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| Basketball years 7 and 8This league also has graded divisions to ensure the top teams do not play against the newer teams.* All of the rules of Basketball are called in this league including the 3 second rule. This is when an attacking player is in the shooting key for more than 3 seconds without moving out of the key with both feet, therefore gaining an unfair advantage for their team.
* Teams also have only 8 seconds to dribble or pass the ball over the halfway line.
* No zonal defenses are allowed in this league.
* Individual and team fouls are called and recorded by our Referees.
* When taking free throws in this league, the player must not jump and land over the free throw line before the ball hits the hoop.
* We begin the game with a toss, thereafter it is alternate possession. For any unsighted ball, alternate possession applies.
* We support parents/coaches cheering from the sideline (only positive comments please).

 |  | Basketball years 9-11This league also has graded divisions to ensure the top teams do not play against the newer teams.* All of the rules of Basketball are called in this league including the 3 second rule. This is when an attacking player is in the shooting key for more than 3 seconds without moving out of the key with both feet, therefore gaining an unfair advantage for their team.
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Basketball Guidelines

Stanmore Bay Pool
and Leisure Centre

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| Phone 09 424 9227 or visit **aucklandleisure.co.nz** |  |  | Phone 09 424 9227 or visit **aucklandleisure.co.nz** |  |



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