

Boys & Girls Clubs of Bellevue/Mercer Island/Kirkland/Redmond-Sammamish

7th-12th Grade Boys & Girls

Basketball Rules

A. Participation Rules

1. Participation rules are designed to create equal playing time for all players. The maximum and minimum minutes per player will depend on the size of a team's roster. The table at the bottom of the official score sheet outlines these maximums and minimums. Each coach is responsible for substituting within these guidelines.
2. The scorekeeper will also be responsible for recording all participation time and assisting the coaches to ensure that everyone is being allowed equal minutes.
3. **Note:** A player may be held out for injury or for disciplinary reasons. Coaches need to notify an Athletic Director if a player is too injured to play. If a player is injured during the course of the game, coaches must notify the referee and scorekeeper that they are holding a player out because of an injury. Players may also be held out by officials or the Athletic Director for disciplinary reasons. Coaches must get approval from an Athletic Director *before* limiting a player's minutes due to disciplinary reasons.

B. Substitutions

1. The clock will be stopped for substitutions at approximately the 5-minute mark in every quarter. Coaches please have your substitutions ready.
2. Teams with 11 or more players participating in a game will be allowed to make substitutions at approximately the 2-minute 30-second mark of the 1st and 2nd quarter. At these breaks, coaches are only allowed one substitution for every player beyond 10 on their roster. For example, if a coach has 11 participating players they are allowed one sub at these breaks. If they have 12 participating players, they are allowed two subs. These substitution breaks are allowed to balance playing time among players.
3. Substitution breaks are not timeouts. Players are to be shuffled on and off quickly.
4. After substitutions the ball will be awarded to the team that had possession when the game was stopped. If neither team had possession at that time, the ball will be awarded based on the possession arrow.

C. Uniforms

1. Uniforms may **NOT** be altered in any way (cut, ripped, marked). If the Athletic Director or Head Official determines the jersey is altered the person (or persons) will be removed from the game and have to find an approved same color shirt. Before entering the game all players must have their jersey's tucked in.
2. All players are required to wear athletic clothing and athletic shoes. If the Athletic Director or Head Official determines clothing does not reach that standard, a player (or players) can be removed from the game.

D. General Playing Rules: Game rules have been developed and modified to provide the most positive, fun, and enjoyment for the boys and girls!

1. The game will consist of four 10-minute quarters. During the first three-quarters of play, the clock will run continuously. During the fourth quarter, a continuous running clock will become a stop clock for the last minute of play as long as the teams are within 10 points of one another. If the score differential is more than 10 points at any point in the last minute, the remainder of the game will be running clock (regardless of future scores).

2. If a timeout is called, or any other stoppage that requires the clock to be stopped, the clock will begin again at the live ball situation.
3. **Teams may elect to play man-to-man or zone defense. Man-to-man may be played anywhere on the court, but zone is only permitted in the half court (i.e. no full court zone defense). Additionally, all five players must be playing the same kind of defense (i.e. teams cannot play box-an-1 defense or any other man/zon combination).** For the first 3 quarters, multiple warnings may be given by the referee if the illegal defense is deemed “incidental.” If the referee feels they are consistent and no effort has been made to fix the issue, the referee can begin giving out team technical fouls. In the 4th quarter, and onward, the zone defense call will become more common and team technicals may be given out more often at the referee’s discretion, based on the flow of the game. If a team technical is called, the opposing team will receive two points and the ball.
 - i. The intent of these rules is to teach boys and girls good defensive position. Examples of person-to-person defense are as follows:
 - ii. Defenders must pick up their offensive player in a reasonable amount of time once they cross the half court line.
 - iii. The defender stays within six feet of their offensive player anywhere on the court.
 - iv. When a team is playing full-court defense, each player must stay within six feet of their offensive player.
 - v. Double teaming, trapping, switching, and sagging will be permitted only if the defensive player remains within six feet of an offensive player he or she is defending. If an offensive player moves, the defensive player must follow.
 - vi. Any defensive player may stop a fast break or penetration drive to the basket, but once the defensive player has stopped progress they must switch or return to their normal player. The defender will have a reasonable grace period to return to their assigned opponent.
4. Four-corner and clearing-a-side offenses are not permitted. (This includes keeping your offensive players outside of the 3 point arc to force the defense to play out of the paint.)
5. Girls & Boys 7th-12th must cross the mid-court stripe within 10 seconds.
 - i. **Over & Back violations will be called for Girls & Boys 7th-12th Grade.**
6. Full-court defense is allowed only in the following situations:
 - i. Girls & Boys 7th- 12th grade teams may play full court defense at any time provided they do not have a 6 point lead. [You may play full court defense with a 5 point lead, you cannot play full court defense with a six point lead.]
7. One-and-one foul shots will be taken after seven personal fouls per half. Double bonus occurs after the 10th team foul. Shooting fouls will receive two shots.
8. Any player who receives their 5th personal foul will be fouled-out of the game.
 - i. Any player can be substituted for the fouled out player, IF all bench players have already hit their minimum minutes. If not, any player that has NOT hit their minimum must enter the game.
 - ii. If a team only has 5 players and one of them fouls out, the following will occur:
 1. The player who has fouled out will remain in the game.
 2. Any subsequent foul, personal or player control, from that player will result in an automatic two points and the ball for the opposing team.
9. Each team will be allowed two timeouts per game.
10. The alternate possession rule is in effect for grades 7th- 12th for any tied-up ball situations.

11. Offensive player-control fouls count as **personal fouls**. No foul shots will be awarded; the possession will be given to the opposing side.
12. If the score is tied at the end of regulation play, then a three-minute overtime period will follow. The last minute of the overtime period will be stop-clock game conditions. If a second overtime period is needed, it will be sudden death. Each team is allotted one timeout during the first overtime period. No timeouts will be allowed during the second overtime period. Restrictions on player time are **not** in effect in the overtime periods. If a player fouled out during regular play, they will not be allowed to participate in overtime play. Each overtime starts with a jump ball at mid-court.
13. On free throws players in the marked lane spaces will be allowed to enter the lane on the release of the free throw shot. Previously, players could not enter the lane until the ball hit the rim or backboard. The shooter is still required to wait until the ball makes contact with the rim or backboard to enter the lane. Players outside the lane area are also still required to wait until the ball makes contact with the rim or backboard to enter the lane. A free throw that does not hit the rim is a violation.
14. Per HS rules, teams must have five players to start a game. Teams are allowed to finish a game with fewer than five players (due to injury or players fouling out). Teams with fewer than five players may borrow players (from their opponent or another team) for their game. All borrowed players must be approved by the league administrator prior to the game.

E. Coach and Player Conduct

1. Technical fouls result in an automatic two points and possession of the ball for the opposing team.
2. Any player receiving a technical foul will be removed from the remainder of the game and may be suspended from playing in the following game pending a review by the Athletic Directors.
3. Any coach receiving a technical foul must meet with the Athletic Directors before being allowed to coach another game or practice. Any coach that receives two technical fouls in one season will be permanently removed from the team for the remainder of the season.
4. Intentional fouls are fouls that neutralize an opponent's advantages position. They can be personal or technical fouls (at the discretion of the referee). Intentional fouls will result in the fouled team being awarded two points and the ball. They also count as personal and team fouls.
5. Flagrant fouls are typically fouls of excessive or violent nature. They can be personal or technical fouls (at the discretion of the referee). Flagrant fouls will result in the fouled team being awarded two points and the ball. Flagrant fouls will result in automatic disqualification from the remainder of the game. They also count as personal and team fouls.

F. Mercy Rule: The points on the scoreboard will be reset to 0-0 if one team gains a 20 point advantage. The scorekeepers will continue to track the actual score on the score sheets. Once the scoreboard is reset to 0-0, the scoreboard will continue to read 0-0 unless BGC staff tells the scorekeeper otherwise.

1. Any team that wins a game by 40 or more points will receive a loss in the standings for that game. Any team that wins a game by 40 or more points a second time will not be eligible for the post season tournament pending a review by the Athletic Directors. Coaches should have a plan for tactfully controlling the score.

G. All other rules and regulations will be in accordance with the current Washington State Inter-Scholastic Basketball Rules and/or BGC Athletic Director policy.

Please remember, officials make many judgment calls during the course of the game. They are human and will miss a call or make a mistake. However, their calls are final and will not be changed. Be patient, they are trying their best to be consistent, fair, and impartial.

The Positive Place for Kids!

	7 th -12 th
Boys Ball	Regulation
Girls Ball	Intermediate
Height of Rim	10 FT
Key	3 Seconds
Jump Balls	Alternate Poss.
Back Court	Yes* (Rule D-4)
Full court defense	Yes* (Rule D-5)
Free Throw	15 FT