



Grade 7 Basketball

General Rules:

1. Games will be played on Tuesdays and Thursdays.
2. Start times 4:00pm & 5:15pm or earlier if possible, the second game will begin 10 minutes at the conclusion of the first game.
3. League play will have 10 minute running time quarters. Only the last minute of each quarter will be stop time.
4. League games must be concluded by 7:00pm to respect gym rental contracts.
5. In all CISAA sanctioned events, ALL PLAYERS must participate in EACH HALF.
6. Man to man defense ONLY.
7. No intentional double-teaming or traps on the ball carrier is allowed.
8. Any player without the ball cannot be double-teamed.
9. Each defensive player must be responsible for guarding one offensive player.
10. On Ball Defense - When defensive players are guarding a player with the ball they need to be at a maximum of two arm length away from the player with the ball (Canada Basketball calls this gap distance). No excessive sagging on defense on or off the ball, this is discerned by referees or a league official.
11. Off Ball Defense - A defensive player must move spots on the court when the offensive player they are covering moves spots on the court. Off ball defenders should not be standing in the middle of the key, they are to move as the player they are guarding moves and or the ball moves, and should only have one foot in the key if their offensive check is off the lane (more than 2 steps of the key). No excessive sagging on defense on or off the ball, this is discerned by referees or a league official.
12. Help Side Defense - A player may leave their check to help on an opposing player who is entering the key with the ball. If the ball leaves the key, so should the help side. Stopping the ball in the key is not considered a double team.
13. Time runs on foul shots unless a coach has used a time-out (or the clock drops to 1 minute) to stop time. In this case, time will resume running when the official indicates that time will resume.
14. After a time out the ball becomes live when the official indicates that time will resume.
- 15. Bonus (Team Foul Penalty) shall occur ON the 4th foul**
16. Size 6 (28.5) basketball

Year End Tournament:

All rules stay the same from regular league play except for the following:

1. Time stops on foul shots

[*Refer to page 9 in the CISAA Policy Handbook for playoff format.](#)