

OREM RECREATION DEPARTMENT
Jr Jazz BASKETBALL RULES
7th-8th Grade Boys and Girls

GENERAL RULES

1. Regular high school rules apply except for those noted herein:
2. Orem Youth Basketball is a program to develop skills, sportsmanship, and progressive competition. We want to make it a positive experience for all who participate. It is required that all players participate in at least **10 minutes** of the game.
3. Scores are kept for this age group.
4. Game time is start time. Please arrive early to allow for warm up time. Four (4) players are required to start each game. If you do not have at least four players at game time, your team will forfeit the game.
5. Playing time shall be two twenty-minute halves, running clock except time outs. Regulation playing time shall be in effect the last two minutes of each half (this means the clock will stop on all whistles). **EXCEPTION:** In the second half, if one team is up by 16 points or more at the two-minute mark, the clock will continue to run for the last two minutes. Since games are scheduled each hour, there will be a limited warm-up time and a three-minute half time. Overtime: First overtime period - one minute clock stops according to rule. Second overtime period, "Sudden Death" - first score wins.
6. A Maximum of two (2) coaches will be allowed on the bench.
7. Start each game on a jump ball. The ball size for this grade group is size 7 (29.5" circumference) for boys and size 6 for (28.5" circumference) for girls.
8. Time outs: Two 30-second time outs allotted per half per team. Over time period(s) - One additional time out per period is allowed. Time outs do not accrue and cannot be carried over to the second half or over time period(s).
9. Full court pressing is allowed. However, if your team is ahead by 16 points or more, defensive pressure may NOT be applied until the offensive player with

the ball gets both feet into forecourt.

10. Every player gets to play at least **ten minutes (actual game time)** of every game. All players should have a chance to learn and have fun, regardless of the player's experience or ability.
11. Man-to-man defense and zone defense will be played in our league and the city tournament. Coaches may use the defense they prefer.
12. There will be a post-season double elimination tournament with all teams involved.
13. Each player must be registered and have a current Orem Youth Basketball jersey on to play. If your team is caught using an illegal player, the coach will be suspended for a minimum of two games.