

ROBBINSVILLE BASKETBALL  
LEAGUE  
GAME RULES

(Revised 1/2025)

7<sup>th</sup> & 8<sup>th</sup> Grade Division

**Game Length:**

Four eight-minute quarters. Two minutes between halves.

**Clock:**

The clock runs continuously and stops on the whistle during the last two minutes of each quarter.

**Time Outs:**

Two one-minute timeouts per half. No carry over to the next half.

**Defense:**

1. Defense is prohibited until the offensive player crosses half court.
2. Zone or man-to-man Defense is allowed. Otherwise, all NJSIAA basketball rules apply.
3. **Full court press is allowed during the last two minutes of each half. If a team is leading by 10 points or more, they cannot press.**

**Fouls:**

If a player has the equivalent of two full quarters of playing time and has received five personal fouls, then that player is no longer eligible to continue to play. If the player has not played the equivalent of two full quarters: on the player's fifth personal foul, a technical foul will be called. The opposing team receives two foul shots plus the ball back.

1. **Technical Foul:** A technical foul in youth basketball is a violation of the rules that does not involve physical contact between players. Examples include, but are not limited to:
  - a. Unsportsmanlike behavior: Arguing with referees, using profanity, or taunting opponents.
  - b. Disrupting the flow of play: Entering the court without permission or intentionally delaying the game.
  - c. Going out of bounds: Going out of bounds during an opponent's throw-in without contact.
  - d. Not ready to start play: Not being ready to start play after a time-out, or to begin a quarter or half
  - e. Refusing to pass the ball: Refusing to immediately pass the ball to the nearest official when a whistle blows.
  - f. **The penalty for a technical foul is usually two free throws and possession of the ball for the opposing team. The clock stops during a technical foul and restarts when the referee gives the ball to the shooter.**
  - g. A player or coach who receives two technical fouls in a game will be ejected from the game. If a player or coach is ejected a second time during the season, they will be suspended for the rest of the season.
2. **Flagrant Foul:** A flagrant foul in youth basketball is a foul that is so severe or extreme that it puts the opponent in danger of serious injury or involves unacceptable conduct. Flagrant fouls are called when a referee observes contact that goes beyond the normal scope of physical gameplay. Examples include, but are not limited to:
  - a. Striking, elbowing, or shoving an opponent
  - b. Pushing an airborne player off balance
  - c. Kicking or kneeling an opponent
  - d. Moving under an opponent who is in the air
  - e. Crouching or hipping in a manner that could cause severe injury to the opponent
  - f. Extreme or persistent, aggressive or abusive dialogue
  - g. Physical contact with or assaulting a basketball referee or tournament official
  - h. **The penalty for a flagrant foul is disqualification of the offender, two free throws, and possession for the offended team.**

### **Substitutions:**

Free substitution with each player playing two quarters. No player may play four full quarters unless everyone has played three full quarters.

### **Overtime:**

A two-minute overtime period in case of tie scores. Each team gets one time out per period with no carryover. In the event of additional overtime periods, players who did not play in the previous overtime period must play in the next overtime period. This rotation will continue until the game is won.

### **Coaching:**

All RBL coaches must have a basic understanding of the game of basketball and safety standards according to NJSIAA rules. <https://www.njsiaa.org/sites/default/files/documents/2025-09/basketball-regular-season-rules-2025-26.pdf>

1. Head and assistant coaches (two coaches maximum) should remain confined to their side of the court.
2. In the event a team's head or assistant coach is unavailable for a regular season game, the game will still be played with the available coach. If both coaches are unavailable, the game will result in a forfeit.
3. In the event a team's head and assistant coach is unavailable for a playoff or championship game, RBL will appoint an approved representative to coach the game.

### **Games:**

Regular and post season games must proceed as scheduled. However, RBL reserves the right to adjust the schedule if unforeseen emergency circumstances arise.

### **Officials:**

All referees will follow all standard (high school) federation basketball rules with the exception of the overriding RBL rules listed above. Questions to the officials may only occur during dead ball situations.

Coaches and assistants are not to approach the scorekeeper's table. Any and all questions or concerns regarding score, time, fouls and time outs must be directed to the official. The official's determination is final.

### **Player Playing Time:**

1. Each player must play a minimum of two uninterrupted quarters. A player is guaranteed their two full periods of play only when they are present five minutes prior to the scheduled beginning of the game.
2. Late arriving players may not be substituted into the game until the beginning of the next full quarter of play. Players arriving during the final quarter are not allowed to be substituted into the game, but may play during an overtime period, if it occurs.
3. If a team consists of seven or more players, no player shall play more than three-quarters.
4. If a team consists of six players, each player will play at least three uninterrupted quarters.
5. If only four players are available for a game five minutes after the scheduled start time, the game will be recorded as a forfeit. At both coaches' discretion, a four-on-four game may be played with referees. If the fifth player arrives after the start of the four-on-four game, the game is still forfeited, but the remainder of the game will be played as a five-on-five. This game must end five minutes prior to the start of the next scheduled game on that court.
6. If only three players arrive, the game will be recorded as a forfeit and no game will be allowed. The teams may use the court as a standard practice but must end five minutes prior to the beginning of the next scheduled game on that court.
7. Every player must arrive prior to the start of the game to be guaranteed two full uninterrupted

### **Basket Height: 10 Feet**

#### **Ball Size:**

**29.5 Boys**

**28.5 Girls**

\*\*RBL reserves the right to make any necessary revisions to the aforementioned rules at any point during the current regular and post season.

