

POLAR

Athletic Group

Bounce Boys and Girls Middle School Basketball Tournament Rules

Game Length

- 18-minute running halves
- 3-minute halftime

Timeouts

- 3 full timeouts per game

Free Throws

- 1 free throw awarded for shooting fouls
 - The free throw is worth the same number of points as the attempted shot

Clock Management

- Stop time during the final 2 minutes of the second half if the score is within 12 points

Ball Size

- **Boys Grades 7–8:** Regulation men's ball (29.5)
- **Boys Grades 5–6:** 28.5 ball
- **Girls (A & B Divisions):** 28.5 ball

Pressing Rules

- **Grades 7–8:** Pressing allowed until leading by 15 points
- **Grades 5–6:** Pressing allowed until leading by 11 points

Defense

- **Grades 7–8:** Zone or man-to-man defense allowed
- **Grades 5–6:** Man-to-man only.

Overtime

- 2-minute stop time period
- If still tied, play continues in sudden death

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