

Oxford Parks and Recreation
Youth Basketball 2020
7th – 9th Grade Rules & Regulations



A. Facilities/Equipment

- a. Playing Court
 - i. The size of the playing court may vary depending on the facility.
- b. Basket
 - i. The basket will be ten (10) feet high.
- c. Foul Line
 - i. The foul line will measure 15 feet from the backboard.
- d. Basketball
 - i. 7th-9th Grade: Women's/Official size (28.5'' circumference)
- e. Uniforms
 - i. Each player on a designated team shall have a shirt of the same color with an identification numeral on the front and back (provided by OPRD).

B. Participation Rules

- a. Each player **MUST** play a minimum of two (2) **FULL** quarters (16 min) of each game.
- b. Substitutes will be called for at the beginning and halfway point of each quarter and overtime period(s). The clock will stop to allow substitutes to enter the game. ***THIS IS NOT A TIME OUT. NO OTHER SUBSTITUTIONS MAY OCCUR DURING THE QUARTER***, except for player injury, disqualification, or ejection. *Coaches do not have to substitute at this time – as long as every player is playing two full quarters.*

C. Timing/Overtime

- a. The game will consist of four (4) quarters with an eight (8) minute running time. The clock will stop on all dead balls the last one minute (1:00) of the first half, the last two minutes (2:00) of the 4th quarter and the last two minutes (2:00) of any overtime period.
- b. Intermissions of one (1) minute each will take place after the first and third quarters. An intermission of two (2) minutes will take place at halftime.
- c. If the score is tied at the end of thirty-two (32) minutes, the game will move into a four (4) minute overtime period. An intermission of one (1) minute will take place between the fourth quarter and the overtime period.
- d. Each team has four (4) 60-second time outs **PER GAME**. Each team is entitled to one (1) additional 60-second time out during each overtime period. Unused timeouts accumulate throughout regulation and overtime play.
- e. Officials can stop the clock at their discretion (i.e. substitutions, time-outs, injuries).

D. Play Regulations

- a. Defense
 - i. No Restrictions unless up by 10+ points. Refer to next section.
- b. Restrictions
 - i. Up by 10 or more points
 1. **NO** half-court traps or double-teams, except when the ball enters the lane
 2. **NO** half-court zone defense
 3. **NO** full-court defense
 - ii. Up by 9 or less points
 1. **NO** defensive restrictions
- c. Penalties for defensive infractions (not abiding by restrictions when up by 10+ points)

- i. *First offense* - Play will stop and a verbal warning will be issued to the team and coach. A throw-in will be awarded to the offended team.
- ii. *Second offense* (in the same half) – Play will stop and the offended team will be awarded one free throw and throw-in. The coach may designate any **active** player to perform the free throw.

d. Miscellaneous

- i. A jump ball will be used to start the first quarter and any overtime period(s) **ONLY**. Alternate possession throw-ins will be used for all other held/jump ball situations.
- ii. During play, a player/coach can call a time out when the ball is controlled by a player of his/her team. Any player or coach may call a time out during a dead ball or when there is no team control (i.e. after a made basket before the opposing team has the ball out of bounds).
- iii. Players may enter the free throw lane on a free throw upon the release of the ball from the shooter. The shooter, nor any other player outside the free throw lane, may enter the lane until the ball hits the rim or enters the rim cylinder.
- iv. *One-and-one* free throws will be taken on the 7th team foul (bonus) of each half. Two (2) free throws will be granted on the 10th team foul (double bonus) of each half. Team fouls from second half are carried over into overtime periods.
- v. Players have ten (10) seconds after they've been given the ball by the official to complete a free throw attempt.
- vi. Offensive players are permitted in the free throw lane for three (3) seconds before being penalized with a lane violation.
- vii. Offensive players have five (5) seconds to inbound the ball.
- viii. Offensive players have ten (10) seconds to bring the ball into the frontcourt.
- ix. A player committing five (5) personal fouls in one game will be disqualified from the contest. *If no substitute is available, the opposing team will be granted two additional free throws and possession of the ball and the offending player may remain in the game.*
- x. Two shots and possession of the ball will be awarded on all technical, flagrant, or intentional fouls.
- xi. Officials and/or OPRD staff reserve the right to eject, without warning, any player/coach/spectator for unsportsmanlike conduct. *This may include any flagrant or intentional foul involving contact above the shoulders of an opponent.*
- xii. Ejected players and/or coaches will serve, *at the minimum*, a one game suspension, not to include the game in which he/she is currently playing/coaching. Two ejections in one season will result in, *at the minimum*, a three game suspension.
- xiii. Players are **NOT** permitted to wear jewelry during warm-up or play. This includes, but is not limited to, earrings, necklaces, bracelets and metal hair accessories.