

GR 7 BASKETBALL RULES- UPDATED DECEMBER 2024

Part 2: Grade 7 Basketball – Commission Rules and Regulations - Updated April 2024

2.5 General Regulations

1. One official will be assigned by the KABO. The league will follow FIBA rules with modified rules listed below.
2. Responsibilities of home (host) school: a. Provide a #6 size game ball b. Provide a scorer and timer as well as a possession arrow and c. No 24 or 30 second clock will be used.
3. The game format will be **eight** shifts of four minutes stopped time. Halftime will occur at the completion of four shifts and will be five minutes running time in length.
4. Game substitutions will only occur at the beginning of each the 4 minute shifts. *If a team has less than ten players, both coaches must agree to allow substitutions after any whistle during the period as opposed to just at the beginning of a 4 minute shift.*
5. A player who leaves a shift due to injury or medical reasons shall not return to the game during the same shift.
6. For shift changes, the horn will sound to indicate the end of the four minute shift and five new players will immediately enter the court.
7. A jump ball will be conducted at the beginning of the game. After that, the possession arrow will be utilized throughout the game and at the beginning of each new four minute shift.
8. A player will continue to participate in the game until the player has five personal fouls at which time the player must leave the game.
9. If an offensive player is fouled in the act of shooting and the shot is unsuccessful, the player will attempt 2 free throws if fouled in the two point field goal area or 3 free throws if fouled in the three point field goal area.
10. If an offensive player successfully converts a two point field goal and is fouled in the act of shooting, the player will attempt 1 free throw for an additional point.
11. If an offensive player successfully converts a three point field goal and is fouled in the act of shooting, the offensive team will receive three points and the player will attempt one free throw for a possible additional point.
12. A defensive team is in penalty when they commit five fouls in a quarter (Period 1/2 or 3/4 or 5/6 or 7/8). If this occurs, the offensive team player that was fouled will shoot 2 free throws. Team fouls reset to zero at the beginning of each quarter.
13. If the game is tied at the end of the eighth shift, an overtime period of two minutes will occur. Five new players will enter the game for overtime. Team fouls from period 7/8 carry over into any overtime periods and are not reset to zero.

14. If the game is tied at the end of the first or second or third overtime period, an additional shift of one minute will occur. Five new players will enter the game for each overtime period.

15. Teams will play man to man defense and pick up their checks in the offence's front court only letting the offense bring the ball over half court. No zone defense is allowed and no man-to-man defense in the offence's back court is allowed no matter the point spread.

16. Each team is allowed one time out in the first half and one in the second half. If you do not use your timeout in the first half you lose that time out. Each team will get one time out if a game goes to overtime.