

Welcome to the BGC Kawarthas **Grades 7-8 Basketball League**. We are excited to offer a basketball league for your child and look forward to coaching your child over the next 12 weeks.

Key Details:

- Basketball League Grades 7-8 will occur on Mondays from 7:30 to 8:45 p.m. @ @ IE Weldon Secondary School. Enter school doors at the left side of the school by the tennis courts.
- Please bring indoor shoes, a water bottle & wear active comfortable clothing.

Weeks	League Night (I.E. Weldon S.S.)	Notes
February 3, 2025 Week 1	Scramble/Skills	
February 10, 2025 Week 2	Scramble/Skills	
February 24, 2025 Week 3	Warm-up, Skills & League Game	
March 3, 2025 Week 4	Warm-up, Skills & League Game	
March 17, 2025 Week 5	Warm-up, Skills & League Game	
March 24, 2025 Week 6	Warm-up, Skills & League Game	
March 31, 2025 Week 7	Warm-up, Skills & League Game	
April 7, 2025 Week 8	Warm-up, Skills & League Game	
April 14, 2025 Week 9	Warm-up, Skills & League Game	
April 28, 2025 Week 10	Warm-up, Skills & League Game	
May 5, 2025 Week 11	Warm-up, Skills & League Game	
May 12, 2025 Week 12	Warm-up, Skills & League Game	

Inclement Weather Notice: When school buses are cancelled all Boys & Girls Club programs are cancelled. Please listen to Bob FM, follow us on Twitter, Facebook or call the Club at 705-324-4493 for program cancellations, If inclement weather develops later in the day program cancellations will be announced by 5:00pm that day **



Basketball League Game Format

GAME PLAY: Game will start with a jump ball at midcourt. Following a successful field goal, the non-scoring team will pass the ball in from behind the baseline; following an unsuccessful field goal, play continues (regardless of possession).

SCORES: (Grade 7-8): Baskets made inside the arc count as 2 points. Baskets made outside the arc count as 3 points if gym has 3-point arc line.

EQUIPMENT: A 'size 6' (28.5) basketball and 10ft high baskets will be in use for league games.

GAME TIME: Games shall consist of 40 minutes of playing time running time; clock shall only stop during timeouts and injuries. Each team is permitted unlimited timeouts that may be called by coach or player. Timeouts shall stop the game clock, and shall last a maximum of 30 seconds.

PLAYING TIME: All players are to receive equal playing time and will be regularly substituted. Substitutions will take place at the centre line and will be administered by the referee.

VIOLATIONS: All violations (travelling, double dribble, 3 in the key, etc.) or out of bounds calls will result in possession of the ball out of bounds at the closest point to where the last play or infraction occurred. Playing after a jump ball situation possession of the ball shall be decided by the arrow, with the first jump ball situation given to the team who did not win the jump ball to start the game.

FOULS: Player fouled in the act of shooting and is successful in the attempt, one free throw is awarded to the shooter. If a player is fouled in the act of shooting and is unsuccessful, two free throws are awarded to the shooter. A player fouled not in the act of shooting, the fouled team will be awarded a throw-in at the nearest spot out-of-bounds where the foul occurred.

DEFENSE: Teams are to play 'man to man' defense only (no zone defenses allowed). The defensive team may play full court defense. If a team is up in the score by 15 points or more must play half-court defense only which means allow the offensive team to advance the ball over half-court without being guarded.

Inclement Weather Notice: When school buses are cancelled all Boys & Girls Club programs are cancelled. Please listen to Bob FM, follow us on Twitter, Facebook or call the Club at 705-324-4493 for program cancellations, If inclement weather develops later in the day program cancellations will be announced by 5:00pm that day **

Lindsay (Grades 7-8)



REFEREES: One referee will officiate the game.

Inclement Weather Notice: When school buses are cancelled all Boys & Girls Club programs are cancelled. Please listen to Bob FM, follow us on Twitter, Facebook or call the Club at 705-324-4493 for program cancellations, If inclement weather develops later in the day program cancellations will be announced by 5:00pm that day **