



YOUTH BASKETBALL GUIDELINES: 7th/8th Grade Girls 3v3

The playing standards and rules below are guidelines and recommendations for Carbon Valley Parks and Recreation District youth basketball leagues. These rules, guidelines, and recommendations follow USA Basketball and NBA standards.

EQUIPMENT & COURT SPECIFICATIONS

Topic	Recommendation
Size of Ball	Girls 28.5"
Height of Basket	10'
Free-Throw Line	15'

GAME STRUCTURE

Topic	Recommendation
Number of players on a court	3-on-3 format will be used at this age
Game Length/Clock Stoppage	<p>Four 6-minute periods</p> <ul style="list-style-type: none"> Clock stops on any dead ball. clock stops in last 2-minutes of 4th period if game is within 10 points. <p>If tied: One 2-minute extra period with stop clock. If still tied – game ends in tie</p>
Time Between Periods	1 minute; 5-minute half time
Scoring	<ul style="list-style-type: none"> Free-Throw: 1 point All field goals: 2 points 3-point field goals: NA <p>If a team is ahead by 30 points, use a running clock</p>
Shot Clock	NA
Timeouts	Two 60-second timeouts permitted per half
Start of Game Possession	Home Team
Substitutions	<p>Either team may substitute freely</p> <p>Players must report to scorer's table</p>

GAME TACTICS

Topic	Recommendation
Playing Time	Equal playing time in quarters 1,2,3, coach's discretion in period 4 and extra periods
Set Defense	Player-to-player
Pressing Defense	Pressing is allowed; leading team may not press if ahead by 20+ points
Double-Team/Crowding	Double-team/Crowding is allowed at coach's discretion
Stealing From Dribbler	Stealing from dribbler is allowed
Lane Violations	3 second count

OFFICIALS/GAME PLAY RULES

Topic	Recommendation
Officials	1 official
<ul style="list-style-type: none">• Backcourt Timeline• 5 Seconds closely guarded.• 3 Seconds in the key/lane	10 seconds Yes Yes
Player Fouls	5 fouls per player
Team Fouls	7 fouls per team; one and one bonus
Technical Fouls	2 shots awarded to offended team (no defense) The offending player must sit for the rest of game. Any Coach receiving a technical foul will be ejected from game and possibly suspended from next game (decided upon by league coordinator)
Jewelry	NO jewelry allowed