

Kittatinny-Newton Recreational Basketball League

Game Rules - 7th Grade & 8th Grade Level

Approved 10.6.25

Games shall be played in accordance with the current New Jersey High School Rules, except for any changes specifically stated in these Rules.

GAME PARTICIPATIONS REQUIREMENTS

All players MUST play at least half of the game.

BASKET HEIGHTS and FOUL SHOTS

1. Ten (10) feet basket and regulation foul line.
2. Foul shots will be played on the release.

THREE POINT BASKET

3. Three point baskets are allowed if the gym accommodates the 3-point arc.

GAME CLOCK RULES & ALLOWABLE TIMEOUTS

4. Games will be played by EIGHT minutes quarters with the clock stopping for free throws and time-outs.
5. With one minute remaining at the end of the 4th quarter, the clock will stop for all referee calls if the game score is within single digits.
6. One THREE minute overtime period. For first two minutes of OT, the clock will only stop for free throws and time-outs. With one minute remaining at the end of the OT, the clock will stop for all referee calls.
7. TWO 30 second time-outs will be allowed per half. They do not carry over if unused. ONE time-out in overtime period.
8. FIVE minutes will be allowed for warm-up between games and four (4) minutes between halves. Time between quarters will only last one minute.
9. The ref will briefly stop the clock at roughly the four-minute mark in each quarter to allow for (optional) subs (coaches can sub at any other appropriate point in the game).

PERSONAL FOULS

10. If a team is down to five (5) players and one or more receives his/her fifth foul, that player can remain in the game but any additional fouls will result in two shots for the opposing team and possession of the ball.

TECHNICAL FOUL

11. A player who receives a technical foul must come out of the game for FIVE (5) MINUTES.

12. Player(s) throwing a punch and/or fighting results in a technical foul shot and an automatic ejection and is suspended from playing in the in next scheduled game. If the same player receives a second ejection, he/she is out of the League. The incident must be reported to the League.

TEAM PRESSING

13. Full court pressing (up-to five players) is allowed during the last four minutes of the 2nd and 4th quarters. This does NOT need agreement of the coaches prior to the game. No pressing is allowed by the winning team when the game score differential is in excess of 15 points, but the losing team can press regardless of the score.

GAME BALL PROVISION

14. The 7th Grade and 8th Grade Boys Level Divisions shall use the 29.5" ball. The 7th Grade and 8th Grade Girls Level Divisions shall use the 28.5" ball.