



## Development League Rules Grades 7-8 Boys & Girls

All games are to be played in a controlled manner, with an emphasis on allowing free movement of players. Playing time should be fair and equitable among all players on the team and will be tracked by the clock keepers.

Basic rules of basketball to apply with the following variations to help the pace of play:

- Game Setup
  - Games are four quarters, each quarter is ten minutes long.
  - Running clock.
  - Substitutions must be made from the half-court line, on whistles, as allowed by the referees.
    - No on-the-fly substitutions and the clock will not stop.
  - If the game is within 5 points with 1 minute remaining in the 2nd half, the clock will stop on the whistles.
  - Start the game with a tip, alternate teams start each period to follow the possession arrow.
  - Each team is allowed 2 timeouts.
- Play
  - Referees will be present at each game.
  - Referees help players by explaining infractions, showing them where to stand or position for infractions, and how to execute starting play from out of bounds.
  - Man-to-Man or Zone defense may be played.
  - The defense is to start at half-court.
    - The defensive team can only press in the last two minutes of the 2nd and 4th quarters if winning by less than 10 points.
  - All fouls (holds, pushes, etc.) are to be called and play starting from out of bounds.
  - Shooting Fouls are to be +1 point and 1 foul shot. A foul shot is to be taken from the foul line.
  - Five fouls per player.
  - Two technical fouls with ejection after 2<sup>nd</sup> technical.
  - Flagrant technical is removal from the current game and the next game, this includes altercations.
  - Three-second violations to be called and should be taught by coaches to their players.
  - The ball must be put into play after a basket by a pass from behind the baseline.
  - Three-point shots are allowed and will be counted as long as there is a three-point arc on the court.