



2023 Boys Jr. Jazz Basketball 7th Grade (Jr. High) Rules (Updated 12/07/2022)

***All other basketball rules not covered will be followed as printed in the High School Basketball Rule Book.

Basket Height: 10 ft.

Basketball Size: Official 29.5

Foul line: 15ft

Start of Game Possession: Jump Ball

League Structure: All teams will play eight (8) regular season games — NO POST-SEASON TOURNAMENT. Players may only play on one team per division.

Playing Rules:

The home team will wear the light-colored jersey. The visiting team will wear the dark-colored jersey.

Games will consist of two 18-minute halves. The clock will stop on all free throws, time-outs, and injuries. The clock will stop on all whistles in the last 2 minutes of each half and the last minute of the overtime period. Half-time: 2 minutes. **EXCEPTION: In 2nd Half Only, if the lead is greater than 20 points, the clock will only stop on time-outs or injury time-outs.**

Each team is allowed two (2) time-outs per half. You cannot carry over unused time-outs. Each team is allowed one (1) time-out in the overtime period. All time-outs will be 30 seconds in length.

If necessary, one (1) overtime period will be played, beginning with a jump ball. The overtime period will be three (3) minutes – the clock will stop on all whistles during the final minute. If the game is tied after the overtime period, the game will be declared a tie.

Game-time is forfeit time. **A team can start and end a game with four (4) players.**

Any defense is allowed, Man or Zone. A team that gets ahead by more than 15 points must pull the defense back to half-court. If the score is more than a 20-point spread, the team leading must play defense **inside the 3-point circle**. Defensive restrictions will continue until the score is back within 15 points. When the score differential is greater than 15 points, we will not keep the score on the scoreboard. The scorekeeper will keep the score in the book until the lead drops to 15 points or below.

Only one coach may stand while the game is in progress. All other coaches must remain on the bench. If two (2) coaches are up off the bench coaching and complaining to officials, they may call a technical foul.

Technical Fouls:

- If a coach (head or assistant) is given a technical foul, ALL coaches must remain sitting for the remainder of the game.
- If a technical foul is called on a player, they are required to sit out 5 minutes of gameplay (cool-down period).
- A 2nd technical (coach or player) will result in an ejection from the game AND the next scheduled game.
- Parents and fans can cause a team to receive a bench technical. This bench technical also applies to a coach's technical. Anyone ejected from the gym by an official, OR the program supervisor must leave within two (2) minutes. Refusal to leave will result in game stoppage and possible forfeit.
- League Director has absolute autonomy to enforce or negate any suspensions.

Sportsmanship: Coaches, players, fans, and parents are all expected to act in a positive and sportsmanlike manner.