

Specific Rules for Girls, Grades 5-8

- Regulation Women's Size Ball (28.5)
- Free Throws:
 - Players can shoot from twelve (12) foot or the fifteen (15) foot distance.
- Man to Man Defense:
 - Players must be no more than six (6) feet from the person they are guarding if the player being guarded is below the top of the key.
 - Switching person to person defense is allowed.
 - Zone defense is not allowed.
- Double Teaming / Help Defense in the lane only.
- Clear –out offenses, where player(s) are intentionally positioned out of the normal flow of the offense, to allow another player(s) to play an isolation game, are not in the spirit of the league and will not be permitted.
- Full court press:
 - Allowed only during the final two (2) minutes of the game. Must be person to person.