CALVARY HOOPS

League Guidelines & Expectations

7-8 Boys and Girls

Revised 10-30-26

Player Participation

A. Every player is expected to play in each game. Coaches should make every effort to provide playing time unless illness, injury, or other extenuating circumstances prevent participation.

B. Playing time for any player who arrives after the second quarter begins is at the coach's discretion.

C. A player is disqualified after committing **6 fouls**.

Game Rules

A. Games are played 4-on-4 in four 8-minute quarters.

B. The clock runs continuously except during free throws.

C. Each team has three one-minute timeouts per game.

D. A tie at the end of regulation leads to a three-minute overtime that begins with a jump ball. The clock runs continuously for the first two minutes, then stops under regulation rules during the final minute.

E. If the score remains tied after overtime, teams alternate free throws until one team makes its attempt and the other misses. Additional details will be provided at the coaches' meeting.

F. Teams may play defense of their choice and double-team/trapping is allowed but **fouls will be enforced.**

G. Each game begins with a jump ball at half court; possession alternates thereafter.

H. Full-court pressing is **prohibited**. Once a rebound is **securely controlled**, as determined by the referee, the opposing team must retreat to defense.

I. Goal height is 8.5 feet for girls and 9 feet for boys. The free-throw line is 10 feet, and the ball size is 28.5.

J. Officials **will call backcourt**, 10-second. **Fouls will be enforced**.

K. Double-dribbling and traveling will be called. The referee will explain the violation and award possession to the other team. Enforcement will become more consistent as the season progresses, with officials using age-appropriate judgment.

L. Halftime lasts three minutes, and teams switch baskets for the second half.

M. Scores and league standings will be recorded. The home team keeps the official scorebook, and the visiting team operates the clock. Both needs remain at the score table area.

N. A player fouled while shooting receives free throws. All other fouls result in an inbound pass from the spot nearest the foul.

O. Jewelry is prohibited. Those who cannot remove pierced earrings or jewelry **must** cover them with tape or a bandage.

P. Players must wear the league-provided jersey as their official game-day uniform**.**

Q. If a team has only three available players at game time, coaches may mutually agree to play either 3-on-3 or 3-on-4. To ensure competitive integrity, this player configuration must be decided before the game starts and cannot be altered during play, regardless of the score.

R. Gum is strictly prohibited in the gym.

Coach & Player Standards

A. Coaches must remain in the bench area during play. They may respectfully ask referees to clarify a rule but may not dispute judgment calls.

B. Coaches should model Christ-like conduct for players, parents, and others, using their words and actions to point people to JESUS!

C. Coaches are responsible, to the extent possible, for promoting good conduct and sportsmanship among players and fans. They must clearly communicate expectations to players and parents, lead by example, and report inappropriate behavior to the League Director or Leadership Staff.

D. Fighting, profanity, excessive hard fouls intended to cause harm, or other serious misconduct will result in ejection and a two-game suspension.

24-Hour Rule: Wait 24 hours after a game before submitting a grievance or complaint.

Lead Through Example

THANK YOU for serving HIM by serving others!