

7th & 8th Grade Basketball Modifications

Vikings Youth Basketball Program – www.vikingsyb.net

- All players must play equal time / Players should rotate starting and finishing games (if only 7 players show – 2 of the best players should not play the whole game)
- All basic HS rules apply
- Man-to-Man Defense
- 3-on-3 format-(half court) change of possession must go back to center circle, shoot free throws, 1 point for team fouls above 7 and the ball 12 minutes run-time, sub every 4 min
- 3-on-3 format (full court) shoot free throws, 12 minute run time, sub at 4 min. No pressing full until 4th quarter if under 10 for both teams, if more than 10 – only team behind, pick up half court.
- Combined scoring for all 3-on-3 games in a session will determine winner. (coaches should create equal 3 person teams for these sessions)
- Pressing allowed in 5-on-5 & 3on3 format by both teams in 4th quarter if under 10 points, if more than 10 points, only team behind.
- Regular Game - 8 minute running quarters. Stop clock for fouls. Stop for everything last 2 minutes of each quarter
- (Shortened Session) 1 Hour Session- no free throws until last 2 minutes, 1 pt for shooting foul, if basket is made in act of shooting-3 point play. 1 pt and ball if over the 7 foul limit. 2 pts and the ball if over the 10 foul. Stop clock for fouls and Violations last 2 minutes of game.

Game ends when time session is done. Games can end in a tie
Overtime period, if time permits, will be 2 minutes with 1 timeout.

A 2 point technical foul assessed for each player not properly dressed with team jersey. This means wearing team jersey and same plain color undershirt with no graphics showing.

In order to increase fastbreaking, once the defense controls the ball, the other team may not harass, steal, or try to slow up the ball until after it crosses half court. Doing so will result in (1) point and the ball for the controlling team, until 4th quarter when pressing is allowed. Team will be warned once before point is given.