

Hamilton CYO Basketball
7/8th Grade Girls' and Boys' League Rules

- *Girls*: Intermediate leather ball (28.5 inches diameter).
- *Boys*: Regulation leather ball.
- Free throws shot from the 15 foot regulation line.
- *Defense/Pressing*: Any defense and may press for the whole game. However, pressing is only allowed for the leading team if they are under a 15-point lead.
- **3 seconds**: the entire lane
- **Time-Outs: 5 total** 3 one-minute and 2- 30 second timeouts per game. (Unused time-outs may be carried over into overtime period.) One additional one minute time-out is granted for each overtime period. Time-outs may be called from the bench.
- **Clock**: 6 minutes stop-and-go for all four quarters.
- **Three-Point Shot**: In effect
- **Overtime**: Overtime periods will be three minutes in length.
- **Super Bonus** (on the 10th foul): In effect.
- **Technical Fouls**: Immediate ejection and next game suspension (no appeals). A second technical foul during the season may result in disqualification for the remainder of the season. A technical foul on the bench will be assessed to the head coach; allowed two per game with same consequences as above.
- **Jewelry**: none allowed - no exceptions. (Includes rings, watches, barrettes, earrings, necklaces, etc.) Remind parents with regard to ear-piercing at Christmas time.