*7 & 8 BASKETBALL*

1. Separate North and South tournaments, with crossover championships of the top two teams from the North and South.

2. Boys and girls team, 2 teams maximum per gender.

3. Approximate date: Second week in March

Playoffs third week of March

**FIBA RULES WILL APPLY- WITH THE FOLLOWING MODIFICATIONS:**

[FIBA rules](https://www.fiba.com/downloads/Rules/2014/Official_Basketball_Rules_2014_Y.pdf) [Playing time Tracker](https://drive.google.com/file/d/0B8pyk9GV0e2mZ3NvNkdnalBhVUE/view?pref=2&pli=1)

**A. FORMAT:**

* Games will consist of 4, 10 minute quarters, running time
* Ball is size 6 (28.5).
* 5 or more team fouls per quarter will result in a 2 free throw penalty
* Free throws will be taken at the foul line.
* One 60 second time out per half.
* Substitutions will be equal time for the first three quarters. Every 5 minutes there will be subs (5 for 5 if you have 10 players). Athletes will play for the entire 5 minute shift unless an injury occurs or a player has 3 or more fouls in a game. During the last quarter of the game, coaches discretion on substitutions.
* Teams with less than 10 players need to adhere to the fair play philosophy adopted by SAC.

**B. Sunrise Modifications:**

1. Person to person defence only. No zone defences are allowed. “Double-teaming” on the ball is permitted anytime in the front court. Double or triple teaming of players who do not have the ball is not permitted. “Help” defence is allowed and is defined as another defender temporarily assisting their team mate to defend an offensive player who is making an attempt to score.

2. No “clear-out” offences are to be used to isolate a player and test the boundaries of the rules. The officials will stop the play for the double teaming/zone defence violation and give a warning. A technical foul may be assessed to the head coach if the violation continues or is abused, but will not result in a game ejection for either coach or player.

3. Half court pressure during the first half of the game. Teams that press during the first half of the game will be issued a warning and a team technical foul will be awarded on the second infraction.

4. Full court pressure for the second half of the game.

No pressure is allowed by a team with a twenty point lead during any time in the game.

5. Press- intentionally playing of the ball, defending an opponent in the opponent’s back court in the first half, when the opponent has team control.

6. Athletes who receive two direct technical fouls, flagrant foul or flagrant technical foul during the game will be ejected from the game.

7. High school students or teachers with knowledge of the game can ref, however the use of certified officials is recommended.

8. Ties in playoffs will be decided with two-minute overtime (stop time).

**C. Cross over playoffs**:

* The game time will be four 10 minute quarters stop time.
* Subs every 5 minutes in first 3 quarters
* Last 10 minutes of the game are coaches’ discretion for subs.
* A 30 minute break between the last semi-final game and the finals should be placed into schedule in order for coaches to rest their players. However if both teams mutually agree to start the championship game earlier they may do so.
* Banners given out to the first place teams and ribbons given out to first and second place team members.