

**NASSAU COUNTY PAL**  
**7th & 8th GRADE BASKETBALL RULES**  
**(revised December 2013)**

The official high school rules govern the playing of the league. There shall be no deviation from these rules, except for the items listed below:

**A. Length of Game:**

Warm-up – 5 minutes

Game Length – 4 “8” minute periods with stop time. **If the game slot is only 1 hour or if the game slot started late, the periods will be running time.**

Substitutions – At the midway point, the referee will blow the whistle and put in the subs. **This is not a time out. The kids need to be ready to go in and start playing right away.** If the coach is not ready, a time out will be issued. If there are no time outs available, a Technical Foul will be called.

Halftime - There is a 3 minute break at halftime if time permits.

Overtime - There is no overtime.

**B. Player Playing Time:**

The “even play rule” is in effect. All players have to play an even amount or close to that depending on the players in attendance. For example:

<u>Players</u>	<u>Periods Played Minimum/Maximum</u>
12	4 kids play “4” 4 minute time periods and 8 kids play “3” 4 minute time periods each.
11	7 kids play “4” 4 minute time periods and 3 kids play “3” 4 minute time periods each.
10	All 10 kids play “4” 4 minute time periods each.
9	5 kids play 4 “4” minute time periods and 4 kids play 5 “4” minute time periods
8	All 8 play 5 “4” minute time periods each
7	2 kids play 5 “4” minute time periods and 5 kids play 6 “4” minute time periods
6	2 kids play 6 “4” minute time periods and 4 kids play 7 “4” minute time periods

If a player arrives anytime after the start of the game, the coach may adjust that person’s playing time. However, all efforts should be made to get close to the even playing grid above. Each player must check in at the scorer’s table before each period.

**C. Timeouts:**

2 “full” and 2 “30” second timeouts per game

**D. Defenses:**

**1<sup>st</sup> Half**

- Teams may play a man to man defense or a modified zone defense in the first half. Normally, a zone defense enables you to double team an opposing player. However, **double-teaming is not permitted on the perimeter of the court.** This is an exception to the true zone defense application. There are only two situations when a double team is allowed:

1. If an offensive player initiates a double team as he or she is driving to the basket in the paint.
2. In the paint, double/triple teaming is allowed.

- No pressing is allowed.

**2<sup>nd</sup> Half (regulation basketball)**

- Teams may play a man to man or zone defense in the 2<sup>nd</sup> half. In this situation, double teaming is allowed anywhere on the court.
- Pressing is allowed in the 4<sup>th</sup> quarter only. There will be no pressing allowed by a team with a lead over 10 points.

**E. Fouls:**

There are 4 types of fouls: (a) personal foul; (b) intentional foul; and (c) flagrant foul. (d) Technical foul

- a. Personal foul – When a player unintentionally makes contact with an opposing player, creating a distinct disadvantage for the opposing player.
- b. Intentional foul – When a player deliberately fouls a player in the act of shooting to prevent that player from attempting a shot. The opposing player will receive 2 shots plus the team will retain possession of the ball.
- c. Flagrant foul – When a player deliberately fouls a player in an aggressive, dangerous or reckless manner. If a player commits a flagrant foul, he or she will be ejected from the game. The opposing player will receive 2 shots plus the team will retain possession of the ball.
- d. Technical foul - a foul that can be assessed on a player or a coach or a team for unsportsmanlike conduct. A player or coach who receives 2 technical fouls is automatically ejected from the game.

Ejections – Any ejections shall be reported to the league coordinator, Commission and Police Officer in charge of the PAL unit involved. Any player with more than 1 ejection maybe suspended for the remaining of the season.

After 7 fouls in the 1<sup>st</sup> half or 1<sup>st</sup> 5 periods, or 7 fouls in the 2<sup>nd</sup> half or last 4 periods, the team will shoot 1 and 1. After the 10<sup>th</sup> foul, the team will shoot 2 foul shots. After 5 fouls, a player will have to leave the game.

**F. Officiating:**

Referees will be assigned to each game. The referees shall be in control of the playing area. They are to receive 100% cooperation from all involved. **THERE IS A ZERO TOLERANCE RULE IN EFFECT. THIS MEANS YOU CANNOT ARGUE A CALL. THIS GOES FOR THE PARENTS OF THE KIDS ON YOU'RE TEAM.** If you want to question a call, it needs to be done between periods and at the discretion of the referee. The referees will make mistakes, just let it be.

Please keep in mind that the referees for the 3<sup>rd</sup> and 4<sup>th</sup> grade are generally junior & senior high school students. They should be treated with a high level of respect and consideration. Any inappropriate behavior from the coaches or the parents will be presented to the Police Officer in charge of our unit. In the event that no referees appear within 10 minutes of the scheduled start time, the game shall begin ASAP with volunteer referees, mutually agreed upon by each opposing coach. If, and when the referees arrive, they shall assume officiating duties immediately. If the game is conducted without league-supplied referees, the grade Coordinator and League Director must be notified.

**G. Mercy Rule:**

When a team is up by 10 or more points in the 4<sup>th</sup> quarter, no pressing.

**H. No Jewelry - No earrings, rings, bracelets, etc.**

**I. Basketball Size – Boys – 29.5 inch Girls – 28.5 inch**

**J. Results of the Games:**

Winning coaches will call or email the scores into their Coordinators.

**Note:** The teams are made up to the best of our ability to be as even as possible. However, sometimes there are teams that are more dominant than others, especially in the younger grades. The league hopes that the coaches will be aware of this during the games and not run up the scores against those teams that are struggling.