

Girls Division 7

I. Division Structure

1. Players: Girls league aged 8 and 9 years old
2. Ball Size: 28.5 inch diameter
3. Gym Size: Full Court
4. Basket Height: 10 feet.
5. Free Throw Line: 10 feet in front of the backboard (5 feet in front of the regular free throw line)
6. Player Substitutions:
 - a. All player substitutions, with the exception of player injury, ejection, or a player fouling out, must be made at the beginning of the 1st, 2nd and 3rd quarters.
 - b. Substitutions can be made during dead balls or timeouts in the 4th quarter only. Substituting players must wait to enter the game until signaled in by the referee

II. Special Game rules

1. Offense

- a. Fast break - Fast breaks are permitted on any change of possession except after a made basket or a rebound off the backboard or rim.
- b. Spread Offense - A spread offense to get a one on one offensive situation on one half of the court is not allowed.
 - i. Penalty: 1st Violation: Warning "Illegal Offense".
 - ii. Penalty: 2nd Violation: Technical Foul.
- c. Free Throw Lane Violations - It is a violation for an offense player to be in the free throw lane for more than 5 seconds.
- d. Back-court Violations for "over and back" of the mid-court line will not be called.
- e. Stalling - There will be no stalling in Division 7. To prevent a team from dribbling out the game in the last few minutes of the fourth quarter a team will have 30 seconds to take a shot that must hit the backboard or rim, otherwise a turnover will result and the opposing team takes possession. This call will be at the discretion of the referee.

2. Defense

- a. Man to Man Defense - Man to Man defense must be played. Zone defenses are not allowed. (See General rule II.C.3 for exception). Double or triple teaming the player with the ball is allowed only in the free throw lane. A player without the ball may never be guarded by more than one defender. The defensive player must guard her player within 4 feet and may not leave her player until the ball is in the free throw lane.
 - i. Penalty: 1st Violation: Warning "Illegal Defense"
 - ii. Penalty: 2nd Violation: Technical Foul
- b. Stealing - Stealing the ball from a dribbling player is not allowed. This does not include tying up the ball when the offensive player is not dribbling in an attempt to force a jump ball or by intercepting a pass, which are both permitted.
- c. Switching - Defensive players may "switch" and defend another player only when their player has made a pick on another defensive player. The switching defender must pick up the unguarded offensive player. Man to man defenses that switch without picks are not allowed.
 - i. Penalty: 1st Violation: Warning "Illegal Defense"
 - ii. Penalty: 2nd Violation: Technical Foul
- d. Half-Court Defense - After a made basket or a loss of possession from a rebound off the backboard or rim, the defense must immediately fall back across the mid court line and permit the offense to cross the mid court line before guarding the offensive team.
 - i. If the offensive team loses possession of the ball on an intercepted pass, or other turnover that is not a rebound or made basket, then they may play defense in the back court to defend against the fast break.
 - ii. Violations- Referees will instruct the defensive team to fall back across the mid court line before playing defense. If defense in the back court in violation of this rule results in a turnover, the referee will return possession of the ball to the offensive team.
- e. Possession - There is no back court pressing AFTER A REBOUND ONCE POSSESSION IS ESTABLISHED. When there is a REBOUND and possession is established, the defense should be sent back. Until POSSESSION is established AFTER A REBOUND, both sides can go for the ball and tie it up for a jump ball. If the ball is tipped or tapped after a shot on a rebound attempt, possession is not yet established and everyone can go after it. A jump could then possibly ensue.