



## 7th/8th Grade Girls Rules and Regulations 2025

- Coaches are responsible for finding a parent volunteer to control the clock and the scorebook
- 28.5" size basketball
- 10 foot rim height
- Free throws at free throw line (15 feet)
- 8 minute quarters with regulated clock
  - Clock stops on primary dead ball situations (foul shots, time outs, substitutions, and injuries)
  - Refs can change to running clock in the 4<sup>th</sup> quarter to keep the game on time
- One minute breaks between quarters, 4 minute halftime (can be shortened if running late)
- Two 60-second time outs permitted in each half, unused timeouts cannot be carried over into second half
- Jump ball to determine start of game possession
- All players should receive approximate equal playing time
  - Substitutions allowed on normal dead ball situations
- 5v5 play. If a team doesn't have 5 players, the teams can play 4v4 by mutual agreement of the coaches. 4 players required to start the game
- Tie at the end of regulation equals a 4 minute overtime. If there is still a tie at the end of the 4 minutes, the game ends.

# Rules of Play

- Man-to-man defense only (no zone)
  - Double Teaming allowed throughout game (at coach's discretion)
  - Stealing allowed throughout game (at coach's discretion)
- Injury time outs allowed as needed during the game
- Coaches may substitute freely on normal dead ball situations
- Full court press allowed the entire game
  - If a team is leading by 15 or more points, they can no longer press or double team until the game comes within 15 points
- Mandatory non-chargeable timeout called when a team is up by 20 points or more. Coaches should determine how to continue the game (i.e, stop counting score, winning team needs to pass 10 times before shooting, etc)

## **Rules of Play (continued)**

- 3 point shots are counted
- All normal and customary time violations will be called
  - 3 seconds in the paint
  - 5 seconds to inbound the ball
  - 8 seconds for free throws
  - 10 seconds to cross half court
- Backcourt violations will be called
- Fouls should be counted, and a player can foul out (5 fouls per game)
  - 8 fouls in one half equals one-in-one
  - 10 fouls in one half equals two free throws
    - A parent needs to keep the scorebook, if no parent volunteers, then fouls cannot be tracked.
  - On foul shot, play the ball release
- Players permitted on free throw lane
  - Offense may have 3 players on the lane, including the shooter
  - Defense may have 4 players

**No unsportsmanlike conduct will be tolerated from players, coaches, or fans. Rough play or flagrant fouls at any time is forbidden. If the conduct of a player, coach, or fan is deemed unsportsmanlike, malicious, or too aggressive by the referee, the player, coach, or fan will either receive a warning followed by a technical foul, and/or be ejected from the game/gym depending on severity.**