



Youth Basketball Rules 7 & 8 Year Age Group

5 vs 5

Common Rules

1. Game Administration:
 - a. The league will be 5 on 5. Teams must have a minimum of Four (4) players to begin a game. Teams must have a minimum of Three (3) players to finish the game. Coaches can combine players if needs be so that the children can still play the game.
 - b. Coaches should attempt to allow each player to “handle the ball” once per game. Player involvement is important to the development of the player and their inclusion with the team.
 - c. All players must play 50% of the game.
 - d. If a player shows up late, the coach should make every attempt to play them the two full quarters. If the player shows up after the start of the third quarter, the coach is not held to the two full quarter rule. The coach should play the player a full quarter.
 - e. Each team will be allowed four (4) time-outs per game. No consecutive time-outs will be allowed.
 - f. Only one head coach and one assistant will be allowed on the bench.
 - g. Quarters will be Eight (8) minutes in length with a running clock. The clock will only stop for time-outs and injuries.
 - h. All four quarters will be slow break. This means no fast breaks as well as no back court defending.
 - i. There will be a jump ball at the beginning of regulation and alternate with a possession arrow thereafter. Overtime will begin with a jump ball.
 - j. Overtime will consist of a three (3) minute period. If the score is still tied at the end of the overtime period, then a “sudden-death” overtime will be played. The first team to score in the additional overtime period will win the game.
 - k. 7-8 year olds will shoot on the 8 foot goals, and shoot fouls from an abbreviated line.
2. Handling the Ball and Defense:
 - a. There will be **NO** stealing the ball from the offensive player.
 - b. This rule is defined as stealing/or taking the ball from the offensive player during a dribble or when the player is holding the ball in an attempt to pass the ball. **Passes may be intercepted.**
 - c. This rule does not apply to a loose ball, blocked shot, or rebound.
 - d. A player may not stall the game by dribbling around with the ball. The player should be encouraged to pass the ball or dribble in for a shot.
 - e. **Defense can defend one step outside of the lane.**
 - f. No aggressive double-teaming is allowed. We emphasize a 1 on 1 style of game. See 2a.
3. Coaching, Parent and Player Behavior:
 - a. We encourage full respect for other team members and game officials.
 - b. If a player/coach/spectator is ejected for inappropriate behavior, the Athletic Manager, Athletic Director or Executive Director will determine all disciplinary action.