

The Center of Bryant

7th – 8th Grade

Youth Basketball League Rules

Guiding Principles

The goal of this league is to provide a fun and educational basketball experience and the point of the game is to score more points than your opponent. However, the manner in which coaches go about that should be done by considering the ideals we have discussed in the coaches meetings. This league is a beginner level program and should create an environment that encourages all the players to want to continue playing basketball and enjoy the game.

- Games will consist of four, eight minute running periods. The clock will run continuously throughout the game except for the final two minutes of the fourth period. In those two periods final two minutes the clock will be ran like a regulation game clock.
- Teams will have three, 30 second time outs per half.
- Games will start with the home team having the ball first and then alternating possession for the rest of the game.
- Teams will always show good sportsmanship and always have fun.
- Any rules not discussed will be at the discretion of the referees as interpreted by the league supervisor or the Recreation Superintendent.
- If a coach is ejected, they must leave the building and sit the following game. Two (2) ejections in a season are terms for dismissal.

Court

The game will be played on a full regulation court.

- There will be a 3-pt shot in this league.
- Goals are set at 10 feet

Teams

Each team shall consist of at least five (5) players with no more than 10 players on a roster.

- Each player must play at least 15 minutes every game and must play at least one stretch of six (6) minutes without coming out of the game. If there is an issue with playing time the league supervisor or the Recreation Superintendent will enforce this playing time. There are circumstances where this could vary due to injury or other reasons.
- Defensive teams can play man to man or zone.

- Defensive teams can full court press or half-court trap unless leading by 15 or more points.
- If a team is behind by 15 points or more, the clock will not stop like a regulation clock the final two (2) minutes of the fourth period.
- Substitutions shall be permitted by any team when the ball becomes dead.
- Each team MAY start with four (4) players at the beginning of the game; However, a technical foul will be assessed.

Fouls/Free-Throws

Foul calls are at the complete discretion of the referees on the court.

- Players will foul out after their 6th personal foul.
- An official size (29.5”) ball will be used during play.
- Players release on free throws upon rim contact.
- Bonuses for team fouls will be seven (7) per half for one and one free-throws. Double bonus will be 10 team fouls and result in two (2) free-throws per half.
- There will be no lane violation called.
- Teams will have five (5) seconds to throw the ball in for an out of bounds play.

Overtime

- If a game is tied after regulation, there will be a two (2) minute overtime using regulation clock.
- If the game is still tied after the initial overtime, “sudden death” overtime will commence immediately following where the first team to score wins.
- Overtime possession will be determined via a coin flip or other non-partial means that the referee decides (i.e. rock, paper, scissors).



For more information please contact:

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