

**GARDEN CITY YOUTH ATHLETIC ASSOCIATION**  
**7TH & 8TH GRADE BASKETBALL RULES & REGULATIONS**



**1. RULES & REGULATIONS**

A. Michigan High School Basketball rules will apply to whatever the following rules do not cover.

**2. GAME**

A. Each period will be divided into two (2), four (8) minute blocks.

B. Games will be running time with the following exceptions:

- a. Free throws
- b. The final 2 minutes of a game if score is within 15-points.
- c. If the ball travels into bleachers or other off court areas.

C. No player will be allowed to play all 32 minutes of game time. The only exception will be if you only have 5 players.

- a. Coaches must share their top 5 players along with the submission of their roster 5 minutes prior to game start time.
- b. Fair play rules are in effect. All players must play at least 2-minutes per quarter, 8-minutes per game (unless injuries occur)
- c. All players must sit once before any player sits twice. **ALL PLAYERS WILL PLAY EVERY GAME!**  
Free substitutions by taking a knee at the scorekeeper table.

E. Each team will receive four (4) timeouts. Two (2) thirty (30) second timeouts and two (2) 1 minute timeouts per game, to be used at any time during the game. Time outs may not be used consecutively. Each team will receive 2 timeouts in overtime. Each team will receive two (2), 30 second timeouts in overtime. Time outs from regulation WILL NOT carry over into overtime.

F. Overtime will consist of a 3-minute overtime period (continuous run clock in the first 2-minutes). The final 1-minute will be stop time. If the game is still tied following the first overtime, a 2nd overtime period with the same rules as the 1st overtime period will take place (Double Overtime). All conditions (other than timeouts) from the 4th quarter carry over into overtime.

- a. Regular Season – Limit of two OT max periods (no ties in the regular season games), proceed to free throw shootout (1 v 1, 1 attempt for each player per team, if both make their shots then new players selected and move to 1 v 1 at 3-pt line until shots are missed declaring winner)
- b. Playoff / Championship games – Will continue with OT as needed until a winner is declared.

G. A full court press may be used at any time unless a team is leading by 12 or more points. The penalty for pressing with a 12 or more point lead will be a warning for the 1st infraction; the 2nd and 3rd infraction will be a press foul. 1 free throw attempt will be awarded. Any infraction after that will result in 2 free throw attempts being awarded.

- a. Rebound Press Definition – Similarly Press cannot be called on offensive players attempting to rebound unless a defensive player has controlled 2-handed ball possession, post rebound.

H. Alternate possession will be used for all jump ball situations.

I. The bonus situation (1&1) will begin with the 7th team foul of the quarter. Double bonus will begin with the 10th team foul of the quarter.

J. Any player committing 5 personal fouls will be removed from the game (fouled out). Any player receiving 2 technical fouls during a game will be removed (ejected) and suspended for one complete game.

K. There is a ZERO-TOLERANCE POLICY for use of profanity and/or explicative by a player on the court or bench, and the coach. Warning will be issued at the start of each game; anyone violating this policy will be ejected from the game and may face further consequences.

L. Free throw rule is on the release except for shooter, on the rim.

M. Fans are not to sit at the end of court bleachers. Fans should be kept up in the sideline bleachers.

### 3. COACHES

A. Coaches will be held responsible for the appearance and conduct of their players while the player is on the facility premises.

B. All coaches will conduct themselves in a sportsmanlike manner at all times. Verbal abuse of an official, player, spectator, or any other person involved in the program is prohibited and will not be tolerated.

C. Coaches must be in the gym whenever there is a team function, unless approved by Division Director / Site Supervisor.

D. Staffing for games at the middle school will be scheduled and managed by the Division Director / Site Supervisor, and consist of the following:

- |   |                  |
|---|------------------|
| 1 – Division Director / Site Supervisor | 2 – Scorekeepers |
| 3 – Referee's                           | 4 – Game Coaches |

NOTE: Coaches may not be needed to work games, depending on the current staffing and their team's schedule. The Division Director / Site Supervisor will make all decisions pertaining to this.

***GARDEN CITY YOUTH ATHLETIC ASSOCIATION RESERVES THE RIGHT TO AMEND, INTERPRET, OR MAKE A DECISION ON ANY NEW OR UNCLEAR SITUATION THAT MAY ARISE, OR ANY MATTER THAT IS IN THE BEST INTEREST OF THE LEAGUE AS A WHOLE AND THOSE MEMBERS INVOLVED.***

