

2025-26 SHEPNAZ BASKETBALL

7th & 8th GRADE RULES

1. Regular OHSAA rules apply except where special league rules take effect.
2. The game will consist of six periods lasting six minutes each. The clock will be a running clock for all six periods except for the last 10 seconds of each period and the last minute of the fifth and sixth period where the clock will be stopped for all dead balls. The clock may also be stopped at the referee's discretion.
3. For teams with ten players present, all players must start at least three periods including one period in the last two periods (exceptions are for teams with more than 10 players present). For teams with less than ten players present, no player shall play no more than one additional period than any of their teammates (see chart below). Also, any **player** may elect to sub out of the middle of a quarter for injury or fatigue purposes. Any violation of this rule will result in a technical foul, but the violation must be protested during the period in which the infraction takes place. The spirit of this rule is to create balanced playing time for all players.

| # of players at game | # of periods played by player (all players MUST play in either the 5th or 6th period) | | | | | | | | | |
|----------------------|---|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| | Player #1 | Player #2 | Player #3 | Player #4 | Player #5 | Player #6 | Player #7 | Player #8 | Player #9 | Player #10 |
| 10 Players | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 9 Players | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | XXXXXX |
| 8 Players | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | XXXXXX | XXXXXX |
| 7 Players | 5 | 5 | 4 | 4 | 4 | 4 | 4 | XXXXXX | XXXXXX | XXXXXX |
| 6 Players | 5 | 5 | 5 | 5 | 5 | 5 | XXXXXX | XXXXXX | XXXXXX | XXXXXX |
| 5 Players | 6 | 6 | 6 | 6 | 6 | XXXXXX | XXXXXX | XXXXXX | XXXXXX | XXXXXX |

4. If a player shows up after the start of the game, immediately inform the score table. The following chart is then used to determine the playing time of the late player:

| Period a player reports: | Minimum # of remaining periods they must play (also adhering to the existing rules of play) |
|--------------------------|---|
| 1 | 2 |
| 2 | 2 |
| 3 | 1 |
| 4 | 1 |
| 5 | 0 |
| 6 | 0 |

5. Each overtime period will last 1 ½ (1:30) minutes. The team that scores the most points wins the game. For the first overtime, a jump ball will determine who receives the ball. For subsequent overtimes and jump balls, possession of the ball will alternate. Any five players may play in the first overtime period. If a second overtime takes place, those who did not play in the first overtime, must play in the second. (Each player must play in at least one of every two periods of any subsequent overtimes.). Overtime will be played as a continuation of the 6th period; clock and foul rules will remain in effect. The clock will stop on dead balls and teams will shoot two foul shots on all common and non-made shooting fouls.

6. Fouls & Foul Shots:

- Shooting fouls will result in two foul shots with a running clock. Common fouls will result in no foul shots. All technical fouls will result in two foul shots and the ball.
- In the last minute of periods 5 and 6 and all OT, all common fouls will result in two foul shots. Shooting fouls on non-made baskets will result in two foul shots. Fouls on made baskets will result in the basket plus a foul shot. All technical fouls will result in two foul shots and the ball.
- Players will foul out on their fifth foul.

7. Each team is allowed two 30 second time outs during the regulation part of the game. Each team is allowed one 30 second timeout for a combination of all their team's overtimes. Halftime will be set at three minutes.

8. Coaches:

- Each team may have one head coach, and one assistant coaches on the bench; both with completed, and passed background checks.
- Coaches must remain in the designated coach's box at all times.
- The head coach is the only coach allowed to communicate with the officials.
- Assistant coaches must stay seated during the course of play.
- A coaches warning will be assessed for the first violation of any of these "coaches" rules. For subsequent violations, the team will receive a technical foul.

9. Technical Fouls: Any player or coach will be immediately ejected from the game and assessed a technical foul and a 1 game suspension for fighting or cursing. If a player is taunting another player or cannot control his emotions, the coach or the referee may pull him out of the game. Also, all technical fouls will be tracked during the season; multiple technical fouls will result in the following:

- 2 Technical fouls in a game will result in the immediate ejection from the current game plus the next game.
- The 3rd cumulative technical foul, will result in the player being ineligible for the next game.
- The 4th cumulative technical foul, will result in the player being immediately ejected from the current game plus the next game.
- The 5th cumulative technical foul will result in the player being immediately removed from the league with no refund.

The above rules can be changed, without warning, by ShepNaz Basketball personnel based upon the situation

10. Full Court Press: Teams may full court press during the final two minutes of the last two periods of the game IF your team is leading by 10 points or less OR your team is trailing.

11. The league will use a 28.5 basketball.

Parents/Players—As a reminder, if your son/daughter is playing for their Middle School or High School basketball team, per OHSAA rules, they are not allowed to participate in a non-school league.

7.2) Regulations Prohibiting Students from Participating on Non-School Teams During the School Team's Season

7.2.1) Team Sports – A member of a school team in the team sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball may not participate in an athletic contest, a tryout or any type of team or group training or practices (including open gyms/fields) with a non-school team in that same sport during the school team's season. Note: This regulation applies to students invited to participate in a tryout, group training or practice at a college or in contests, tryouts, group training or practices with any non-school program or team.