

Sandwich Youth Basketball – Rules and Guidelines

7th/8th Grade Boys & Girls

Updated October 20, 2025

All Standard MIAA High School Basketball rules apply with the following exceptions:

General:

1. 14-minute stop time halves with a 2 minute half-time.
2. Two (2) 30-second Time Outs per half. No carryover.
3. Bonus Foul Shots: A two shot bonus will be awarded upon the 10th common foul in a half.

Playing Time & Substitutions

1. NO PLAYER may play more than one shift more than any other player. To ensure balanced playing time, use of the SYB Player substitution grid is required. Rotation Grids are available at www.sandwichyouthbasketball.org under the In Town Rec League Tab.
2. With the exception of player injury, substitutions are only allowed every 3-½ minutes. Officials will attempt to stop play as close as possible to 10:30, 7:00 & 3:30 on the clock for substitutions.
3. **All players on the bench must be substituted into the game.** *This is **not** a time-out, and your players should be ready to step onto the court and play.*

Defense

1. Any defense is allowed, including full court defense, at any time.
2. Only the losing team is allowed to press if separated by greater than 12 points.

Overtime

1. If needed, a two (2) minute overtime will commence immediately at the end of the 4th quarter.
2. 1 timeout per overtime. No carryovers.
3. Any 5 players can begin the overtime. Substitutions are permitted in the event of an injury only (not during a dead ball). At the beginning of the 2nd and each subsequent overtime (if needed), all players on the bench must be substituted into the game in the same manner as regulation play.

Player and Coach Conduct

Any player or coach ejected from a game due to technical fouls or poor sportsmanship will be disqualified from participating in the next game. All Player/Coach technical fouls/or ejections should be reported by the responsible Head Coach to the SYB Executive Board within 24 hours for further review. This does not apply to a player who is removed from the game due to 5 personal fouls.