Cottonwood Heights Parks and Recreation – Jr. Jazz Youth Basketball

7th-8th Grade Rules

The Cottonwood Heights Youth Junior Jazz program is designed to be simple and 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, potential league suspension/ban, and/or trespassing from CHPRSA facilities and future programs.

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

1. **Division Format**
   a. The 7th/ 8th grade recreation basketball division will use a men's size 29.5" on 10 foot hoops.
   b. There will be four, 8-minute quarters, using a running clock.
      i. During the last minute of each quarter the clock will stop on free throws, time-outs.
   c. One-minute break between quarters and a three-minute halftime.
2. **Gameplay**
   a. Each team will play with 5 players on the court at a time.
   b. Each team can receive two, 60 second timeouts per half.
      i. Unused timeouts in the first half do not carry over to the second half.
   c. Coaches
      i. Must play all of their players a minimum of half (50%) of the Game.
      ii. Encouraged to coach from the bench and are not permitted among players on the court during gameplay.
   d. Games begin with a jump ball at midcourt.
      i. Teams rotate starting play in the subsequent quarters.
   e. Defense
      i. Teams may play zone or man-to-man defense.
      ii. A full court press is permitted at any point in the game.
         1. Exception: **if a team is leading by 10 points or more they will not be allowed to full court press.**
      iii. Double or triple teaming is discouraged at this level.
      iv. Players can foul out.
   f. There is no overtime; the game is a tie if the score is tied after the fourth quarter.
3. **Officiating**
   a. Coaches and parents will be reminded regularly that our officials are not professionals, and have been asked to be consistent and appropriate in their calls.
      i. **Officials will issue technical fouls for unsportsmanlike conduct, and if necessary, have the authority to remove a parent, coach, or player from the game and facility.**
   b. At this level, 3 seconds in the key will be called by officials; coaches should instruct the players to keep moving and not stand in the key.

c. 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.
    i. 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.
d. Unsportsmanlike Conduct
    i. Players
        1. Any player receiving an unsportsmanlike technical foul will sit out eight game-time minutes.
        2. 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.
        3. A meeting with the program coordinator is required before that player is eligible to return to the league.
        4. Three unsportsmanlike technical fouls accumulated during the season will result in immediate suspension from league play.
    ii. Coach
        1. Any head coach receiving an unsportsmanlike technical foul will be required to sit down on the bench for the remainder of the game.
        2. 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.
        3. A meeting with the program coordinator is required before that coach is eligible to return to the league.
        4. Three unsportsmanlike technical fouls accumulated during the season will result in being suspended from league play.