

Medfield Youth Basketball Boys Grades 7/8 Grade Guidelines and Game Rules

Updated 11/16/2018

7 / 8 Boys In-town - Game Format and Rules

- Five vs. Five.
- Referees will be assigned.
- Each game slot is allotted 1 hour and 10 minutes.
- Teams will have 5 minutes to warm up. Games will start promptly and finish on schedule.
- Game will be comprised of two 25 minute halves, **running time** with 5 minute half-time
- Exceptions to running time are:
 - Timeouts – 3 timeouts per team in regulation. 1 timeout only in OT. No carryover.
 - **Last two minutes of each half and Overtime.** Every whistle during this time period the clock should stop. May need to adjust based on schedule.
 - Injury.
- Man-to-Man defense only. No double – teaming allowed.
- Pressing is allowed the last two minutes of each half and the last two minutes of overtime.
- Overtime session will be 3 minutes per. Stop time in the last two minutes as per above.
- A parent volunteer will manage the score clock and book each game. Ideally one parent for clock and one for the book to track fouls, timeouts etc.
- Scores will be recorded and sent to the grade coordinator.
- Players will be allowed 5 personal fouls. A 5th foul will result in disqualification for the remainder of the game.
- Foul Shots
 - Shoot 2 foul shots when a team reaches 10 total fouls in a half
 - **Shooting 1 and 1 on all fouls in the last two minutes of each half** and OT until 10 team reached fouls then shoot 2, or the third foul under two minutes regardless of team foul status (double bonus).
 - A shooting foul will result in two or three free throws throughout the game.
- Technical fouls. Coaches must monitor player's actions throughout the game and remove if necessary.
 - 1 player technical is recorded as a personal and team foul. This player must sit for 25 minutes. These 25 minutes may carry over to the following game. G.M. and coaches will monitor.
 - A double technical on the same player will result in an ejection and a one game suspension.
 - A technical foul on a coach may result in expulsion from the program depending on the circumstance.

General Manager & Coaching Guidelines:

General Manager

One parent will be assigned to be the G.M. of each team. It is the G.M.'s responsibility to make sure the expectations and objectives of the MYBA league are met as outlined below. The G.M. will directly communicate with players/parents and coaches. Communication will include practice and game schedules, rules and regulations, and various messages from the grade coordinator when necessary. G.M.s are expected to attend games and early season practices.

Coaches

High School students will be selected to coach the in-town teams. The selection process will be completed by the respective in-town coordinator with input from MYBA.

Coaching Guidelines

1. Make the season enjoyable for all participants and the parents.
2. Create a team and fun environment immediately.
3. Arrive to practice on time and with a practice plan that includes drills and designed plays to implement. **DO NOT** simply show up to practice and empty the basketball bag. Show a genuine interest.
4. Begin and end your sessions on time. Be respectful of other teams.
5. Create a set offense (structure). Include picks, passing, and cutting.
6. Develop a couple of out of bounds plays. Make sure the entire team understands them.
7. Ensure equal playing time.
8. Work with players individually.
9. If the coaches cannot attend a practice or game they must notify the G.M. The G.M. will make certain the players are not without supervision.
10. If running a scrimmage at practice remain engaged. Do not allow a recess-like game. Do not shoot baskets or converse socially on the sidelines. Pay attention.
11. The coaches will ensure all players have a ride home.
12. Clean your bench after each game. Throw away or recycle trash.
13. Respect the referees.

What not to do:

1. Do not label one boy as your "go to guy". This is a team game. If a boy is open for a shot he should be rewarded with a pass.
2. Do not designate your best player as the person that brings the ball up every time. Make certain everyone is involved. Rotate positions. Create a team atmosphere.
3. Do not text, or shoot on the side during games. Be 100% engaged.
4. Do not allow friends to sit on the bench. The bench is for the respective team only. Enforce this.

Basketball web sites – web sites come and go. For the most recent sites and reviews simply Google “Basketball Drills, youth”. Examples are:

- <http://www.online-basketball-drills.com>
- <http://www.coachesclipboard.net>
- <http://www.ultimate-youth-basketball-guide.com>