

7th-8th Grade Boys' Basketball-2018 House Rules

General:

- Play under Illinois High School Association (IHSA) rules. Exceptions and additions contained in the house rules will supersede or clarify IHSA rules.
- Games consist of four (4) six minute quarters with normal clock stoppages.
- Teams must have 5 players to start the scheduled game. Teams must have at least 4 players on the court at all times.
- Official size basketballs are used.
- Hoops are at 10 feet.
- The game starts with a jump ball. Alternating possession occurs thereafter.
- Each team receives two timeouts per half.

Offense:

- Picks are allowed.
- Isolation offenses are not allowed.
- Three second lane violation is in effect.
- Teams up 15 or more points in the 2nd half must slow down the tempo (i.e. run a play, make 3 passes, etc)**

Defense:

- Must play man-to-man defense.
- Teams may press in the 2nd and 4th quarters of the game. Teams may not press if ahead by more than 10 points.

Substitutions:

- The officials stop the clock as close to 3 minute mark as possible of each quarter to allow for substitutions.
- This is the only time allocated for subbing each quarter. Injuries or foul outs would be the only exception to this rule.
- Equal Playing Time requirement:
 - a. A period is defined as half of a quarter.
 - b. No player shall sit more than two periods in a row.
 - c. Equal playing time guidelines are as follows:
 - i. 10 players=10 players play 4 periods**
 - ii. 9 players=4 players play 5 periods, 5 players play 4 periods**
 - iii. 8 players=8 players play 5 periods**
 - iv. 7 players=5 players play 6 periods, 2 players play 5 periods**
 - v. 6 players=4 players play 7 periods, 2 players play 6 periods**
 - vi. 5 players=5 players play the whole game**

Additional Rules:

- Fights or directed swearing at referees, coaches, players or fans by any coach, player or fan results in immediate ejection from game and suspension for the following game.
- No jewelry is allowed. If jewelry is unable to be taken off (i.e. religious jewelry or medical alert bracelets), it must be fully taped over.