

7-8th Grade Girl League Rules



National Federation High School rules will govern play with modifications for each age group.

General Rules

1. This is a recreational basketball league. We focus on sportsmanship, learning the game and enjoying the sport.
2. **Sportsmanship Initiative:** Richfield Parks and Recreation teaches and emphasizes the importance of good sportsmanship. We focus on three main parts of sportsmanship: respecting everyone, having fun and always doing your best. Our focus is not only on the player and their behavior, but on the behavior of coaches and parents as well. Please help us in this endeavor
3. No jewelry will be permitted.
4. If a player is bleeding or has an open wound, they must be removed from the game and may not re-enter until the bleeding is stopped and the wound is covered.
5. All players should have equal playing time.
6. NO FOOD or DRINK is permitted in any gymnasium. Water bottles are okay.
7. Please remember to pick up after yourself and take with you anything you have brought to the gym.
8. Children of spectators and coaches need to be supervised at all times. Do not send your kids to play in the halls or other areas of the schools.
9. Alcohol, tobacco, or illegal substances (in any form) is not permitted at any game or practice.



7-8th Grade Girls League Specific Rules

1. Play will be 5-on-5.
2. An intermediate/women's ball 28.5" basketball will be used.
3. Baskets will be set at ten feet, and the free throw line will be 15 feet from the basket.
4. Games will consist of four 8-minute quarters with a 3-minute half time.
 - a. The game clock will run continuously, and will only stop for time-outs. If teams have a 14-point difference or less during the last two minutes of regulation time, the clock will stop on all dead ball situations. The same rule will apply for the final minute of overtime periods.
 - b. There will be a one-minute break between quarters, and a three-minute half time.
 - c. Teams have three one-minute time-outs per game and one timeout per overtime period. Unused timeouts do not carry over into overtime periods.
 - d. Score will be kept.
 - e. Fouls will be called and recorded.
 - f. The referee may interrupt play to teach skills or rules needed.
 - g. There are no overtime periods. If tied when game clock expires, the game will end in a tie.
5. There are free substitutions during the entire game. Substitutions may be made during dead ball situations, and at quarter breaks. Please have players check in with the scorekeeper.
6. Fouls will be charged to each individual player and recorded.
 - a. A player will foul out on their 5th foul.
 - b. The bonus (one-and-one) will be in effect after 7 team fouls
 - c. The double bonus (two foul shots) will be in effect after 10 team fouls
 - d. Team fouls reset at the half.
7. Man-to-man defense or zone defense will be allowed. Help defense is a skill all players should learn.

8. Double teaming will be allowed.
9. Teams may full-court press in the 4th quarter only, unless they are up by 10 or more points.
 - a. There may not be more defensive players in the backcourt than there are offensive players.
 - b. Double-team is not allowed.
 - c. If a team is up by 10 or more points and they full-court press their opponent, they will receive a team foul.
10. A player has 5 seconds to inbound any ball. When inbounding in the back court, a player has 10 seconds to bring it across the half-court line.
11. Three second violations will be called on players in the key for too long.

