

Rules for North Hunterdon Basketball League, Grades 7-8

Updated 10-20-2009

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1. All coaches are to meet with the referee at the scorer's table prior to the start of every game to make sure everyone is clear about the amended rule above and to bring up any particular issues that may pertain to that game; i.e. some has a kid on the team with asthma and he or she can not play the required half game per player as per the rules, or to discuss any other specific team concern. This will be a good time for refs to make sure coaches understand the technical foul and bench rules. Home court Commissioner is encouraged to attend this discussion.

The purpose of this rule is to promote good sportsmanship. This session at the scorer's table is meant to be a very brief meeting and in no way should these discussions get so elaborate that they are delaying the start of a game.

2. Games will not start until there is a parent (not coach) to sit at the scorer's table and maintain the book. In addition, the rules must be available at the scorer's table.

3. The game will consist of four 8-minute quarters.

4. If the game is tied at the end of regulation, there will be a 4-minute overtime period. A tie will be awarded to each team if the score remains equal at the end of the overtime period. Team fouls carry over into Overtime

5. Player substitutions may be made at any clock stoppage during the game

6. All players must play at least ½ game. All players must sit for 4 minutes during the game, unless a team has 5 players or less.

7. Backcourt defense is allowed throughout the entire game, as well as the entire overtime period.

8. In the event a team is defending in the backcourt (other than the times permitted), the official will issue one warning to both teams. If either team is called for playing backcourt defense after the warning, a technical foul will be issued to the offending team which will result in a free throw and the ball out of bounds to the other team.

9. Double-teaming is allowed.

10. Each player is allowed 5 fouls per game. When the player receives the 5th foul, he/she must exit the game and may not play for the remainder of that game.

11. The 3-second rule in the key is in effect.

12. Stoppage of the clock occurs with the following:

- all fouls
- all out of bound plays
- any injury

13. The offensive team is allowed 10 seconds to get ball over half court.

14. 5 seconds for inbound plays.

15. 5 second rule in effect for holding the ball when player is not using dribble.

16. Passing from frontcourt to backcourt will result in a turnover, except in inbound passing.

17. Two 1-minute time outs will be allowed per half. Time-outs may be used at the coach's discretion and kept track of by the scorer's table.

18. Overtime – **Only ONE 1-minute timeout** is allowed during overtime. Unused timeouts are not carried over into overtime

19. Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.

20. Alternating possession arrow in effect.

21. 3 point shots will be allowed.

22. A team must start with 5 players. In the event the 5th player fouls out of the game, with no additional players on the bench, the team can play with 4 players. If another player fouls out, leaving 3 active players, the team must forfeit. Additional players may be added to the roster, but must come from another team of a lower grade level. If a team cannot start the game with 5 players, it forfeits the game.

23. A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is ***expected*** to slow the pace and intensity of the game. **The Mercy Rule is in affect for the playoffs as well.**

24. A 28.5 in ball will be used for girls, and 29.5 in. ball for boys.

25. Ten foot baskets will be used.

26. **Technical Fouls:** 1st Technical Foul during a game – Player or coach is warned and the other team gets 2 shots and possession. 2nd Technical during a game – Player or coach is out for the rest of the game the next game. The other team gets 2 shots and possession. **If a player or coach is ejected from a second game, they are done for the remainder of the season (including playoffs).**

27. Only 2 coaches are allowed on the bench. Only 1 coach is allowed to be standing at any given time.