

Jr. Southeast Conference Girls' and Boys' Basketball rules

The only case where 7th graders may play on the 8th grade team is if there will be no 7th grade team due to numbers. If numbers are so low that only 1 team can be made, it must be an 8th grade team as 8th graders cannot move down to play.

❖ Other than the rules stated below, WIAA rules shall apply.

Conference Participation Rules:

1. Any player who plays in the 1st quarter of the game may not play in the 2nd quarter. However, if a team has fewer than 10 players, 5 play in the first quarter and the remaining players play the whole 2nd quarter, **rotating at least 3 players evenly** from the first quarter to equal 5. *The team with more than 10 players must still follow the league rule, whomever plays in the first quarter may not play in the second.*
2. All eligible players must play in the first half. Minimum of 3 minutes is recommended. Stoppage of play (*subs only – no coaching*) at about 3:00 remaining of the first and second quarters, if necessary, at a time where neither team is determined to have an advantage during play. This shall not count as a timeout against either team. **Failure to play all players is a Technical Foul for each child and s/he/they play the first 2 min. of the 3rd quarter.**

Conference Press Rule:

1. Any team that goes ahead by 15 points or more is not allowed to press. If the lead drops below 15 at any time, the press may then be applied again until a 15 point lead is reached. Coaches' discretion should be used once a lead is considered "out of reach" as to the use of any trapping half court defenses.

General Play Rules:

1. 5 timeouts per game. 2 – "30" second and 3 – "full" timeouts. Play may be stopped with no charged timeout FOR SUBSTITUTION ONLY at approximately 3:00 of the first and second quarters with no charged timeout.
2. Quarters are 6 minutes in length, no running clock. Halftime is 5 minutes.
3. Warm-up time is 10 minutes unless otherwise agreed by both coaches. The home team will provide 6 warm-up balls for each team.
4. If necessary visiting team will wear pinnies.
5. Supervise your athletes at all times. Seat them in the bleachers and do not allow them to leave the gym. Clean up your bench area of water bottles etc.
6. **Be a good role model. Be positive and do not argue with or disrespect the officials. One technical foul on a coach results in the "seatbelt rule" - you may not get off the bench. A second technical foul on a coach results in forfeiture of the game.**
7. First Overtime is 3 minutes; each additional overtime shall be 2 minutes.