**MIDDLE SCHOOL RULE DIFFERENCES**

**(All Leagues will use NFHS rules unless specifically mentioned in this document)**

***Please Remember: Be flexible, all kids should be allowed to play if able***

**Sheepscot Valley Athletic Conference**

* Length of quarters: Varsity will play 8-minutes and JV will play 7-minutes.
* GV, GJV & BJV will play with a 28.5 ball. BV will play with the 1000 size game ball.
* At the Varsity level, full court pressure may be used at any time. At the Varsity level a team cannot press once they are ahead by 15 points.
* At the J.V. level, teams may run any defense. Also, there will be no full

court pressure.

* The 3-point shot will be in effect, if a line is visible, for both Varsity & JV games
* Noisemakers of any kind will not be permitted and, if found, addressed quickly
* Uniform policy waiver: Some uniforms may not match exactly. The undergarments/shirts worn under the uniform do not have to match the uniform color. These discrepancies are due to budget constraints and players having body image concerns with looser uniforms.

**Capital Area League**

* All Games will be made up of four 8-minute quarters.
* Person to Person full court presses will not be allowed if a team is ahead by more than 20 points.
* Scorebooks must have the first and last names of all players.

**Central Maine League**

* 7TH & 8TH Grade: Man to Man defense is to be played the entire game. Any half court or full court defense must be man to man or player to player.
* Full court pressure is not allowed in the first half for 7th grade.
* A team cannot press if they have a 20-point lead.
* All Games will be made up of four 8-minute quarters.
* 6 Minute Half-Time.
* 10 Minutes in between games.
* 3pt line is in use.

 **Pinecone League**

* Normal NFHS Rules
* 7 Minute Quarters

 **Busline League**

* Normal NFHS Rules
* 8 Minute Quarters