

Palisades Basketball League

2019 Rules for 7th-8th Grade League

- 1) A game consists of two 18-minute halves, with a running clock, except for the last one minutes of each half. During the last minute of each half, the clock will be stopped for foul shots, timeouts, out-of-bounds calls, etc.
- 2) Teams are allowed two full timeouts and two 30-second timeouts per game. If an extra period is played, each team will receive an additional 30-second timeout.
- 3) There will be a three minute half time of each game
- 4) Coaches may substitute players freely. Substitutions must first report to the scorers table before entering the game.
- 5) Zone defense and pressing is allowed at any point of the game
- 6) Guest players are permitted during the regular season, but only with advance permission from the league. No guest players are permitted during the tournament, and no player can play in the tournament unless she has played in at least 3 of the regular season games. Exceptions to this rule (because of injuries, school travel, etc.) will be made by the league commissioners.
- 7) The first half will begin with a jump ball; possession at the beginning of the second is dictated by the possession arrow.
- 8) Unsportsmanlike conduct by a player will result in a technical foul and her ejection from the game. There will be no intentional fouling for the purpose of preventing a player from shooting at all or to delay the game. Violations will result in a technical foul.
- 9) Any player who commits 5 fouls must be removed from the game. If a team commits 7 fouls in a half, the other team receives bonus foul shots. After 10 fouls in a half it is 2 shots.
- 10) If there is a tie at the end of regulation time, an extra 2-minute period is played. If there is a tie at the end of 2 minutes, there will be a sudden-death period which begins with a jump ball and ends when one team scores a point.
- 11) Good sportsmanship is strongly encouraged and includes, after the game, a team cheer for the opponents and shaking their hands. Players are not permitted to question a referee's call or to engage in "trash talk" with an opponent.

- 12) Parents are encouraged to cheer during games, but they should not shout specific instructions to players and are not allowed to sit or stand on the players side of the court.
- 13) Coaches should remind players and parents that we are guests of the Lafayette School and our ability to play there depends on our conduct. No one should wander through the school or search rooms, lockers, or closets.
- 14) The last two teams playing on Saturday are responsible for helping to clean up the gym. Clean up includes cleaning the gym of trash, and putting chairs and tables away.
- 15) Please bring your own basketballs for warm-up. The game ball will be chosen from amongst the team balls.

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