

# JFC 7th & 8th Basketball Rules and Regulations

## Game Format:

- Games will consist of two twenty minute halves. Jump ball to start regulation and OTs.
- The clock will run continuously, but will stop under one minute in the first half for dead balls, and under two minutes in the second half for dead balls and made buckets.
- Games will be played five on five, on a regulation 10 foot rim, with a 28.5 sized ball. Games will run on the full court here at Jackson Friends Church, but depending on sign ups, each team may have one or two games on the side courts during the season.
- Each team will be allowed two timeouts maximum PER HALF. One extra if OT.
- Defense may press at any point in a game, EXCEPT when leading by 10 points or more. At that point defense must start at half court, until the lead is less than 10.
- Players foul out at five fouls. One and one at seven team fouls, two free throws at 10 fouls.
- Overtime will be two minutes long and the clock will stop on all dead balls/ made buckets. Continues until a team wins.
- The regular season will be 9 games, and every team will be guaranteed one playoff game.

## Other Rules/Regulations:

- EVERY PLAYER must be allowed to play at least half the game.
- Any technical fouls result is a five minute benching for a player. Two in a game is an ejection and a half or full game suspension. Three or more in a season will result in more severe actions, at the discretion of the league director/sports & rec director.
- Players and coaches are asked to arrive 10 minutes before their game, so that we can stay on time.
- Memory verses will be given out weekly to teams. Each game day three players will be randomly selected to recite the verse. Players who get the verse completely right have chance to shoot a three pointer or a free throw to give their team points to start the game. Players who get most of it right have a chance to shoot a free throw for points. \*There is a chance this is swapped for weekly devotions instead. Check w/director\*.
- For every game we will have a halftime devotion at mid court for all the players.
- Games will be officiated by OHSAA qualified officials. We will make sure that our referees are respected. No arguing or yelling at officials, please.
- Lastly, this league is all about having fun and learning a little more about Jesus! Everyone wants to win, but ultimately we want EVERYONE to have a great experience!