

Sandwich Youth Basketball – Rules and Guidelines

Grade 7 & 8 Boys & Girls

All Standard MIAA High School Basketball rules will apply with the following exceptions:

Playing Time & Rules

1. The games will be played using two 14-minute stop time halves with a 5-minute halftime.
2. ALL PLAYERS must play a minimum of a 1/2 game (14 min).
3. NO PLAYER may play more than 21 min per game. The exception is when a team only has 5 or 6 players;
 - a. With 6 players, NO PLAYER may play more than 24 ½ min. (each player must sit out at least one shift.)
 - b. With 5 players, all players will play the entire game.
 - c. With less than 5 players, the game is recorded as a forfeit. The score will be recorded as 2-0 in favor of the team ready to play.
4. Any one player should not play more than one shift greater than the player with the least amount of shifts. A shift is considered one (1) 3-1/2 minute time frame as described in Paragraph 1 of the “Substitutions & Defense” section below.
5. Two (2) 30-second Time Outs per half may be called at any time. In the event of overtime, one (1) time out will be awarded to each team and any unused time outs will not be carried over to the overtime period.
6. Overtime will commence immediately at the end of the 4th quarter with a jump ball at center court. The overtime length is three (3) minutes and only one (1) overtime period will be played. In the event that a winner is not determined after the first overtime, the game will be recorded as a tie.

Substitutions & Defense

1. Substitutions will only be allowed every 3-½ minutes. The referees will attempt to stop play as close to the 10:30, 7:00 & 3:30 times on the scoreboard to bring substitutes in. **All players on the bench must be substituted into the game.** *This is not a time-out and your players should be waiting at the scorer’s table ready to step onto the court and play.*
2. Any defense is allowed, including full court defense, at any time.
3. NO full court defense is allowed by any defensive team having a 12-point or greater lead.

Ejections

Any player or coach ejected from a game due to technical fouls or poor sportsmanship will be disqualified from participating in the next game. All of these infractions should be reported to the SYB Executive Board for further review. This does not apply to a player who is removed from the game due to 5 personal fouls.