

7th Grade Bethlehem Basketball Club Rules

BBC plays by High School Basketball Rules except as noted below

Topic	Rule	Comments
Playing Time	Playing time will be divided evenly among all players at a particular game. No player should play more than a ½ quarter more than other players at the game.	Players and quarters played should be: 5 - 4 Q each 6 - 4 players - 3 ½ Q, 2 players - 3 Q 7 - 5 players - 3 Q, 2 players - 2 ½ Q 8 - 8 players - 2 ½ Q each 9 - 4 players - 2 ½ Q, 5 players - 2 Q 10 - 2 Q each
Substitutions	Play will be stopped at approximately 4:30 of each quarter for substitutions.	Players who are entering the game should be at the scorers' table prior to the stopping of play.
Regulation	9 minutes running-time quarters, except for last two minutes of 4 th quarter when clock stops on all whistles. At all times, a time-out stops the clock until ball is entered back into play.	Clock is only stopped for time-outs, injuries, and end of quarter. Overtime: One two-minute period if game tied at end of regulation, with clock stopped at all whistles. If game still tied at end of overtime, a sudden death period will be played to determine the winner.
Breaks	2 min. at quarters, 5 min. at half-time	
Time-outs	Four 30-second time-outs per game. One 30-second time-out for overtime.	Player or coach can call time-outs. Regulation time-outs do not carry over to overtime.
Defense	Man to Man only. No "zone" allowed.	A zone is defined as double (or more) teaming a person who does not have the ball, or being positioned in the lane more than 3 feet from the person you are guarding while not guarding the person with the ball. Teams receive one warning then a technical foul.
Pressing	Allowed during entire game.	Not allowed when ahead by 20 or more points.
Fast Break	Allowed during entire game.	Not allowed when ahead by 20 or more points.
Fouling Out	On the 5 th personal foul.	
1-and-1	On non-shooting fouls during last two minutes of game.	
Foul Line	Regulation	
Entering the Lane	Players on the lane may enter the lane when the ball leaves the shooter's hand.	The shooter and all players outside the 3-point line must wait until the ball hits the rim to enter the lane.
Game Ball	Regulation Size	
Jump Ball/Possession	A jump ball will be held only at the beginning of game with possession arrow dictating possession on all tie-ups and at the beginning of subsequent quarters.	Jump ball will be held at the beginning of overtime and sudden death period
Lane Violation	3 seconds	
3 Point Shots	Count as three points	
Technical Fouls	Unsportsmanlike conduct by players and/or coaches will result in a technical foul and will be assessed as two foul shots and possession of the ball.	Two technical fouls in a game will result in disqualification and the player/coach will leave the gym.
Coaches	Only the head coach and one assistant will be allowed on the team bench.	