

Kempsville Recreation Association

7U Basketball Official Playing Rules

Revised: November 27, 2023

The purpose of Kempsville Recreation Association is to provide a fun, recreational experience for its participants. With that purpose in mind, the rules contained in this booklet are subject to the final interpretation of the game officials whose decision is final.

Referees will consult the 2022-2023 National Federation of State High School Associations' Rule Book for Basketball in any matter not covered by this booklet.

1. Game Timing

- a. The game will be divided into four (4) periods of six (6) minutes each with a running clock. The clock will only stop for timeouts and discretionary timeouts as directed by the referees. Examples of discretionary timeouts include a player needing to tie his/her shoes, a ball well out of play or an equipment malfunction. Officials are cautioned not to allow this rule to be abused, as it will create an unfair situation from one game to the next. Also it will cause games to run behind schedule. A technical foul will be assessed to teams that try to gain a competitive advantage through game delay. The last two minutes of the game will be played with a regular clock.
- b. Each team is allowed three (3) timeouts in each half of play and one timeout in overtime. Timeouts not used in the first half do not carry to the second half and they do not carry from second half to overtime. Timeouts are one (1) minute in length. Referees and Coaches must strictly adhere to the (1) minute time limit.
- c. There will be a two (2) minute break between periods and a five (5) minute break between halves.
- d. The offensive team has five (5) seconds to place the ball in play after it is presented by the referee. This includes free throws.

2. Gameplay and Miscellaneous

- a. A center jump will start the game. Possessions will alternate at each jump ball situation according to the possession arrow including the change of period.
- b. Teams will start the game defending the goal nearest their bench and alternate at the half. That means pre-game warm-up is located on the other side of the court from your bench.
- c. A maximum of three adults are allowed in the bench area of each team. Those adults must be the designated coach and assistant. Coaches may change the designated assistant only by receiving permission from the game official in advance. The team scorer must sit at the scorer's table. Game officials will assess a technical for violation of this rule.
- d. Coaches are responsible for behavior of their parents and fans. Children are not permitted to cross the end line area of the court while the game is in progress. No one is allowed to sit in the end line area. These rules are for the safety of the spectators and players. Players are to remain seated while the game is in progress. Only one coach from each team is allowed to be standing while the ball is in play.

- e. **Fast breaking is not allowed.** Once a player in his/her backcourt gains possession all opposing players must retreat down court. All defenders will wait, playing behind the blue/green line. Once the offensive player has established him/herself beyond the blue/green line (both feet down) then defender(s) may engage. The referee will aid with this early in the season. Repeated violations will result in a technical foul. The team bringing the ball down the floor must wait until all defenders have retreated passed half court before the ball passes half court.
- f. All players entering the game must check in at the scorer's table. This includes changes in the period. Coaches must have their players ready to play at the referee's whistle. The referee will place the ball at the "throw in" point and count five seconds off. If the offensive team has not in-bounded, then the possession will change. (However the possession arrow will still favor the team not penalized since this is not a jump ball situation).
- g. *Note: The referee is not required to hand the player the ball after a basket is made in the course of normal play. Again, the referee will aid with this early in the season.*
- h. Free throws will be attempted from the base of the key circle. The rim will be set at 8 feet.
- i. Every child will shoot one free throw during half time with the results of that shot counting for the teams score. The visiting team will shoot first. After the child shoots, he/she will return to the bench and be seated. The referee will coordinate this part of the game. Differences in the number of players per team will be equalized by coach with fewer players choosing players to shoot twice to equal total shots by each team, players shooting twice must be selected from those that did not make their first shot. If there are cheerleaders, they will perform after both teams have shot their free throws.
- j. A team must have five (5) players in attendance to start the game. ***There will be no grace period.***
- k. Only protests of player age eligibility are permitted.
- l. No food, drink, or water bottles are allowed in the gym. Coaches should instruct parents and team moms that they are not to distribute team drinks in the gym. Smoking is not allowed anywhere on school property. Please instruct parents not to smoke outside the gym doors. The only place to smoke is in your vehicle.
- m. Technical fouls count against team and player totals. Players **are disqualified after five (5) fouls.** Teams shoot the bonus on the 7th (1 and 1) and 10th (2 shots) successive team foul per half.
- n. There are no overtime periods during regular season games. Games ending in a tie will be recorded as such. During tournament play, one three-minute overtime period (regular clock) will be played starting with a tip ball at center court . If the game is still tied after three minutes, a "Shoot Off" orchestrated by the referees will resolve ties. Each team will identify 5 players to participate in the "Shoot off". Each team will shoot four shots at the same basket they were shooting at during the 4th period. All remaining coaches and players will remain seated during the "Shoot-Off". One shot per designated player, score will be tallied on the official scoreboard. This process will be repeated until a winner is determined. Coaches must notify the official score keeper of all players that are not present.
- o. The ball must **be out of the shooter's hand** before players lining the lane can enter the free throw lane during free throw situations. The shooter and all other players must wait till the ball hits the rim before entering the lane.

- p. Defenses may play Man to Man or Zone defense. Defense will allow the offense to cross the green line just past the half court line before engaging. See rule 5.
- q. Sportsmanship with regards to the score: Remember, we are helping the kids to learn to play the game. Huge point spreads do not give either team a good feeling. In this age group a 15 point lead is a huge lead. It is KRA's belief that coaches know and understand when a game is "put away" and requests that coaches show good sportsmanship. This includes backing down the defense to a zone picking up the offense at the top of the key.

3. Minimum Play

- a. **Every player must play at least two (2) full uninterrupted periods at the earliest opportunity.** Substitutions during a period may be made ONLY due to injury or foul out situations unless it's between two players who have already met their full two-period minimum play requirement. Injured players must return if capable.
- b. A player eligible for minimum play is defined as any uniformed player in attendance before the start of the second period. If a child shows up after the beginning of the second period, only one period is required. No Player can play four (4) quarters unless every other player has played three (3).
- c. Violation of this will result in a technical foul called on the team making the infraction. Play will stop and the correct substitution will be made. **The second violation of the rule will result in forfeiture of the game.**
- d. Coaches may inquire the official scorekeeper before play starts to ensure substitutions were made correctly. Repeated violation of this rule is grounds for suspension and/or removal of the coach.

4. Injuries

- a. Players that are removed from play because of an injury and are capable of returning must do so. Every effort will be made to meet the minimum play requirements. Final decision with regard to minimum play in the event of an injury rests with the game officials and official scorekeeper.

5. Disciplinary (conduct) Rules

- a. Any player, coach, or spectator guilty of striking an official in any manner on City property during or after a game shall be suspended indefinitely from participating in any league sponsored by the Parks and Recreation Department in accordance with Community League Parks and Recreation Department bylaws.
- b. Any player or coach ejected from the game by an official for unsportsmanlike conduct shall be automatically suspended from the next league game to be played by their team. No official notice of this suspension shall be necessary. The head official will notify the league commissioner of the suspension. In the event a player or coach deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win. Additionally, the player or coach who deviated from this rule will be suspended an additional game to be played by their team. Suspended coaches are not allowed to participate or stand on the sidelines while serving a suspension.