GRADE 7-8 North Hunterdon Basketball League Rules

Updated 11-23-2027

All coaches are to meet with the referee at the scorer's table prior to the start of every game to make sure everyone is clear about the rules and to bring up any particular issues that may pertain to that game***; i.e. some has a kid on the team with asthma and he or she cannot play the required half game per player as per the rules*****,** or agree on how to handle any player who needs to jump over the foul line to reach the basket, etc. This will be a good time for refs to make sure coaches understand the technical foul and bench rules. Home court Commissioner is encouraged to attend this discussion. ***The purpose of this rule is to promote good sportsmanship***. This session at the scorer's table is meant to be a very brief meeting and in no way should these discussions get so elaborate that they are delaying the start of a game.

Games will not start until there are individuals (from the home gym) sitting at the scorer's table to maintain the book and clock.

PLAYING TIME & SUBSTITUTIONS

- The game will consist of four 8-minute quarters
- Playing time rules based on number of players in attendance:
    - 10+ players: everyone should have equal playing time, with each player sitting about 1/2 of the game
    - 9-7 players: each player is required to sit at least 8 minutes
    - 6 players: each player is required to sit at least 5 minutes
    - 5 players: each player will, obviously, play the full game
- Player substitutions may be made at any clock stoppage during the game.
- Players must take a knee at the score table until they are called in by the referee.

TIME OUTS

- Two 1-minute time outs will be allowed per half. Time-outs may be used at the coach's discretion and kept track of by the scorer's table.
- Overtime – Only ONE 1-minute timeout is allowed during overtime. Unused timeouts are not carried over into overtime.

CLOCK STOPPAGE

Stoppage of the clock occurs with the following: Referee whistle - All fouls - All out of bound plays - Any injury

FOULS

- Each player is allowed 5 fouls per game. When the player receives the 5th foul, he/she must exit the game and may not play for the remainder of that game.
- Technical Fouls: 1st Technical Foul during a game – Player or coach is warned and the other team gets 2 shots and possession. 2nd Technical during a game – Player or coach is out for the rest of the game the next game.
- The other team gets 2 shots and possession. If a coach is ejected from a second game, they are eliminated from the remainder of the Season
- Per NFHS RULES, per quarter the 5th foul will be the double bonus and be awarded two foul shots. Team fouls reset per quarter.

PENALTIES

- The offensive team is allowed 10 seconds to get ball over half court.
- The 3-second rule in the key is in effect.

- 5 seconds for inbound plays.
- Passing from frontcourt to backcourt will result in a turnover, except in inbound passing

BACKCOURT DEFENSE
Backcourt defense is allowed throughout the entire game, as well as the entire overtime period.

MERCY RULE
A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is ***expected*** to slow the pace and intensity of the game. No fast breaks or three pointers are allowed. The first time a fast break or three is shot, it's a warning and the basket is waived off and the ball is turned to the opposing team. The 2nd time this happens, it's a technical foul and the basket is waived off, and the opposing team gets the 2 foul shots and the ball side out. This will continue as long as a team up 20+ points is unable to slow the pace of the game and play with sportsmanship in mind. Note - the Mercy rule is in affect during the playoffs as well.

OVERTIME
- Any games tied at the end of regulation will go into overtime.
- Overtime will consist of one (1) 4-minute overtime period.
- If the score remains equal at the end of the overtime period, a second overtime period will be played.
- Team fouls carry over into overtime
- Backcourt defense is allowed in the last minute of the overtime period
- Only (ONE) 1-minute timeout is allowed during overtime. Unused timeouts are not carried over into overtime

GENERAL RULES
- Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.
- Players occupying marked spaces along the free throw lane will be allowed to enter the lane once the ball is released by the free throw shooter, free throw shooter must wait for ball to hit the rim or backboard before entering the free throw lane.
- Alternating possession arrow in effect.
- 3-point shots will be allowed.
- Double-teaming is allowed
- A team must start with 5 players. In the event the 5th player fouls out of the game, with no additional players on the bench, the team can play with 4 players. If another player fouls out, leaving 3 active players, the team must forfeit.
- If a team is missing player, additional players may be added to the roster… but they must come from another team of a lower grade level (from the same town). Any team using players called up from a lower level may not have a roster of more than 7 players at the start of the game. If a team cannot start the game with 5 players, it forfeits the game.
- A 28.5 in ball will be used for girls and 29.5 for boys.
- Ten-foot baskets will be used
- Only 2 coaches are allowed on the bench. **Only 1 coach is allowed to be standing at any given time.**