

### **7th & 8th Grade Basketball Rules (Girls and Boys)**

1. Two halves consisting of 14 minutes each (not running time).
2. Pressing and Defense
  - a. 8<sup>th</sup> grade "A"
    - i. Teams follow regular rules
  - b. 8<sup>th</sup> grade "B1" Teams must play man-to-man half-court defense.
    - i. Teams may press man-to-man the last 2 minutes of each half
  - c. 8<sup>th</sup> grade "B2" Teams must play man-to-man half-court defense.
    - i. Teams may press man-to-man the last 2 minutes of the game
  - d. 7<sup>th</sup> Grade "A"
    - i. Teams follow regular rules
  - e. 7<sup>th</sup> Grade "B1" Teams must play man-to-man half-court defense.
    - i. Teams may press man-to-man the last 2 minutes of each half
  - f. 7<sup>th</sup> Grade "B2" Teams must play man-to-man half-court defense.
    - i. 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. Repeat overtime until there is a winner.
4. Each team is allowed two full-length and two 30-second timeouts during a regulation game. One full timeout will be allowed for each overtime period.
5. The home team will provide basketballs for the visiting team. 7<sup>th</sup> and 8<sup>th</sup> grade boys will use an official-sized men's basketball.
6. Once a team is winning by 30+ points in the second half, there will be no pressing and a running clock for the remainder of the game.
7. The last game of the season is seeded to provide a competitive matchup and will be played at a single site for all teams at that level.
8. Seeding is determined by winning percentage and tiebreakers are settled by:
  - a. Head to Head competition (wins/losses/ties)
  - b. Record win/loss/ties against the next highest seed (in descending order of standings)