

SALEM BASKETBALL LEAGUE

7th – 8th Grade Girls League Rules

1. Full court press may be used the last two minutes of the 2nd and 4th quarter. Any defense may be used on a full court press, but after crossing mid-court, only a man to man defense may be used. **However if one team is leading by 10 points or more; they may not press and must wait until the ball crosses half court.**
2. The defensive player must be trying to defend their player within five to eight feet or otherwise an illegal defense will be called which the first time is a warning thereafter 2 points will be awarded upon call of violation. The ball will change possession following award. Defenders are not required to defend offensive players that are beyond the 3 point arch.
3. The man-to-man can be a switching man-to-man, but must be out of double teaming on a two second count or an illegal zone can be called. First illegal zone is warning; but hereafter goal tending will be called & two points awarded to the other team. First time is a warning. After Warning two (2) points will be awarded to the offense. Ball will go over to defense.
4. The offense must have at least two players inside the three point line on any offensive set. If teams spread the floor for a player to go one on one, an illegal offense will be called which the first time is a warning, thereafter will be a violation and the ball will be awarded to the other team.
5. **Each player should play 16 minutes of basketball. 16 minutes is equal to 2 quarters. Coaches that have the best interest of the girls at heart will not find issues with whether their players are playing enough.**
6. Players not in uniform (jersey provided by the city) will not be allowed to play.
7. Coaches are expected to balance playing time while working to involve all players in the offence; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season. This should be your measure for success not your win-loss record.

Youth Basketball Game Time

Game time will consist of four 8 minute quarters with the running clock for the first seven minutes in quarters 1, 2 and 3. The clock will stop the last minute of quarters 1, 2 and 3 on each violation. **Clock will stop when fouls shots are shot.**

In the 4th quarter, the clock will run straight through the first 6 minutes and stop on each violation the last 2 minutes. Time outs are limited to one minute each. Teams will get two time outs each half.

If the score is tied at the end of regulation time, three minute overtime will be played. If the score is still tied at the end of the overtime, Teams will play sudden death, where the first team to score is the winner.