

7th-8th Grade B-ball Cheat Sheet

General

- 7th/8th grade an official sized ball
- 7th/8th grade play on 10' basket
- Make sure the coach fills out the game roster **FULLY**. Name and Number
- Fill out the game scoresheet with all the information such as team names and make sure scores are on there.

Clock

- Four 7 Minute quarters. **Clock stops on all whistles.**
- 1 Minute between quarters.
- 5 minutes between Halves
- Each team will be allowed two 45 sec timeouts per half.
- Substitutions will be at the 3.5 min mark of quarter. (Stoppage near 3.5 min mark of each quarter.)

Overtime

- Every overtime will start with a jump ball
- First overtime will be 2 minutes.
- Second overtime will be sudden death.
- Every overtime there will be only one timeout. No Carryovers.

Fouls

- On the 7th team foul team shoots one and one.
- On 10th team foul team shoots two shots.
- If a player receives 5 fouls he is out the remainder of the game.
- If a player receives a technical he has to sit for 2 mins!
- Technical fouls will result in 2 points and possession for the opposing team.

Offense

- 3-point field goals COUNT at this level
- 3-second violation enforced
- Over and back violation enforced
- 10-second violation enforced

Defense

- MAY NOT DEFEND UNTIL BALL CROSSES DIVISION LINE
- Must stay inside the 3-point arc until the ball crosses division line.
- Either Zone or Man-to-Man defense is permitted
- Double team only allowed in lane.
- After rebound if offensive team makes attempt for fast break or outlet pass, the defense may defend without penalty. **(At any point in a game.)**
- Pressing allowed during the 2nd and 4th quarter at this level unless leading by 10- points or more

Forfeits

- Teams must have at least 4 on the court.