



**COOPERATIVE RECREATIONAL LEAGUE
ERIE – LAFAYETTE – LONGMONT – LOUISVILLE
7th-8th GRADE YOUTH BASKETBALL RULES**

FUN AND SPORTSMANSHIP ARE OF THE UTMOST PRIORITY AND SHALL BE EMPHASIZED BY EVERYONE INVOLVED IN THE PROGRAM; ADMINISTRATORS, COACHES, PARENTS, PLAYERS, AND REFEREES.

Current Colorado High School Activities Association (CHSAA) rules will be used in conjunction with the following variations:

1. Basket height is 10' 0". Boys will play with a size 7 ball (30.0 in.). Girls will play with size 6 ball (28.5 in.)
2. Game consists of 4 quarters that are 10 minutes long with a running clock. Substitutions take place in between quarters and at the 5 minute mark of each quarter. Halftime will be 3 minutes long and 1 minute between quarters.
3. Two 30 second time outs per team per half. Time outs can be called by either player or coach and only during deadball situations or when in possession of the ball. Timeouts do not carry over to the second half.
4. Each player must play a minimum of half the game. Teams with 8 players or more can only substitute at the five minute mark of each quarter. Teams with 7 or less players or 10+ have open substitutions. The last five minutes of the game are open substitutions regardless of number of players on team. All substitutions must report to scorer's table to check in before entering game.
5. Clock will run continuously unless the score is less than 11 points in the final two minutes of the game. If the margin is greater than 10 points at the two minute mark, the clock will continue to run regardless of margin after the two minutes.
6. Tie game at regulation will result in two minute overtime period with a stop clock situation is final 30 seconds.
 - a. If game remains tied, a second overtime period will be played.
 - b. If game is tied after second overtime, winner will be decided by sudden death (first basket scored wins).
7. Score is kept on scoreboard. Blowout rule: If a team is leading by 20 points or more at halftime, the score may be reset to zero for the second half (per approval of the coach of trailing team) or anytime thereafter.

8. Personal and team fouls will be tracked. Players can foul out of the game. Each player is allowed 5 personal fouls before being disqualified.
9. Free throws will be attempted to standard high school rules.
 - a. All shooting fouls will result in free throw attempts (Distance is 15’).
 - b. After the 7th team foul, violation will result in a one and bonus for the offensive team. After the 10th team foul, two attempts are awarded.
 - c. Offensive (player control) fouls do not result in free throw attempts at any point in the game.
10. Both man-to-man and zone defense are allowed, therefore double-teaming is also allowed. Defense can come out beyond to the top of the key at any time.
11. Full court defense allowed in the last two minutes of the game. If a team is up by more than 10 points, they are not allowed to press.
12. Coaches are allowed to stand on sidelines unless warned otherwise by the official or supervisor.
13. No jewelry allowed (includes recently pierced ears or other items that are judged to be dangerous by officials or supervisors).
14. No stalling allowed. Offensive team must make concerted effort to score. First offense results in warning. Subsequent offenses result in technical foul (2 free throws) and loss of possession.
15. A technical or flagrant foul results in the committing player receiving one personal foul with the possibility of disqualification (official discretion). The opposing team receives 2 points and the possession of the ball out of bounds.
16. Any player or coach receiving two technical fouls will be ejected from the game and will receive at minimum a one game suspension.
17. Each city reserves the authority to remove anyone demonstrating negative behavior, foul language or actions judged to be detrimental to the goals of the program and its operations.
18. Each city reserves the right to adjust the rules judged as needed for the benefit of the program at any time.

The rules of the youth basketball program are for all persons to abide by in order to provide an equitable format for participation and competition. These rules will be consistent at each location. The host location and its’ administrators and officials will have ultimate authority on all rule interpretations and applications.