

Mountain View Recreation

Basketball rules for 7-8 Co-ed

1. Play 6 minute quarters.
2. Clock stops on all whistles.
3. 3 time outs per half.
4. Jump ball to start game. Possessions will alternate after that.
5. 6 fouls per player. Conduct fouls will count as a player foul but not a team foul.
6. Use 28.5 basketball and 8 foot rim.
7. Coaches must have lineup turned in 5 minutes prior to start time or end of game proceeding yours.
8. Teams must start with at least 4 players but can finish with any amount.
9. No 3 point shot.
10. Foul shots from short foul line. Players may jump over the line until an announced date around mid-season. Thereafter, players will not be allowed to jump over line.
11. 5 second call for lane violation.
12. Defense must stay behind 3 point arc until ball crosses midcourt. If offense takes ball out of bounds after crossing half court, defense can guard up to half court line. After ball crosses half court, the defense can guard up to the half court line even if ball is inbounded in the back court.
13. 1st offense for a defense infraction (press, leaving 3 point arc too early, etc) in each half will result in a warning. 2nd offense and thereafter will result in a ONE shot technical foul. Officials can use discretion if an illegal press is viewed accidental.
14. In the last 30 seconds of the 4th quarter only, if game is 5 point game or closer, defense may full court press. Team ahead and behind are both allowed to press. If score differential goes above 5 points, regular defense rules apply.
15. **NEW***** If lead is over 15 points, the team leading must stay behind the 3 point line at all times while defending. The team that is trailing may still play under normal defensive rules.
16. **NEW***** If lead is over 25 points, the clock will run continuously except for timeouts or injuries.
17. One 2 minute overtime if score is tied after regulation. Press only allowed in last 30 seconds the same as the 4th quarter. Each team gets 1 additional timeout in overtime. If game is tied after overtime, game is over and declared a tie.