



League	Defense	Pressing (defense in backcourt)	Sportsmanship rule	Other
7-8 girls & boys	<p>1. Only man-to-man defense permitted. Defense initiated from one (1) step inside mid court. A rebound constitutes possession.</p> <p>2. Defensive player must match up with offensive player as they cross mid-court. The defensive player must stay of the side of the court of the offensive player at all times.</p> <p>3. The defensive player does NOT have to follow the offensive player to the corner of the court (to avoid the offensive team making it a one-on-one game), but must leave the paint and not play a zone.</p> <p>4. They can assist their teammate if an offensive player beats them/double-teaming/help defense is allowed within the lane area (the "paint") and both defensive players must be actively pursuing the ball. Each team will be given one warning per game of a double team. The next and all other double team infractions will result in a technical foul.</p>	<p>No pressing allowed. Defenses are allowed to break-up a fast break and retrieve an errant pass even if this occurs in the backcourt.</p>	<p>1. Two (2) technical fouls on any player or coach will result in automatic ejection from the game, and removal from the facility. 2. Coaches are responsible for reporting all ejections to the league commissioner. Any player ejected will be suspended for one (1) game. 3. The score function on the gamelock display must be turned off if the point differential is 20 or more.</p>	<p>1. No 'one &amp; one' rule- just ten (10) fouls constitute two shots.</p> <p>2. Free throws will be shot from ten (10) feet.</p>
9-10 girls & boys	<p>1. Pressing allowed in 8th period only. Defenses are allowed to break-up a fast break and retrieve an errant pass even if this occurs in the backcourt.</p> <p>2. 15 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Pressing allowed in 8th period only. Defenses are allowed to break-up a fast break and retrieve an errant pass even if this occurs in the backcourt.</p> <p>2. 15 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Any coach ejected from any game will be suspended for the next game and will not be allowed in the facility for the next game. His coaching status will be reviewed by the board. 2. Sanctions may include expulsions from coaching in the league. 3. Any player ejected will be suspended for one (1) game. 4. The score function on the gamelock display must be turned off if the point differential is 30 or more.</p>	<p>1. Seven (7) team fouls in a half constitute a one-and-one penalty situation.</p> <p>2. Ten (10) team fouls in a half constitutes two (2) shots.</p> <p>3. Free throws will be shot from twelve (12) feet</p>
11-12 boys	<p>1. Pressing allowed in 8th period only. Defenses are allowed to break-up a fast break and retrieve an errant pass even if this occurs in the backcourt.</p> <p>2. 15 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Pressing allowed in 8th period only. Defenses are allowed to break-up a fast break and retrieve an errant pass even if this occurs in the backcourt.</p> <p>2. 15 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Two (2) technical fouls on any player or coach will result in automatic ejection from the game, and removal from the facility. Coaches are responsible for reporting all ejections to the league commissioner.</p> <p>2. Any coach ejected from any game will be suspended for the next game and will not be allowed in the facility for the next game. His coaching status will be reviewed by the board. Sanctions may include expulsions from coaching in the league. Any player ejected will be suspended for one (1) game</p>	<p>1. Seven (7) team fouls in a half constitute a one-and-one penalty situation.</p> <p>2. Ten (10) team fouls in a half constitutes two (2) shots.</p> <p>3. Free throws will be shot from regulation line.</p>
11-13 girls	<p>Man to man or zone defenses are permitted</p>	<p>1. Pressing allowed entire game.</p> <p>2. 15 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Pressing allowed entire game.</p> <p>2. 15 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Seven (7) team fouls in a half constitute a one-and-one penalty situation.</p> <p>2. Ten (10) team fouls in a half constitutes two (2) shots.</p> <p>3. Free throws will be shot from regulation line.</p>
13-14 boys	<p>Man to man or zone defenses are permitted</p>	<p>1. Pressing allowed entire game.</p> <p>2. 20 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Pressing allowed entire game.</p> <p>2. 20 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Seven (7) team fouls in a half constitute a one-and-one penalty situation.</p> <p>2. Ten (10) team fouls in a half constitutes two (2) shots.</p> <p>3. Free throws will be shot from regulation line.</p>
High school girls	<p>Man to man or zone defenses are permitted</p>	<p>1. Pressing allowed entire game.</p> <p>2. 20 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Pressing allowed entire game.</p> <p>2. 20 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Seven (7) team fouls in a half constitute a one-and-one penalty situation.</p> <p>2. Ten (10) team fouls in a half constitutes two (2) shots.</p> <p>3. Free throws will be shot from regulation line.</p>
High school boys	<p>Man to man or zone defenses are permitted</p>	<p>1. Pressing allowed entire game.</p> <p>2. 20 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Pressing allowed entire game.</p> <p>2. 20 point "good sportsmanship" rule - Full court pressing is not allowed if winning by 15 or more.</p>	<p>1. Seven (7) team fouls in a half constitute a one-and-one penalty situation.</p> <p>2. Ten (10) team fouls in a half constitutes two (2) shots.</p> <p>3. Free throws will be shot from regulation line.</p>