

## Granny Basketball

Granny Basketball was developed in Cedar Rapids for women over the age of 50 as a way of exercise and enjoyment. We in Marshalltown, with an attempt to develop more programs for women 50 and over, held a Granny Basketball fundraiser on March 8<sup>th</sup> with proceeds going to the Iowa River Hospice house and the Marshalltown Beautification Project. A team was formed in Marshalltown called the Marshall Mellows. The team is made up of former basketball players from the Marshall County area women over the age of 50.

Some of the general rules for the league are:

1. A team consists of two guards, two forwards, and one or two centers, all of whom remain in their designated court.
2. The floor is divided into three courts.
3. No running or jumping. (Hurrying is allowed).
4. Two dribbles per possession per player.
5. No physical contact.
6. Alternate possession after tie-ups.
7. A game consists of 4 - 8 minute quarters with a continuous clock.
8. One time out per team per quarter
7. Three fouls only are allowed per player. Players are disqualified after the third foul. The game may continue with no fewer than 5 players.
8. 3 points are scored for underhand shots; 2 points for over hand shots; 1 point for free throws.
9. No upper arms or legs can be showing.
10. In case of a tie after regulation play, an additional 4 minute period is played. Each team is allowed one time out during the overtime period.

Along with these rules the players wore a traditional 1920's uniform. As in rule number 9 the players are not allowed to have any of the upper arms or legs showing or it is a "flesh" violation which constitutes a foul.

For more information about the official Granny Basketball League visit [www.grannybasketball.com](http://www.grannybasketball.com).

Since the fundraiser we found a number of women who would be interested in having a basketball league here in Marshalltown. This league will allow women the opportunity to have a program where they can have fun playing the game they enjoy as well as an alternative to regular exercise classes.

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