

**Boys & Girls Clubs of Bellevue**  
**7<sup>th</sup>-12<sup>th</sup> Grade Boys & Girls**  
**Basketball Rules**

**A. Participation Rules**

1. Each player must play for a minimum of 15 minutes per game. Each coach is responsible for substituting within these guidelines.
2. A player may be held out for injury or for disciplinary reasons. If a player is injured during the course of the game, coaches must notify the referee that they are holding a player out because of an injury. Players may also be held out by officials or the Athletic Director for disciplinary reasons.

**B. Substitutions – Will Remain as written below.**

1. The clock will be stopped for substitutions at approximately the 5-minute mark in every quarter. Coaches, please have your substitutions ready.
2. Teams with 11 or more players participating in a game will be allowed to make substitutions at approximately the 2-minute 30-second mark left of the 1<sup>st</sup> and 2<sup>nd</sup> quarter. At these breaks, coaches are only allowed one substitution for every player beyond 10 on their roster. For example, if a coach has 11 participating players, they are allowed one sub at these breaks. If they have 12 participating players, they are allowed two subs. These substitution breaks are allowed to balance playing time among players.
3. **Substitution breaks are not timeouts.** Players are to be shuffled on and off quickly. For every substitution the clock will begin again after 15 seconds.
4. After substitutions the ball will be awarded to the team that had possession when the game was stopped.

**C. Uniforms**

1. All players must wear their issued jersey unless prior approval is awarded by the athletic department. Before entering the game, all players must have their jersey's tucked in.

**D. General Playing Rules:** Game rules have been developed and modified to provide the most positive, fun, and enjoyment for the boys and girls!

1. The game will consist of two- 20-minute running halves. During the first three-quarters of play, the clock will run continuously. During the fourth quarter, a continuous running clock will become a stop clock for the last 2 minutes of play as long as the teams are within 10 points of one another. If a timeout is called, or any other stoppage that requires the clock to be stopped, the clock will begin again at the live ball situation.
2. **9-12 Zone is permitted**  
**7-8<sup>th</sup> Zone defenses WILL be permitted ONLY within the offensive team's 3 point arc.** 9<sup>th</sup>-12<sup>th</sup> Zone is permitted. Outside of the 3 point arc, all teams must adhere to the requirements below. If the referee determines that a zone is being played outside of the arc, play will be stopped. For the first 3 quarters, multiple warnings may be given by the referee if the zone defenses are deemed "incidental". If the referee feels they are consistent and no effort has been made to fix the issue, the referee can begin giving out team technical fouls. In the 4<sup>th</sup> quarter, and onward,

the zone defense call will become more common and team technical fouls may be given out more often at the referee's discretion, based on the flow of the game. If a team technical is called, the opposing team will receive two points and the ball.

- i. The intent of these rules is to teach boys and girls good defensive position. Examples of person-to-person defense are as follows:
  - ii. Defenders MUST pick up their offensive player in a reasonable amount of time once they cross the half court line.
  - iii. The defender stays within six feet of their offensive player anywhere on the court.
  - iv. When a team is pressing, each player must stay within six feet of their offensive layer.
  - v. Double teaming, trapping, switching, and sagging will be permitted only if the defensive player remains within six feet of an offensive player he or she is defending. If an offensive player moves, the defensive player must follow.
3. Four-corner and clearing-a-side offenses are not permitted. (This includes keeping your offensive players outside of the 3 point arc to force the defense to play out of the paint.)
  4. Girls & Boys 7<sup>th</sup>-12<sup>th</sup> must cross the mid-court stripe within 10 seconds.
    - i. **Over & Back violations will be called for Girls & Boys 7<sup>th</sup>-12<sup>th</sup> Grade.**
  5. Full-court pressing is allowed only in the following situations:
    - i. Girls & Boys 7<sup>th</sup>- 12<sup>th</sup> grade teams may full-court press at any time provided they do not have a 10 point lead.
  6. One-and-one foul shots will be taken after seven personal fouls per half. Double bonus occurs after the 10<sup>th</sup> team foul. Shooting fouls will receive two shots.
  7. Any player who receives their 5<sup>th</sup> personal foul will be fouled-out of the game.
    - i. Any player can be substituted for the fouled out player, IF all bench players have already hit their minimum minutes. If not, any player that has NOT hit their minimum, must enter the game.
    - ii. If a team only has 5 players and one of them fouls out, the following will occur:
      1. The player who has fouled out will remain in the game.
      2. Any subsequent foul, personal or player control, from that player will result in an automatic two points and the ball for the opposing team.
  8. Each team will be allowed THREE timeouts per game (ONLY 2 PER HALF).
  9. The alternate possession rule is in effect for grades 7<sup>th</sup>- 9<sup>th</sup> for any tied-up ball situations.
  10. When shooting a foul shot, players may enter the lane when the shooter releases the ball. In order for a free throw to be counted as a basket, the shooter cannot step over the line until the ball hits the rim. If the ball does not hit the rim, it will be called dead. 7<sup>th</sup>-9<sup>th</sup> grade boys and girls will be called for lane violations.
  11. If the score is tied at the end of regulation play, then a three-minute overtime period will follow. The last minute of the overtime period will be stop-clock game conditions. If a second overtime period is needed, it will be sudden death. Each team is allotted one timeout during the first overtime period. No timeouts will be allowed during the second overtime period. Restrictions on player time are **not** in effect in the overtime periods. If a player fouled out during regular play, they will not be allowed to participate in overtime play.

#### E. Coach and Player Conduct

1. Technical fouls result in an automatic two points and possession of the ball for the opposing team.

2. Any player receiving a technical foul will be required to be subbed out. If a player receives 2 technical fouls they will be removed from the remainder of the game and may be suspended from playing in the following game pending a review by the Athletic Directors.
  3. Any coach receiving a technical foul must meet with the Athletic Directors before being allowed to coach another game. Any coach that receives two technical fouls in one season will be permanently removed from the team for the remainder of the season.
- F. **Mercy Rule:** The points on the scoreboard will be reset to 0-0 if one team gains a 30 point advantage. However, the scorekeepers will continue to track the actual score on the score sheets.
1. Any team that wins a game by 40 or more points will not be eligible for the post season tournament pending a review by the Athletic Directors. Coaches should have a plan for tactfully controlling the score.
- G. All other rules and regulations will be in accordance with the current Washington State Inter-Scholastic Basketball Rules and/or BBGC Athletic Director policy.

**Please remember, officials make many judgment calls during the course of the game. They are human and will miss a call or make a mistake. However, their calls are final and will not be changed. Be patient, they are trying their best to be consistent, fair, and impartial.**

The Positive Place for Kids!

	7 <sup>th</sup> -12 <sup>th</sup>
Boys Ball	Regulation
Girls Ball	Intermediate
Height of Rim	10 FT
Key	3 Seconds
Jump Balls	Alternate Poss.
Back Court	Yes
Press	Yes
Free Throw	15 FT