

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. **Zone and trapping allowed.**
 - 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. **No trap defense allowed.**
 - 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 30-second timeouts during a regulation game. One additional 30-second timeout allotted per overtime period.
5. The home team will provide basketballs for the visiting team.

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

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