



## League Rules - Grade 7/8

### Mission Statement

The SOMA Basketball program uses regulation basketball rules that have been adapted for youth players by the SOMA Basketball committee. Through this ruleset, it is our goal to teach competitive basketball and thereby foster development of skills both physical and mental, a respect for the rules of the game, and ideals of teamwork, sportsmanship and fair play. As a recreational league, we are committed to providing all children, regardless of skill level and previous experience, with the opportunity to play basketball.

### Section 1 - Time

**1.1 GAME PLAY RULES:** We will follow the rules of the National Federation of State HS Associations. The following exceptions have been approved by the Commissioner of the league.

**1.2 GAME TIME:** Each game will consist of Two Halves 20 minutes in length. Player substitutions will occur at 5-minute intervals. There is a 5- minute halftime. The game clock is a running clock, with the following exceptions.

**1.2.1** The clock will stop for injury and called timeouts.

**1.2.2** 1<sup>st</sup> Half: The clock stops inside the last 10 seconds for all whistles.

**1.2.3** 2<sup>nd</sup> Half: The clock stops inside the last 2 minutes for all whistles.

**1.3 TIMEOUTS:**

**1.3.1** Each team gets 2 timeouts per half. They do not carry over.

**1.3.2** Overtime: Each team gets one timeout per overtime period. They do not carry over.

**1.4 OVERTIME:**

**1.4.1** Regular Season: (1) Five Minute Overtime.

**1.4.2** Playoffs: Unlimited 5 Minute Overtimes.

**1.4.3** Follow 2<sup>nd</sup> Half Clock Stoppage Rules for Overtime (Section 1.2.3).

## **1.5 PLAYER GAME TIME RULES: All players must Play a Fair Amount of Time.**

**1.5.1** Teams will substitute at 5-minute intervals for the entire game. Exceptions made for injury, technical or flagrant fouls, or at referee discretion.

**1.5.2** Coaches must use the Player Rotation Form submitted by the league to ensure fair play.

**1.5.3** No game will start without a completed Player Rotation Form.

**1.5.4** Coaches are not allowed to substitute for players during called timeouts, all substitutions must be done at the 5-minute mark of every quarter.

## **Section 2 - Format**

**2.1 GAME PLAY FORMAT:** All Teams will play Man-To-Man Defense Only. No zone defenses are allowed.

### **2.2 PRESSING:**

**2.2.1** Pressing is Only allowed at the 2-minute mark of the 1<sup>st</sup> and 2<sup>nd</sup> Half Only (B Div.).

Pressing is Only allowed at the 2-minute mark of the 2<sup>nd</sup> Half Only (A Div.).

**2.2.2** Mercy Rule: If a Team has a 20 point lead NO PRESSING is ALLOWED until the deficit drops to a 12-point lead.

### **2.3 PLAYER MOVEMENT**

**2.3.1** The Team has 5 seconds to inbound the ball from any area of the court.

**2.3.2** The Team has 10 seconds to get the ball across the Half Court Line after inbounds or turnover.

**2.3.3** Offensive Players cannot stay in the painted Foul Line Area for more than 3 seconds.

**2.3.4** Players cannot Hold/Dribble the ball for more than 5 Seconds once they cross the Half Court Line. This promotes teamwork and eliminates Ball Hogging.

**2.3.5** All other H.S Association basketball game play rules are allowed, screens, pick and rolls, out of bounds plays, fast breaks, etc.

## **Section 3 - FOULS**

- 3.1 PLAYER FOULS:** 5 Fouls per player will result in a Foul Out.
- 3.2 TECHNICAL FOULS:** 2 technical Fouls per player will result in an Ejection.  
Technical Fouls count as a Team Foul. All technical fouls are 2 Shots, plus the ball.
- 3.3 FLAGRANT FOULS:** 1 Flagrant Foul will result in player ejection.
- 3.4 TEAM FOULS:** 5 Team Fouls per quarter will result in 2 Bonus Foul shots. Team fouls will reset at the end of each quarter.
- 3.5 FOUL SHOTS:** All common / bonus Fouls players will be awarded 2 Foul shots.  
Exception: Foul called on a made basket will result in 1 foul shot.
- 3.6 OVERTIME & FOULS:** Both player fouls and team fouls carry over into overtime.
- 3.7 FOUL OUT EXCEPTION RULE:** Foul Out (With No Subs): If a player fouls out and your team has no subs; the player can stay in the game and any foul on that player will result in a Technical Foul (2 shots plus the ball).

## **Section 4 - COACHES**

- 4.1 BENCH AREA:** Head coaches are allowed to stand at the bench area provided they are not disruptive or distracting in the judgement of the officials. The bench area is first to last player chair.
- 4.1.1** Assistant coaches must always remain seated on the bench during the game and shall not address the game officials at any time.
- 4.2 GAME OFFICIALS:** The head coach is the only team member who may address the game officials or league coordinator during timeouts and between quarters.
- 4.2.1** Coaches are prohibited from making violation calls or talking to referee or other coach during the game. 1<sup>st</sup> violation is a warning; 2<sup>nd</sup> violation is a Technical; 3<sup>rd</sup> violation is an ejection.
- 4.3 ROTATION FORM:** Coaches must have a completed player rotation form completed before the start of every game. Game will not start without completed rotation form.
- 4.3.1** Player rotation set at the beginning of the game will not change for injuries, foul outs, or disciplinary reasons, you can substitute with players not playing the maximum number of periods.

- 4.3.2 Any player who plays 1 minute of a period will have it counted as a period played, and counts towards the Maximum periods allowed.
- 4.3.3 Any player substituted during a period must be verified on rotation form by league coordinator to verify periods played.
- 4.3.4 Any coach violating the agreed upon rotation before the start of the game will receive a technical and/or forfeiture of the game.

4.4 **WARM-UP:** Coaches to run a 5–10-minute warm-up prior to start of game.

4.5 **INSUFFICIENT PLAYERS:** If a team cannot field 5 players, coaches can agree to play the game with 4 players.

## **Section 5 - Uniforms**

5.1 **PLAYER UNIFORMS:** All players must be in uniform, any player not wearing a team jersey and appropriate shorts will result in a technical penalty (2 foul shots plus the ball) when they enter the game.

- 5.1.1 All uniform shirts must always be tucked in. Any T-shirt worn under the uniform must be closely matched to the Home or Away team jersey color. It must be short sleeved, a crew neck shirt and be completely unadorned.

## **Section 6: League Philosophy / Code of Conduct:**

6.1 **KEY MISSION:** Be a good person and always display amazing sportsmanship. The league is for good competition and game play, but also to bring more of us together. Please note below behaviors that are not acceptable by the league.

6.2 **Aggressive Language:** Coaches, Players, Staff, Referees, Parents, and Fans are prohibited from using language that is aggressive, abusive, racist, or homophobic to anyone in the gym. 1<sup>st</sup> offense – Will result in suspension or expulsion from the league.

6.2.1 Players are not allowed to taunt other players or coaches.

1<sup>st</sup> offense - Technical foul, 2<sup>nd</sup> offense - Ejection from the game/ gym.

6.2.3 Players are not allowed to bully, criticize, or tease another player.

1<sup>st</sup> offense – Verbal warning, 2<sup>nd</sup> offense - 1 game suspension, 3<sup>rd</sup> offense  
Expulsion from league.

**6.3 Physical Conduct:** Players are not allowed to touch or hit anyone for any reason to escalate a situation. Throwing a punch or even putting your hands up to threaten someone with a punch is strictly prohibited. 1<sup>st</sup> offense will result in immediate expulsion from the league.

6.3.1 Anyone attempting to charge a player, coach, or ref, or throw a ball at a player, coach, or ref you will be taking the rest of the season off. 1<sup>st</sup> offense will result in immediate expulsion from the league.

**6.4 League Concerns:** Parents and Players should address any league or coaching concerns with the league coordinator, Adrien Jean. Our coaches are volunteers and should not be subjected to criticism, especially publicly.

## **SECTION 7 – MISCELLANEOUS RULES**

**7.1 GRACE PERIOD:** Teams are allowed a 10-minute grace period, which starts from the scheduled game time.

**7.2 FANS:** Our fans MAY NOT interact with referees or players on the opposing team. Team players are responsible for all their fans – so make sure they are aware.

**7.3 SCORE CORRECTION:** if you believe the score of the game is wrong (in game only) you will need to ask the refs for a review during a game stoppage or call a timeout to explain what you think is incorrect. You cannot talk to the scorekeeper on the fly, it requires a game stoppage.

**7.4 FORFEITS:** A team that can't play for any reason will receive a forfeit loss of 50-25 in the league schedule and team scores.

**7.5 TIE BREAKERS:** At the end of the season, we will break all ties using:  
First - Head-to-Head competition. Second – Points Against head-to-head competition  
Third – Total points scored (regular season).

## **SECTION 8: League Communication**

**8.1 Main Form of Communication:** TeamSnap will be the main form of communication for the league.

**8.1.1** Parents and/or Players should use TeamSnap to notify the coach of availability or lateness to any game or practice. Imperative for us to run an efficient program.

**8.2 Pre- Game Notice:** Before each game, the First 5 Minutes belong to the League for instructions and updates.

**8.3 Emergency Procedure:** Once 2 Consecutive Whistles are blown everyone must freeze and players must get to one knee for Emergency announcements.