

# Mount Holly Parks & Recreation Department

## BASKETBALL RULES

(7 & 8 yr. olds)

1. High school basketball rules will govern play with the exceptions below.
2. No jump ball. Home team gets the ball to start the game.
3. Good sportsmanship is expected by all participants at all times.
4. No full or half court press until the last two minutes of the game. The defense must set inside the three point arc until the ball crosses mid court. A team cannot press if they are up by 15 or more. The team cannot start pressing again when they are up by 10 or less. Once possession has changed the possessing team cannot lose possession until they have crossed mid court unless the ball goes out of bounds or the team does not cross mid court by the time limit. One warning will be given then each violation after that will result in a team technical foul (two shots and possession of the ball).
5. The game will consist of four 10 minute quarters. Every 5 minutes time will be called to allow for substitution. This is the only time you can sub during the first 3 quarters except for injuries. Each player must play 15 minutes and sit 5 minutes during the first 3 quarters. The fourth quarter will be free substitutions and the clock will not stop at the five minute mark. . If a player shows up after the 2<sup>nd</sup> quarter has started then must play 10 minutes and after 3<sup>rd</sup> quarter has started only 5 minutes. If you only have 6 players then each player must sit out for one 5 minute period through the first 3 quarters.
6. Three 30 second timeouts per game.
7. Players can use a stepped up free throw line if necessary. If a shooter crosses the line on the shot but does not go for a rebound it will not be a violation.
8. On free throws, players can enter the lane on the release of the ball from the shooter.
9. If a team has players foul out to the point they have less than 5 players on the floor to play then the last five players can stay on the floor but if the player with 5 fouls commits any other fouls it will be a technical foul. The opposing team will get 2 free throws and the ball.
10. In case of a tie during regulation, there will be one (2) minute overtime and time will run regulation. If still tied, sudden death overtime will be played. First team to score wins. Each team will receive one timeout during each overtime period. The team in which the possession arrow is in favor will get the ball to start each OT by taking it out at half court. Once said team gets the ball to start the OT period, the possession arrow will then switch to the other team.
11. Two coaches may be on the bench for each team but only one can be standing. If a coach gets a technical foul, they must sit the remainder of the game. The other coach can stand at this point. Coaches must keep bench under control at all times.
12. If a previous game finishes before the next scheduled starting time, both teams have to agree to start early. Teams do not have to start until their scheduled start time.
13. Any coach or player that is ejected from a game will be suspended for two games for the first offense and for the remainder of the season for the second offense. Any coach ejected from the game must leave the gym. The two game suspension will be served at the next games played.
14. No jewelry or anything else deem dangerous by the official can be worn during the game
15. A team can start with as few as four players and end the game with three players. If a team drops to less than three players the team will forfeit.
16. Mercy rule: Scoreboard will be shutoff if a team is up by 20 point and the clock will run during the last two minutes. If the score gets cut to 10 points, the clock will be regulation the last two minutes and the score will be put back up.
17. Only water is to be on the gym floor area.

9' Goals and Ball Size 28.5

Remember everyone is here to learn, enjoy, and compete in a sportsmanlike manner.

REVISED 11/10/22