

IRONDALE BASKETBALL ASSOCIATION
IN-HOUSE LEAGUE RULES
GRADES 7th – 8th

Policy: Minnesota State High School League rules governing play shall be followed as closely as possible. There are several exceptions and modifications noted in the following Sections.

Section I. REFEREES

Referees have been selected and trained by the Mounds View Basketball Association (MVBA). They are empowered by the MVBA to interpret and enforce the rules. They are the final authority at the game.

Section II. CONDUCT OF SPECTATORS, PARENTS, PLAYERS, AND COACHES

The MVBA believes strongly that we are not only developing better basketball players but also better people. In that regard, as parents, coaches and players we must all show respect for our teammates, officials, and the parents, players and coaches of the teams we are competing against.

At and during games, referees have the authority to declare a "victory by forfeit" for the unruly or abusive behavior of a spectator, parent, player or coach. Before forfeiture is declared, the referee will follow these procedures:

Step 1: Warn the offender(s). The referee will advise the coach to warn his/her players, parents or spectators of the unacceptable behavior. The referee will identify, to the coach, the offensive behavior.

Step 2: Assess a bench technical foul. The referee will identify, to the coach, the offensive behavior.

Step 3: If the behavior continues, the referee will declare a forfeit.

Coaches are not allowed on the court unless invited by the referee to attend to an injured player, to be advised of a rule interpretation or to set the offense/defense at the beginning of a period. Violations may result in a Bench Technical Foul. (See Section VII Fouls - TECHNICAL FOULS)

Section III. PLAYING TIME

Coaches will ensure that all players receive equal playing time as much as possible, including situations where a team has an uneven number of players for an eight period game. There should not be a situation where players play more than one additional period compared to their teammates. Attached to these Rules is an example of how coaches should allocate playing time if this situation exists. Referees will monitor for compliance, if necessary.

Substitutions: Substitutions may not be made during the middle of a period other than in the event of injury. When making substitutions, every effort should be made to rotate all players such that players do not consistently play in consecutive periods. The equal playing time requirements apply to both regular season and playoff games. Substitutions should not be made during the middle of a period other than in case of an injury. In the case of an injury, the referee will call an official's injury time out. At this time, coaches may make a substitution, but ONLY for the injured player. Injury time outs may not be used by coaches to formulate strategy with players.

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Section IV. PERIODS OF PLAY

RUNNING TIME: Each game will consist of eight (8) five (5) minute RUNNING TIME periods. There will be a one (1) minute break between periods 1-4. There will be a three (3) minute half time break at the end of period four. There will be a one (1) minute break between periods 5-8.

There will be stop time on fouls ONLY during the last two minutes of the last regulation and overtime period(s).

The breaks between periods are only to move players on and off the floor. These are not time outs. If play is being delayed, in the opinion of the referee, the referee may announce that the ball is in play and the clock will start.

Section V. OVERTIME

Should the score be tied at the end of regulation, overtime rules are as follows:

A. First Overtime Period:

- The first overtime period will be three (3) minutes in length.
- There will be a one (1) minute break between period 8 and the first overtime period.
- Possession for the first overtime period will be determined by the possession arrow at the end of regulation play.
- There is one time-out per team for each overtime period played. If the score remains tied at the end of the first overtime period, a second "Sudden Death" overtime period will be played.

B. "Sudden Death" Overtime Periods: If a second or subsequent overtime period is required because the score remains tied at the end of the first overtime period or subsequent overtime periods, play will continue until one team scores.

- Each sudden death overtime period will be three (3) minutes in duration.
- There is one time out per team for each overtime period played
- If there is no score in the second overtime period, additional periods will be played until a winner has been determined.
- Each subsequent overtime period will be separated with a one (1) minute break. Play for each sudden death overtime period will begin with a jump ball.
- Coaches must re-set their player rotations for equal playing time at the beginning of each overtime period.

Section VI. DEFENSES

Man-to-man and zone defenses are permitted in grades 7-8.

Double-teaming is permitted in grades 7-8.

Pressing:

Pressing will be permitted only when the score differential is less than fifteen points. A team that is fifteen or more points ahead may NOT press until the score differential is less than ten points. Violations of this will be considered an illegal defense foul and will be charged according to the procedure for such action as noted above.

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Section VII. FOULS (for 7-8th grade)

Players may foul out of a game. Any player that commits five (5) fouls will be required to sit the remainder of the game.

1. **Personal Fouls:** A personal foul is committed when, in the opinion of the referee, physical contact with an offensive player by a defensive player occurs. A player that creates an advantage by physical contact will be called for a personal foul. Any contact with an offensive player by a defensive player attempting to steal the ball is a personal foul. All such infractions will be called by the referee. Incidental contact that does not create an advantage is part of the game and will not be called as a personal foul.
2. **Shooting Fouls:** A player fouled in the act of shooting shall be awarded free throws as follows:
 - If the field goal was made, the field goal will count and the shooting team will be awarded one (1) free throw.
 - If the field goal was not successful, the shooting team will be awarded two (2) free throws.
3. **Intentional, Flagrant, or Technical Fouls:** The offended player shall be awarded two free throws and the offended team will be awarded the ball out of bounds.

Section VIII. BONUS FREE THROWS

Shots will be awarded based on the following criteria:

- **A team that commits more than six fouls in the 1st half** (periods 1-4) or in the 2nd half (periods 5-8) and beyond shall be penalized by awarding the offended team a bonus free throw (one and one) on the 7th, 8th and 9th foul.
- **A team that commits more than nine fouls in periods the 1st half** (periods 1-4) or in the 2nd half (periods 5-8) and beyond shall be penalized by awarding the offended team two free throws for every foul over the nine foul limit.

Section IX. TIMEOUTS

Each team will permitted one (1) time out per half. These are noncumulative and are one (1) minute in duration. The clock will stop for a time out.

Again, substitutions should not be made during the middle of a period other than in case of an injury.

In the case of an injury, the referee will call an official's injury time out. At this time, coaches may make a substitution, but ONLY for the injured player. Injury time outs may not be used by coaches to formulate strategy with players. If the injured player is determined able to re-enter the game, he or she may do so mid-period during stoppage of play without penalty.

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Section X. SPECIAL RULES

- A.** A team must have four players to start and finish an official game. The fourth player must arrive within five minutes of the designated start of the game or the game will be forfeited. If a team only has four players, they will play 4v5 i.e. short-handed. If the game is officially ruled a forfeit, the coaches may agree to scrimmage with those present until the designated start time of the next game.

Example Playing Time Chart
 Number of Periods each Player to Participate

	10	9	8	7	6	5	
Number of players participating in each period.	10	4	-	-	-	-	-
	8	-	-	5	-	-	-
	6	-	-	-	-	-	-
	5	-	4	-	6	-	8
	4	-	5	-	-	7	-
	2	-	-	-	5	6	-

Example: If a team has 7 players at a game, the coach should attempt to play 5 players in 6 periods and 2 players in 5 periods.