

Rules for North Hunterdon Basketball League

Grades 7-8

Updated 11-20-2006

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- 1. Games will not start until there is a parent (not coach) to sit at the scorers table and maintain the book. In addition, the rules must be available at the scorers table.**
2. There will be four 8 minutes quarters.
3. If the game is tied at the end of regulation, there will be a 4 minute overtime period. A tie will be awarded to each team if the score remains equal at the end of the overtime period.
4. Team fouls carry over into Overtime.
5. Player substitutions may be made at any clock stoppage during the game
6. All players must play at least $\frac{1}{2}$ game. All players must sit for 4 minutes per game.
7. Backcourt defense is allowed at all times.
8. Full court pressure is allowed throughout the game.
9. Double-teaming is allowed.
10. Each player is allowed 5 fouls per game. When the player receives the 5th foul, he/she must exit the game and may not play for the remainder of that game.
11. The 3-second rule in the key is in effect.
12. Stoppage of the clock occurs with the following:
 - all fouls
 - all out of bound plays
 - any injury
13. The offensive team is allowed 10 seconds to get ball over half court.

14. 5 seconds for inbound plays.

15. 5 second rule in effect for holding the ball when player is not using dribble.

16. Passing from frontcourt to backcourt will result in a turnover, except in inbound passing.

17. Two 1-minute time outs will be allowed per half. Time-outs may be used at the coach's discretion and kept track of by the scorers table.

18. Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.

19. Alternating possession arrow in effect.

20. 3 point shots will be allowed.

21. A team must start with 5 players. In the event the 5th player fouls out of the game, with no additional players on the bench, the team can play with 4 players. If another player fouls out, leaving 3 active players, the team must forfeit. Additional players may be added to the roster, but must come from another team of a lower grade level. If a team cannot start the game with 5 players, it forfeits the game.

22. A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is ***expected*** to slow the pace and intensity of the game. The purpose of this rule is to limit blow-outs and to promote sportsmanship. Any Coach that, in the opinion of the Commissioners, does not adhere to this rule will receive a warning from the Commissioners. A second warning may result in the Coach being removed from his position.