

2011 CMSAA BASKETBALL RULES

GRADE 7

9 periods of 5 minutes (running time)
Each line plays 3 shifts. No double shifting.

No jump ball after opening tip. Possession arrow to be used.

No full court press. Defending team must must give half court to the offensive team.

Three in the key.

Three point shots will be counted.

5 fouls for disqualification of a player.

GRADE 8

First 3 quarters, two 4 minute shifts per quarter (stop time). Equal play for each line. No double shifting.
4th quarter (8 minutes). Players may be subbed in and out.

No jump ball after opening tip. Possession arrow to be used.

Full court press in the 4th quarter only.
Leading team cannot press if they are up by more than 10 points. Press must be man-to-man (no double teams or traps).

Three in the key.

Three point shots will be counted.

5 fouls for disqualification of a player.

No bonus rule. Foul shooting will occur when a player is fouled in the act of shooting. The clock will be stopped on fouls shots.

At 5 team fouls per quarter, player fouled will shoot 2 shots on each foul. At the end of each quarter, team fouls are reset to 0.

Technical fouls result in two free throws and possession at centre.

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One timeout per half, one minute long.

One timeout per quarter, one minute long.

Man-to-man defence only – no zone or sagging defence. No double teaming.

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First offense – warning; Second offense - technical foul with 2 foul shots and possession at centre.

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Halftime is optional. 3 minutes long.

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Other –

- Teams are encouraged to bring a minimum of 15 players whenever possible during league play. This number is mandatory for the Districts.
- Teams are to follow a no-cut, equal playing time policy and coaches cannot adjust their line-ups once the game has started (except for the 4th quarter for the grade 8's).
- Size 6 basketball is to be used whenever possible.
- Teams are allowed to use a man-to-man defence only. A zone defence is not allowed. A sagging man to man defence is considered a zone defence. Players are supposed to be within two meters of their check.
- No double teams are allowed except in naturally occurring situations. This happens when an offensive player beats the defensive player and a defensive teammate comes to defend that offensive player. The help may not occur before the first defensive player is clearly beaten. A momentary double team may happen while the help side defence

stops the ball and the players recover to their checks. Therefore, “help and recover” and “help and switch” defences are allowable.

- An adult or a certified grade 11/12 student should be the head referee. There must be an adult from the home team in charge of the referees and present throughout the game.
- Grade 8 athletes who are playing up at the high school level are ineligible to play at the middle school level. Gr. 6 and 7 players can play up only if there is a shortage of players.