



7U Rec Basketball Rules

Ball Size: 27.5 (Junior Size)

Court Size: Full or Cross Court

Hoop Height: Approximately Ten (10) feet.

Rosters:

- Games will be played 5-on-5.
- Each team will have a maximum of ten (10) players on the roster.
- Rosters, with more than ten players, require approval from the League Coordinator and Head Coach.
- Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be on the team bench.
- Players should remain in one area so they can be seen and be given equal playing time.
- Coaches are not allowed on the court.
- No Forfeits. Teams may play with lesser players if necessary, depending on the smallest team size.

Equipment and Uniforms:

- An NYS-administered or approved jersey must be worn during the game. All players must be wearing matching jerseys.
- Teams utilizing **NYS jerseys** must follow the following:
 - Home team wears **red**, away team wears **silver**.
- Jerseys should be tucked into shorts.
- Athletic shoes are required. No crocks, flip flops or open toe shoes.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Referees/Officials:

- NYS will provide one official for each game.
- All Coaches and spectators, who are watching a game, are prohibited from commenting or questioning a call of the Referee officiating the game. A disruption of this nature may result in disciplinary action upon review by the League Director.
- **FOR COMMENTS ON HOW A REFEREE IS OFFICIATING, TAKE YOUR ISSUES TO THE LEAGUE DIRECTOR.**

Game Duration:

- Each game will consist of four, eight (8)-minute quarters, with a running clock except for timeouts.
- Two (2) 30 second time outs per team, per half.
- There will be a 1-minute break between the first and second quarters and the third and fourth quarters.
- Halftime will be 2 minutes long.

Possession of the Ball:

- A jump ball will start each game.
- Teams shall rotate who in bounds each quarter.

Substitutions:

- Substitutions are unlimited and may be made at the quarter break. Exceptions will be made for an injured player.

Gameplay:

- There will be no lane violations called and no individual fouls counted.
- Defense is **MAN TO MAN ONLY. NO** double-teaming at any time. Stealing of the ball while controlled by offensive player is not allowed. No slapping or reaching in at the ball.
- **NO** backcourt defense allowed.
- Possession will alternate each quarter, jump-ball, or double foul.
- Players may not run with the ball; dribbling must be emphasized.
- Excessive fouling, stealing, or rough play may result in a technical foul
 - Players who receive a technical foul must sit for one quarter. If the ball goes out of bounds, opposing team will inbound the ball from top of the key.
- After each basket the opposing team will then inbound the ball from their end line.

Scores and Standings:

- This is intended to be an instructional program, not a competitive league. Scores and standings will not be kept.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.
- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE