

BOYS 7-10 INTRAMURAL RULES

DEFENSE

1st Half of season: only man-to-man

Press anytime in 2nd half when down by 10+pts

Press final 3 min of game

All players can press

2nd Half of season: any defense (man or zone)

Press anytime in 2nd half, and all players can press

No pressing if up by 15+ pts

3-POINTERS

College (blue) line at Gold's Gym

A & B TEAMS

A and B teams

A plays 2nd and 4th quarters / B plays 1st and 3rd quarters

If short B players, opposing coach picks weakest A player

When an A or B player is needed to play on an A or B team because of shortage that player cannot play on both teams unless there are less than 10 players

Teams with 12 players must have 6 A players and 6 B players

Teams with 11 players - 5 A players 6 B players

All coaches need to submit their A and B teams by 3rd game of the season. All coaches should have a copy of each team's A & B squads

PLAYING TIME

Equal playing time for all players, # of players doesn't matter

CLOCK

Running time, clock stops only on whistle during last 2 mins of game

and timeouts.

TIMEOUTS

4 timeouts per game

QUARTER TIME

11 min quarters

OVERTIME

2 minutes, clock stops at whistle, 1 timeout per team

FOULS

5 fouls per player

Team shoots 2 free throws on 5th team foul of quarter

TECHNICAL FOULS

2 technical fouls in game player or coach is ejected. Team will shoot two free throws and have possession.

Fighting automatic ejection and suspension from next game.

If a player receives 2 technical fouls in a game or 3 in a season, automatic 1 game suspension.

COACHES

Only 2 coaches on bench, only head coach can stand during the game.

Failure to adhere to this after 1 warning, will result in a technical foul.