

White Lake Youth Sports Basketball

7th & 8th grade boys basketball rules

Regular MHSAA basketball rules apply with the following exceptions

1. One time out per half. Two timeouts can be called in a single half if score is within 10 points.
1. 5 minute pregame warm ups, 32 minute running clock with 1 minute between quarters and 3 minutes for halftime.
2. Each half will two 8 minute quarters. Referees can stop the clock for free throws, injuries, teaching or their discretion.
3. Zone and man-to-man full court defenses are allowed. If a team is ahead by 10 points or more, their defense must begin at half court.
4. Coaches are expected to play each player a balanced amount of time. Coaches will submit a line up for the score keeper (to keep track of fouls).
5. Players who use foul language must be pulled out of the game immediately. If it happens a second time in a game, the player will be ejected from the game.
6. Coaches who use foul language will be asked to leave the gymnasium immediately.
7. Game that end in a tie, will result in a 2 minute overtime period. If still tied, sudden death (first to score) overtime will occur.
8. Records will be kept for tournament seeding purposes.