

7-8 Girls Basketball Rules

- 1) Games consist of four 7-minute quarters, running clock, except for time-outs and the last minute of the game.
- 2) Score will be kept. Each team will be allowed 4 time-outs (2-one min, 2-20's)
- 3) Any team that is UP by 10 points or more will NOT be allowed to press. Once the score is UNDER 10 points, the team that is ahead may press again. If a team is up by 10 points they will pick up defense at the 3 point line allowing the other team the cross half court.
- 4) Free throws will be shot.
- 5) No stealing once the ball is rebounded. Players will pick up defense at the 3-point line allowing the other team the cross half court
- 6) Height of basketball goal is 9 feet tall, players use a 28.5 (women) size basketball.
- 7) Each Player is required to play one full quarter from start to finish and sit out one full quarter from start to finish.
- 8) Spectators who display a philosophy inconsistent with the league philosophy will be asked to leave the premises. Remember we are here so the children can have an enjoyable experience. Please cheer for both teams.