halves.
- Overtime will be 2 minutes, 1 minute, sudden death.

**Timeouts**

- 3-full timeouts per game (one minute each)
- 1 for overtime. (one minute)
- Timeouts do not carryover.

### **Rules**

- Bonus free throws go into effect on the 7<sup>th</sup> team foul of each half. Two shots on the 10<sup>th</sup> team foul of the half. Two shots for all deliberate fouls and technical fouls called.
- Lane violations will be 3 seconds.
- Ten second rule applies.
- Free throw line will be 15 ft.

### **Defenses**

- All defenses are allowed.

### **Pressing**

- A full court press is allowed at any time during the game.
- Basket height will be 10ft.
- Basketball size will be a men's size

There will be no games/practices on days when school has been cancelled. If school is closed on Friday, call the Club for an update of the schedule or check the Channel 6 News closing report.

**TEACH THE FUNDAMENTALS AND HAVE FUN!!!**