

SDBA Grade 6/7 League Rules



All Basketball BC rules apply, except as noted below.

- Two 25-minute halves. There will be stop time during the last 3 minutes of 2nd half provided the teams are within ten (10) points
- Man-to-man defence only. The coaches will choose the player match ups. The coach can switch defensive checks. No zones allowed. No double teams outside the key.
- Half court defence throughout the game. In the last five minutes of the game the trailing team is allowed to apply a full court press.
- One (1) 1-minute time-out allowed by each team per half. Unused time-outs cannot be carried over into the second half.
- Scorekeeper will buzz for substitutions during a stoppage in play at approximate intervals of 5 minutes.
- Fouls are recorded for the team. After seven (7) team fouls per half the bonus will apply. In the playoffs 5 personal fouls will warrant an ejection, and the next player on the substitution list will be inserted into the game.
- Substitution sheets must be filled out and shown to the refs before the game. Thus ensuring equal playing time for every player.
- There is a five (5) minute warm-up
- Half time will be five (5) minutes.
- Every basket inside the three-point line will count as two (2) points. Except fouls shots which will count for a single (1) point. There are three (3) point baskets in this age group.
- There will be a three (3) second in the key violation. The ref will count out the time and will explain the call to the player.
- There will be a five (5) second violation for inbounding and for a frozen ball will situation. The ref will count out the time and will explain the call to the player.
- There will be a ten (10) second violation for not bringing the ball across the half court. The ref will count out the time and will explain the call to the player.
- Picks and screens will be allowed.
- Over and back will be called and explained to the player.