

Fair Lawn All-Sports Basketball 7th and 8th Grade Recreation Basketball Rules 2016-17

- 20 minute half's – running clock except on referee whistles in the last 2 mins of each half.
- Please split the travel players evenly on the shifts. Do not overload one group at the expense of another. Remember that this is rec basketball. We want it to be competitive and fun.
- No non-travel player is allowed to sit consecutive shifts (unless the team has more than 10 girls).
- At 5 minute intervals of each half, the clock will stop and players on the bench will be substituted. In the last 2 mins of each half substitutions are allowed. No substitutions at any other time in the period except for injury.
- At the 5 minute intervals, have your substitutes ready to play. There should be a quick transition. This should not be used as a time out since we need to keep the game moving.
- No backcourt press/ defense in the back court, except in last 2 minutes of each half if the score is within 15 points.
- Fouls - Normal basketball rules: Shooting fouls are 2 shots, 3 for 3-point shots. Otherwise, take ball out of bounds. No 1 and 1 situations. **Clock runs during foul shots except last 2 minutes.** There are no foul accumulations or fouling out during the regular season.
- Fast breaks are allowed. If up by 15, no fast breaking allowed by team leading by 15.
- Defense can start at half court. When a team is ahead by 15 points, their defense **MUST** be positioned at the foul line – they may resume half-court defense if/when lead is less than 15 points.
- 3 point baskets are allowed.
- Each team is allotted 2 timeouts per half. 1 timeout is added for overtime.
- In the event of a tie at the end of the second half, a 3 minute overtime period(s) will be played. Only one overtime period is played during the regular season. The game can end in a tie. During the playoffs, the game continues in 3 minute sessions until there is a winner.
- If not enough kids on each team, coaches can agree to play 4 on 4.
- Not all of the rules are addressed here. Anything not addressed should follow normal basketball rules or are up to the discretion of the referee.

Winning team's coach is to send results to **Kevin Donohoe kevindonohoe@hotmail.com** or input into Sportsmanager by following the link emailed to you by the system. Please give your team's name, opponent's team name, date and score.

Please try to keep all the kids in the gym during games. We want to avoid any mischief or vandalism in the schools. Make sure all clothing, water bottles, etc. are removed from the gym after games and practices. Be cooperative with the referees. For the most part they are high school and college kids and they will make their share of mistakes. Good luck and enjoy the season.