



League Rules - Grades 7-9

Program Goals

- To provide every child, regardless of experience or ability, the opportunity to play organized basketball with their peers in SOMA
- To promote individual growth in all children participating, beyond the sport of basketball
- To develop and deepen friendships with others from SOMA
- To promote positive behaviors for engaging with youth sports for all participants, coaches and spectators

General Rules

- Each weekly session will be broken up between teamtime and game time. Teamtime will take place in a half court developmental session prior to the start of a game. Team time is intended to work on skills and game concepts.
- During game play, both teams will have 5 players on court (can be adjusted to 4v4 if needed)
- Coaches must stay on the sidelines during game action
- Coaches are expected to ensure that players are provided with equal playing time. No player should play a third sub rotation prior to all others playing their second, and so on.
- Home teams wear white. Away teams wear red.
- Any rule not specified by age specific chart below will follow NFHS basketball rules

Age Specific Rules: Grades 7-9

Ball Size	28.5 for girls, 29.5 for boys
Hoop Height	10 feet
Game Length	Four 10-minute periods
Clock Stoppage	Running Clock - Stops on dead balls during final 2 minutes of game (under 10 point differential)
Substitutions	Mass subs at approximately 5 minute mark of each quarter, exceptions for injuries and technical fouls
Timeouts	2 timeouts (30 seconds) per team per half, no carryover
Set Defense	Man-to-Man allowed at all times, Zone defense allowed during quarter 2
Pressing Defense	Allowed in last two minutes of quarters 2 and 4
5 Seconds Held Ball	Enforced
Offensive Three-Second Rule	Enforced
10 Second Backcourt Violation	Enforced
Over and Back Rule	Enforced
Player Fouls	5 fouls per player will result in a foul out. If a player fouls out and the team has no subs, the player can stay in the game and any foul on that player will result in a technical foul as an additional penalty to whatever the foul would be resulted in.
Team Foul Bonus	Bonus occurs on the 5th (and beyond) foul of each quarter (periods 1-2, 3-4, ect.). Penalty is 2 free throws.
Technical Fouls	Results in 2 free throws and possession for the opposing team. Technical fouls count as both a player foul and a team foul. That player must also be substituted off the court for the remainder of the period.
Advancing Ball on a Timeout	Teams may advance to halfcourt on a timeout.
Overtime	Two minute overtime periods for both regular season and playoffs.
Playoffs	Weeks 10-12
Playoff Seeding Criteria	1) Win/Loss Record 2) Head to Head Result 3) Coin Flip

Interactions with Referees

All SOMA Basketball coaches, players and spectators are expected to treat our league's youth referees with respect. Abusive, aggressive, harassing, and bullying behavior will not be tolerated.

Coaches

Coaches are welcome to ask for clarification as to what violation was called. They are not to argue or verbally disagree with a call made by a referee. In this occurrence, the referee will:

- **First Violation** - Issue an official warning to the coach and inform the Head of Gameplay
- **Second Violation** - Issue a technical foul resulting in 1 point and possession of the ball for the opposing team. The coach must also remain seated for the remainder of the game.
- **Third Violation** - Issue a second technical foul resulting in 1 point and possession of the ball for the opposing team. The coach is ejected from the game and must leave the gymnasium before gameplay resumes.

Any coach that received two technical fouls over the course of the season will no longer be permitted to coach for the remainder of the season. Additional penalties may be enforced across other programs administered by South Orange Department of Recreation.

Players

Players are welcome to ask for clarification as to what violation was called. They are not to argue or verbally disagree with a call made by a referee. In this occurrence, the referee will:

- **First Violation** - Issue an official warning to the player and inform both the Head Coach and Head of Gameplay
- **Second Violation** - Issue a technical foul resulting in 1 point and possession of the ball for the opposing team. The player must also be subbed out for the remainder of the period. That period will still count towards their equal playing time total.
- **Third Violation** - Issue a second technical foul resulting in 1 point and possession of the ball for the opposing team. The player is ejected from the game and must leave the gymnasium before gameplay resumes.

Any player that received two technical fouls over the course of the season will result in a one game suspension. If that player receives a third technical foul they will no longer be permitted to play for the remainder of the season.

Spectators

Spectators should not have any interactions with referees other than compliments and thanking them for helping with SOMA Hoops. They are not to seek clarification, argue or verbally disagree with a call made by a referee. In this occurrence, the referee will:

- **First Violation** - Issue an official warning to the spectator, and inform the Head Coach and Head of Gameplay. The Head Coach and Head of Gameplay will inform the parent they are not permitted to engage with the referees for the remainder of the game.
- **Second Violation** - The spectator is ejected and must leave the gymnasium before gameplay resumes.

Any spectator that is ejected two times will no longer be permitted at SOMA Hoops games/events for the remainder of the season. Additional penalties may be enforced across other programs administered by South Orange Department of Recreation.