

Mountain View Recreation

Basketball rules for 7-9 Girls

1. Play 6 minute quarters.
2. Clock stops on all whistles.
3. 3 time outs per half.
4. Jump ball to start game. Possessions will alternate after that.
5. 6 fouls per player. Conduct fouls will count as a player foul but not a team foul.
6. Use 28.5 basketball and 8 foot rim.
7. Coaches must have lineup turned in 5 minutes prior to start time or end of game proceeding yours.
8. Teams must start with at least 4 players but can finish with any amount.
9. No 3 point shot.
10. Foul shots from short foul line. Players may jump over the line.
11. 5 second call for lane violation.
12. Defense must stay behind 3 point arc except for the following times.
 - A. Once offense crosses half court line, 1 defensive player may leave 3 point arc and can play half court defense.
 - B. Defense may go after loose ball even outside of 3 point arc. In this instance, more than 1 defensive player could be outside of 3 point arc.
 - C. Once the offense crosses half court line, defense can have 1 defensive player outside of 3 point arc and can play half court defense that entire possession. (Same as 7-8 boys but only 1 player can come out)
 - D. The last 2 minutes of the 2nd and 4th quarters the defense can leave 3 point arc after ball crosses half court. Any and all defensive players can only guard up to half court. (Unless lead is over 10 points. If so, only team trailing could come out)
 - E. IF TEAM IS AHEAD BY MORE THAN 10 POINTS THEY ARE NOT ALLOWED TO LEAVE 3 POINT ARC FOR ANY REASON. Team behind could still use A, B, C, & D option
13. 1st offense for a defense infraction (press, leaving 3 point arc too early, etc) in each half will result in a warning. 2nd offense and thereafter will result in a ONE shot technical foul. Officials can use discretion if an illegal press is viewed accidental.
14. NEW*** In the last 30 seconds of the 4th quarter only, if game is 5 point game or closer, defense may full court press. Team ahead and behind are both allowed to press. If score differential goes above 5 points, regular defense rules apply.
15. One 2 minute overtime if score is tied after regulation. Defense is allowed to leave 3 point arc after ball crosses half court.
16. If game is tied after 1 over time, game is declared a tie.