

Billerica Youth Basketball

Grades 5-8 Rules

As of 11/18/2022

Each game will be governed by high school rules with the following exceptions:

- Two 20 minutes running time halves. Stop time last 2 minutes of each half. 3 minute half time
- Time outs
 - Boys 7/8 – 1 time out per regulation game
 - Boys 5/8 – 0 time out per regulation game
 - Girls 5/8 – 1 timeout per regulation game
- Mandatory substitutions every 4 minutes with 5 seconds stopped during subs
- Substitution sheets are MANDATORY
- Half court defense only except last 2 minutes of each half
- Violations will result in loss of possession for the following
 - Out-of-bounds
 - Double dribbling
 - Traveling
 - 5 seconds to inbounds the ball
 - Boys 5/6 and Girls 5/8
 - 5 seconds in the paint
 - 10 seconds to advance past half court
 - 5 seconds closely guarded only when dribble is picked up
- Team fouls at 7 - single bonus, 10 – double bonus
- Player fouls out with the 5th foul
- Jump ball to start the game. Alternating possession used for tie-ups and start of second half

Substitution

Substitution sheets should be completed 5 minutes prior to game start. Players that have not arrived will not be on the sheet. They will be added after checking in with the scorer's table and will be added to the end of the sheet. A late player is not the next player in. That player will go in at the next rotation based upon his place on the substitution sheet. At 4 minute intervals the horn will sound and the clock will NOT be stopped so that players can be substituted. Each substitution should not take more than 30 seconds. Every violation is a time out charged to the offending coach. If you have no timeouts left in the half, you will be charged with a technical. Each bench should have a coach who handles the substitutions. They should know what the substitution rotation is. They should also know the opposing team's rotation as well. That way, the players know exactly who is going out, what position they are playing, and who they are covering. The players should be kneeling at the scorer's table 30 seconds prior to substitution time.

Overtime

Overtime play (grades 5 - 8) will be only 1 - 2 minute period.

Rule THE NEXT FIVE SUBS IN THE ROTATION play. It is not coaches choice or the same 5 players.

No carryover of timeouts. Team and player fouls are carried over

- Boys 7/8 and Girls 5/8 - 1 timeout
- Boys 5/8 – no timeout