



High Hoops League  
Rules and Regulations  
**Boys & Girls 7<sup>th</sup>/8<sup>th</sup> Grade Division**

**Games** – There will be (2) 14-minute halves of stoppage time on every whistle.

**Time-outs** - Each Team will have 3 time outs per a game with 1 additional time out for each overtime period. Time outs do not accumulate or carry over.

**Half Time** - There will be a 3 minutes intermission each game.

**Player Fouls** - Players will be disqualified on the 6<sup>th</sup> personal foul.

**Bonus Free Throws** - Teams will shoot 2 free throws on the 12<sup>th</sup> team foul per half.

**Clock Operator** – 1 team must provide a clock operator for each game or will forfeit the game.

**Scorekeeper** – 1 team must provide a scorekeeper to do the book for each game or will forfeit the game.

**Zone Defenses** - Standard Travel Basketball rules apply. Zone defenses are allowed for this age group.

**Full Court Press Restrictions** – Teams are allowed to press unless they are ahead by 10 points or more.

**Overtime periods** - 2 min of extra stoppage time on every whistle if needed.

**Free Throw Line** - Players must stay behind the foul line until the ball hits the rim.

**Technical Fouls** – Two technical fouls by any coach or player in a game will result in disqualification and will be asked to leave the facility.