

F-M/WF/Dilworth LEAGUE GUIDELINES
7th & 8th Grade
BASKETBALL - GIRLS/BOYS

1. Girls and boys will play two halves consisting of 14 minutes each (not running time).
2. Pressing and Defense
 - A. 8th grade “A”
 1. Teams follow regular rules
 - B. 8th grade “B1” Teams must play man-to-man half-court defense.
 1. Teams may press man-to-man the last 2 minutes of each half
 - C. 8th grade “B2” Teams must play man-to-man half-court defense.
 1. Teams may press man-to-man the last 2 minutes of the game
 - D. 7th Grade “A”
 1. Teams must play man-to-man half-court defense and are allowed to press entire game in man-to-man defense.
 - E. 7th Grade “B1” Teams must play man-to-man half-court defense.
 1. Teams may press man-to-man the last 2 minutes of each half
 - F. 7th Grade “B2” Teams must play man-to-man half-court defense.
 1. Teams may press man-to-man the last 2 minutes of the game
3. The overtime period (if needed) will be two minutes in duration. Continue overtimes until there is a winner.
4. Each team is allowed two full-length and two 20-second timeouts during a regulation game.
5. The home team will provide basketballs for the visiting team. Beginning with the 2001 season, 7th and 8th grade boys will use an official-sized men’s basketball.

On all rule interpretations, use common sense and a sense of fair play!

Revised 8/13/19
Revised 10/28/19