



Cottonwood Heights Parks and Recreation – Youth Jr. Jazz Basketball Program

7th-8th Grade Rules

The Cottonwood Heights Youth Junior Jazz program is designed to be fun, while developing game skills and focusing on principles of sportsmanship and fair play. *Rule interpretation and enforcement will be at the discretion of the recreation staff (CHRC officials, site supervisors, coordinators, etc.)

Parents, Family, Friends & Fans: Yelling at or harassing (*swearing, bullying, intimidating, threatening*) game officials, the opposing team's fans, any coaches or players will not be tolerated. Such behavior could lead to an ejection from the game and potential league suspension/ban.

High School basketball rules will govern play with the following modifications:

1. The 7th/ 8th grade recreation basketball division will use a men's size 29.5". The division will play on 10foot basketball standards.
2. Every team member must play an equal amount of time.
3. Game time consists of four, 8 minute Quarters using a running clock. The clock will stop on free throws and time-outs and on all dead balls during the last minute of each quarter. 3 minute half time period.
4. The game will be started with a jump ball. All subsequent jump balls and the start of the remaining quarters will be alternating possessions.
5. If a team is up by 20 points a mercy rule will go into effect and the score clock will run with no stops.
6. Coaches are encouraged to instruct the players to keep moving and not stand still when they are in the key. 3 second violation will be called by officials.
7. One-and-one bonus will be awarded on the seventh team foul of each half. Double bonus will be awarded on the tenth team foul. During free-throws players in the marked lane space can enter the key once the ball leaves the shooters hand, the free-throw shooter and players behind the shooter can enter once the ball hits the rim.
8. There are no special restrictions on the type of defense used. You may use zone or man-to-man. A full court press is allowed at any time during the game. Exception: If a team is leading by 10 or more points they will not be allowed to full court press.
9. Any player receiving an unsportsmanlike technical foul will sit out eight (8) game-time minutes. If a player receives two unsportsmanlike technical fouls in a single game, he/she will be ejected for the remainder of that game and the next game. A meeting with the program coordinator is required before that player is eligible to return to the league. Three unsportsmanlike technical fouls accumulated during the season will result in immediate suspension from league play.
10. Coaches are encouraged to coach from the bench. If 2 coaches are on the bench only 1 can stand up in front of the bench. Yelling at officials, players, opposing team/coach will not be tolerated. Technical fouls can be called if such behavior happens. Team coach must stay in front of their own bench at all times.

11. Any head coach receiving an unsportsmanlike technical foul will be required to sit down on the bench for the remainder of the game. If a coach receives two unsportsmanlike technical fouls in a single game he/she will be ejected for the remainder of that game and the next game. A meeting with the program coordinator is required before that coach is eligible to return to the league. Three unsportsmanlike technical fouls accumulated during the season will result in being suspended from league play.
12. Each team will receive two, 1-minute timeouts per half. Unused timeouts in the first half do not carry over to the second half.
13. There will be no overtime periods. If the game ends in a tie, it is a tie.
14. Full Court Pressing is only allowed if the score is within 10 points or less, otherwise it is half-court defense.
15. CHRC, at its sole discretion, reserves the right to revise rules at any point during the season if necessary.