

Souhegan Valley Basketball

7th-9th Grade Rules

1. Games will utilize 10' hoops, play 5-on-5, and play with a 28.5" ball for girls and a 29.5" ball for boys. A 29.5" ball will be used for any co-ed teams.
2. Regulation games will consist of 2 halves of 20 minutes, running time, with a 3-minute halftime. The clock will stop for the following:
 - Time-outs
 - Injuries
 - Foul Shots
 - On all stoppages of play (whistles) within the last 2 minutes of each half
 - Within the last minute of regulation when a basket is made by the team that is still trailing in points so that the team ahead is setup to inbound from/to their frontcourt
3. Since full-court defense is allowed at the 7th-9th grade Rec level, there is no clock stoppage for the team ahead in points to advance the ball from an inbounds play past halfcourt and into the offensive frontcourt.
4. If there is a tie at the end of regulation time, a 3-minute (running time) overtime period will be played. If the score is still tied, the game shall be considered a tie.
5. Teams will have 2 short (30-second) timeouts per game.
6. There will be a jump ball to start the game, alternating possession subsequently.
7. No player shall play more than 15 minutes per half.
8. Full-court defense is allowed at 7th-9th grade Rec level in the last two minutes of each half. Prior, when no full-court defense is allowed, the first two offenses will result in warnings issued by the officials. After the two warnings, each subsequent offense will result in one foul shot and the ball (coach may choose shooter from players on the court).
9. Teams must play man-to-man defense (no zone defense or double-teaming), except during last 2 minutes of a half.
10. Shots behind the 3-point line (where available) will count as 3 points.
11. On foul shots, players will start and stay behind the 15' line when shooting.
12. Normal basketball rules shall be in effect which includes the following (this is not an inclusive list):
 - 10-second backcourt violation
 - 5-second possession violation
 - 3-second lane violation
 - Limit of 5 fouls per player

*Shooting fouls, floor fouls, offensive fouls, and technical fouls will be called

*Team Fouls: one-and-one foul shot upon the 7th team foul and 2 foul shots upon the 10th team foul

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13. Good sportsmanship should be demonstrated at all times. Coaches should set the example for their team and the teams spectators, i.e.:
 - The Head Coach is responsible for the behavior and respectfulness of their players, coaching staff, and spectators toward the opponent, officials, and facilities.
 - Respect the rules of each gym.
 - Winning is not the most important thing; case in point is that regular season wins and losses do not factor into Jamboree seedings.
 - With a 15+ point lead in the second half, no full-court or halfcourt press defense.
 - Use thoughtful ball distribution and/or ball-handling responsibilities to encourage touches and opportunities for all players
14. Players are not to be double rostered, but Town Coordinator may manage a limited, like-for-like player loan across teams, only if necessary to avoid forfeit on a case-by-case basis.
15. Home team to supply the referees.
16. Home team to provide a clock/scoreboard operator.
17. Home team responsible for keeping the official book. Away team encouraged to provide a bookkeeper, to keep track of score and fouls at a minimum.