



7th-8th Grade

-Time Regulation:

- Four 8-minute quarters with a 3-minute half-time.

-Playing Time Requirements:

- All players on a team **must play at least 16-minutes** or half of every game.
- Free substitution is in effect during the entire game.
- **Players need to check in with the Score Keeper before each substitution made during each game.**
- No player is to play the entire game. We encourage all team members to play an equal amount of time during each game.

-Clock Stops on the Following:

- Timeouts (each team gets 2 per half of 1-minute each).
- **All whistles during the last minute of each quarter of the game.**
- Foul shot set up. Once they are set, the clock will resume.

-Type of Defense:

- Zone & Man-to-Man defenses will be allowed.
- Full court press will only be allowed when the team is not leading by 15 or more points.

-Seconds in the Key Rule:

- 3-seconds

-Closely Guarded

- Closely guarded will be called if the ball handler is guarded within 6 feet for 5-seconds and does not beat the defender. Count restarts when starting the dribble and picking up the dribble.

-Court Dimensions:

- Basket Height - 10 feet
- Free Throws - Shoot from 15 feet and cannot cross the line.
- 3-point shots are allowed.

-Basketball Size:

- Girls - 28.5
- Boys - 29.5

-Fouls:

- If a player commits 5 fouls in a game, they will be disqualified for the rest of the game.
- 2 technicals in a season will result in a suspension from the current game as well as a full game suspension the following week.
- 3 technicals in a season will result in expulsion from the league without refund.

All coaches need to keep in mind that this league is a developmental program for kids to learn basketball skills and have fun!