

# Clinton Parks and Recreation Department

## 2026 Basketball Rules and Regulations

### 7-8 Boys

#### **SPORTSMANSHIP!!!**

All players and coaches are expected to behave before, during and after each game with good sportsmanship. At no time is a player to question a coach, an official or a supervisor in a demonstrative manner. Players are to treat coaches, officials, supervisors, opposing players and parents with RESPECT. Any verbal or physical display of disgust by a player toward another player, coach, official, supervisor or parent will result in the offender being removed from the game. If a coach fails to remove said player, the supervisor will have the authority to do so. Said player will be restricted to the bench for an undefined time to regain her/his composure. We are confident that all parents and coaches will assist the recreation department to enforce this policy. **REMEMBER THIS IS FOR THE KIDS!! PLEASE EMPHASIVE LEARNING AND HAVING FUN WHILE DE-EMPHASIVING WINNING!!**

If a team has two coaches, ONLY the head coach will be allowed to stand up along the sidelines.

**TIME REGULATIONS:** All games shall consist of four (4) quarters of eight (8) minutes (running clock) each with an intermission of one (1) minute after the 1st and 3rd quarters. The clock will only stop for timeouts and injuries. Half-time will be 5 minutes. **\*\*The clock will stop while setting up for a free throw. Once the referee hands the player the ball to shoot, the clock will restart.\*\*** Standard clock will be used only for the last 2 minutes of the 4<sup>th</sup> quarter.

**PLAYING REGULATIONS:** Players will have the option of shooting free throws from either the 2nd taped line inside the lane or the regulation free throw line.

**NO FAST BREAKS ALLOWED.** The referee will be responsible for stopping the ball handler from dribbling across half court until the defense is set up.

Games will be played on nine (9') goals on a full court.

Intermediate size basketball will be used (27.5")

**PLAYER PARTICIPATION:** Every player will play a total of one (1) full quarter throughout the first three (3) quarters. Following a dead ball after every four minutes, the horn will sound for substitutions (rotations). At the beginning of the 4<sup>th</sup> quarter, free substitutions can be made. At this time, if there is a player who has not played their full quarter, they must enter and play to get a full quarter of playing time. NO child will be able to play three (3) consecutive rotations. If a player does not attend practice, this rule does not apply. However, a coach must notify the gym supervisor prior to the game if any player will not be playing due to non-participation at practice or for any disciplinary reasons. **\*\*If a team has 10 players to start the game, each rotation must consist of 5 new players.\*\***

Each team will be allowed two 30-second time outs per half; time outs do not carry over. Only head coaches may request time.

Only five (5) players are allowed on the court at one time. Teams must have at least 4 players to begin the game. There will be a 10 minute grace period for the first game of the night. If a team cannot produce at least 4 players to start the game by that 10 minute mark, the game will be a forfeit. There will be **NO** grace period for the second game of the night.

**DEFENSE** The defense is allowed two players to play defense outside of the 3-point line. Defensive players cannot cross half court. **\*\*Last 2 minutes of the 4<sup>th</sup> quarter, one player will be allowed to full court press. \*\***

If a team is ahead by 10 points or more at any time, then the defense will be restricted to playing within the 3-point line. A team will get two warnings from the officials if any player(s) violates this rule. If a team violates this rule a third time, then a team technical foul will be issued to the offending team.

If a team is restricted to playing defense inside the 3-point line, the following rules will apply: A player's arms and hands may extend past the 3-point line, but the feet must remain behind the line. If an offensive player (with possession of the ball) loses control of the ball outside of the 3-point line, the defense will be allowed to steal the ball. This will be a judgment call made by the game official.

**DOUBLE-TEAMING:** A player will be permitted only inside the 3-point line.

### **OVERTIME RULES:**

*If tied at the end of regulation, there will be a 2-minute overtime period. Each team will get 1 timeout. Leftover timeouts from regulation will NOT carry over into the overtime period. Clock will run like the last 2 minutes of regulation. Also, there will be free substitutions. If at the end of the 1<sup>st</sup> overtime period the game is still tied, then a 2<sup>nd</sup> overtime period with the same rules will be played. If the game is still tied after the second overtime period, the game will end in a tie.*

### **THE FOLLOWING VIOLATIONS WILL BE CALLED:**

- A. Five (5) second lane violation.
- B. Ten (10) second throw-in violation.
- C. Ten (10) second violation before crossing the mid-court line.

All players are expected to remain seated on the bench except for an expression of excitement and encouragement of team play (example: after a made basket).

If a player is ejected from a game, then he/she will be suspended for the next scheduled game. If a player is ejected twice in the same season, he/she will be suspended for the remainder of the season.

If a coach is ejected from a game, he/she will be suspended for one (1) game. If a coach is ejected twice in the same season, the Athletic Director will appoint a new coach.

### **CONDUCT**

1. The Recreation Supervisor on site has the authority to bench any player exhibiting unsportsmanlike conduct before, during or after a game. If a player exhibits unsportsmanlike conduct after a game (example: not shaking hands of opponents) then the player will be benched for a portion (minimum of one (1) quarter) of the next game.

2. All participants of athletic events are expected to conduct themselves in a mature and cooperative manner with any official or supervisor. Any conduct which may be deemed disrespectful or disruptive will result in the removal of the offender and appropriate actions being taken by the Recreation Department Staff as necessary.

3. Any student suspended from school will not be permitted to participate in any games, practices or any other program activities until the suspension has been lifted and the student returns to class. This will take place once the department staff has become aware of the suspension.

4. Profanity by a program participant, parent/guardian, or spectator will result in immediate suspension from activity until he or she has met with the Athletic Director. Until meeting with the Athletic Director/Asst. Athletic Director, he or she will not be allowed to be present or participate in any recreation event.