

Lakeshore 7th/8th Grade Basketball Rules & Guidelines

Rule 1 – Formation of Teams

- Teams will be formed in an effort to achieve equal balance of talent and grade per team. An attempt will be made to keep teams at 12 players or less.

Rule 2 – General Rules

- The official MHSAA League Rules shall govern except where noted.

Rule 3 – Minimum Number of Players

- A team must have at least 4 players present to begin an official game.
- Any team not ready to play within 5 minutes of the scheduled start time shall forfeit. In the event that this happens, the coaches and officials should attempt to play a “scrimmage” by evening out the kids from both teams.

Rule 4 – Rosters

- Team rosters will be submitted at the start of each season. If a roster change needs to be made, the league must be notified.

Rule 5 – Comparable Playing Time

- Unlimited substitutions will be allowed, but keep in mind of equal playing time.
- Substitutions will be made on dead balls.
- All substitutions will check in at the scorer’s table.

Rule 6 – Length of Games

- Games shall consist of ten (10) minute running clock quarters. Four (4) quarters per game.
- The clock will stop for time-outs called by the officials AND during all foul shots.
- The clock will stop inside the last two (2) minutes of the 2nd half, unless a team is winning by 20 or more points.

Rule 7 – Game Interval Time

- Pre-Game – 5 minutes for warm-ups, if time allows.
- Between Quarters – 30 seconds
- Halftime – 3 minutes

Rule 8 – Tie After Regulation Time

- No overtimes will be played. The game is a tie.
- During tournament play there will be one 5-minute overtime. Clock stops normally with under 1-minute remaining in overtime.

Rule 9 – Time-Outs

- Each team is permitted (2) 45 second time-outs per half. Time outs do not carry over.

Rule 10 – Game Ball Size

- Girls will use a 28.5 size ball
- Boys will use an official size ball
- Each team should bring their own warm-up basketballs.
- The hosting recreation department will provide the game ball.

Rule 11 – Jump Ball

- Games begin with a jump ball. Teams will alternate possession after that.

Rule 12 – Zone Defense

- Teams are permitted to use a zone defense

Rule 13 – Defensive Pressing

- Pressing in the backcourt is permitted. Defensive team cannot press once they are winning by 15 points or more.

Rule 14 – Individual & Team Fouls

- Personal and team fouls shall be accounted for on the Official Score Sheet.
- Each player will have five (5) personal fouls to give.
- The bonus situation shall be in effect on the 5th team foul per quarter. Two free throws will be awarded on and after the 5th team foul. Team fouls will reset at the end of each quarter. Player fouls do not reset.
- During the free throw attempt, players may enter the lane upon release of the ball.

Rule 15 – 3-Point Line

- The 3-point line is enforced when the line exists at a specific gym.

Rule 16 – Cancelled Games

- Follow your recreation/school district cancellation policy and/or website.

Rule 17 – Scorekeepers

- Each team is to provide at least one scorekeeper per game.

Rule 18 – Sportsmanship

- Good sportsmanship will be displayed at all time by players, coaches, and spectators.
- Heckling of the other team, “trash talking”, ridiculing others, and throwing equipment will not be tolerated.
- At the end of each game, players and their coaches will shake hands with their opponent as well as the officials.
- A coach that receives two technical fouls in the season will be suspended one game. Three technical fouls will result in the coach being removed from the league.

League Website

- www.wmlakeshorerec.com