

Cockeysville Recreation Council
7/8-Year-Old Girls Basketball League Rules

Objective

The objectives of the 7/8-Year-Old Girls Basketball league are threefold: (1) to ensure that the girls learn the fundamentals of basketball, (2) to provide a positive experience centered around coaching and learning and (3) most importantly, to foster a love of the sport in the girls. During practices, games and scrimmages, all participants – players, coaches, parents and other fans – will focus on having fun.

Our expectations of all participants:

- Players will try their best, will listen to their coaches, will encourage their teammates and will have fun!
- Coaches will create a learning environment on the court, will focus on developing fundamentals, will be fair and will foster fun!
- Parents and other fans will offer positive reinforcement, will allow the coaches to coach and will cheer loudly for all players!

All participants are expected to review and abide by the rules outlined below.

Specifications and Standards

Size of Ball:	Size 5 / 27.5"
Height of Basket:	8' (where available)
Refereeing:	Coaches will referee the games. One coach per team will be on the court during the game but will remain out of the game play.
Game Length:	Two 20-minute halves with the clock stopped every five minutes to allow for substitutions. Halftime will be no more than three minutes. Games should start no later than 10 minutes past the hour. Games will end no later than one minute prior to the allotted time to allow for the teams to shake hands.
Game Play:	The game will be played in a 4 vs. 4 format, due to the size of the court. Coaches will manage game clock.
Scoring:	No three-point field goals.
Time Outs:	Not allowed except for injury
Substitutions:	Only at five-minute intervals except for injury or on a player's second personal foul
Court:	Half gym, side-to-side, full-court

Game Tactics

Playing time:	Equal playing time for all players
Defense:	Man-to-man defense. Zone defense is not appropriate for younger ages of players.
Press:	Not allowed. Defensive players must return to their defensive zone.
Defensive area:	Defensive play may only occur inside the 3-point line or behind a designated place on the court.
Double-teaming:	Not allowed
Stealing from dribbler:	Not allowed
Blocking a shot:	Not aggressively allowed (defense should have arms vertical to obstruct the shot of the offensive player, but should not be actively swinging arms to block a shot)
Stealing on the pass:	Allowed once the player with the ball has released the ball

Infractions

Personal Foul:	Call every time
Double Dribble:	Discretion*
Traveling:	Discretion*
Time Limits:	Discretion* (Inbounds: 5 seconds / Lane: 3-5 seconds / Backcourt: 10 seconds)
Over and Back:	Not applicable

*For infractions with discretion, please note that our players bring a wide range of skills and experience to the court. For some players, double dribbling and traveling may be a result of their lack of skill or experience and may hinder their full participation in the game. For more advanced players, calling these fouls better prepares them to challenge themselves. Similarly, some teams will have less ability to orchestrate passes or plays within the time limits. In those situations, coaches from both teams should encourage the team to expeditiously execute their plays.

Notes

- Please teach your players to play defense with their hands out to the side or straight up in the air. To prevent reach-ins, we will not allow stealing from the dribbler. If a reach-in disrupts play, whistle the play dead and hand the ball back to the player who lost the ball. If a player is reaching in, try to redirect them without stopping play.
- For fouls and other rule violations, the team taking control of the ball will start with possession at mid-court. Players are allowed to pass or dribble to re-start game play on the coach's signal. Towards the end of the season, coaches can decide if they want to include a one-shot bonus on shooting fouls.
- If a player receives two fouls during the game, the coach should remove them from play (with a temporary substitution) to discuss the reason for the foul and to reiterate the correction that is expected. The coach should return that player to the court as soon as possible. While we do not foul out players, if girls are playing rough, demonstrating poor sportsmanship that is disrupting the game or deliberately fouling, they will be taken out of the game, regardless of the number of fouls they have previously received. This should only occur on rare instances, but please focus on safety above all else.
- Coaches should focus on creating a learning environment during the games. Coaches will serve as referees and will fairly identify and call fouls or other infractions. Coaches will ensure equal playing time and, as possible, equal experience. Try to rotate who inbounds the ball, who brings the ball up, who plays various positions and who starts the game.
- Parents should review these rules with their players to ensure a clear understanding of the rules. All participants are expected to understand and abide by the rules.
- All coaches are volunteers. Please be respectful of their time and willingness to help develop your players.
- Above all, we all contribute to creating a positive experience for our players. Please think of ways that you can make this season fun for all of us.

Contacts

Please visit crcbasketball.com to find age group commissioner(s) and league coordinator.

CRC Girls Basketball Coordinator: Andrew Bright

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