



# Takoma Park Recreation Department

301-891-7290 [takomaparkmd.gov/recreation](http://takomaparkmd.gov/recreation)



## Winter Basketball League Rules

### 7<sup>th</sup>/8<sup>th</sup> Grade (Boys & Girls Divisions)

1. **Safety Precautions:** The league will follow the current COVID guidelines from the CDC and DHHS. At this time for all participants, spectators and coaches, wearing a mask is optional but encouraged while in attendance of games and practices. Additionally, we encourage everyone eligible to get the vaccine, however it is not required to participate..
2. **Game Play**
  - a. Length of games shall consist of two (2) sixteen (16) minute halves, running clock.
  - b. The clock will only stop for time outs, injuries AND any whistle during the final one (1) minute of second half. The OT period shall be 3 minutes, running clock.
3. **Game Rules** - all league games shall be played in accordance with the current National High School Federation Basketball rules with the following modifications:
  - a. Full Court Press – Last 2 minutes of the game
4. **Timeouts**
  - a. There will be two (2) timeouts per half. One (1) time out per overtime period.
5. **Grace Period**
  - a. There shall be a 5-minute grace period for the first game of the day only. Staff has final decision regarding forfeiture of games.
6. **Fouls**
  - a. Team Fouls – 1&1 on 7<sup>th</sup> Foul, 2 shots on 10<sup>th</sup>
  - b. Individual Fouls – 5 Fouls
7. **Roster Size**
  - a. 12 players; 5 vs. 5 games
8. **Court Dimensions**
  - a. Full Court
  - b. Basket Height – Regulation 10 Feet
9. **Ball Size**
  - a. 28.5 (Intermediate) for 7<sup>th</sup>/8<sup>th</sup> Grade (Girls); 29.5 (Regulation) ball for 7<sup>th</sup>/8<sup>th</sup> grade (Boys)
10. **Uniforms/Equipment**
  - a. Players will be required to wear uniforms furnished by the Takoma Park Recreation Department. Shorts with pockets are not allowed.
  - a. Players will not be allowed to wear jewelry of any kind during games. Taping of recently pierced ears is acceptable.
  - b. Balls/first aid kits will be provided during each practice and during games.
11. **Practice**
  - a. One day a week for one hour at a local Takoma Park school.
12. **Volunteers**
  - a. Parents/Volunteers will be asked to assist in running the scoreboard for each game.
13. **Inclement Weather**



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- a. In the event of bad weather Takoma Park Recreation Department will notify coaches of any changes to the scheduled game or practice via email. Coaches are responsible for notifying their respective teams of any schedule changes. At times, school gymnasiums become unavailable and the Recreation Dept. is notified with very little notice. In those unfortunate cases, the Recreation Department will need to cancel the activities and may not be able to reschedule the practice or game.