

****** 2025-26 Youth Basketball Leagues ******
Summary of 6-8th Grade Rule Differences

Rules unique to 6-8th Grade basketball – different from rules for other grades in Arlington “house league” basketball - are summarized below. Please read the entire Arlington County rules document, not just this summary. Guaranteed play rules (section 7.08) apply to all age groups.

- 4.06 Players rostered on Fairfax County Youth Basketball League teams are eligible to participate in the Arlington House League program but each team will be limited to one (1) such player. This restriction does not apply to players on AAU teams. Travel players (as defined above) may play NO more than 2 quarters during a regulation game.
- Note: There is no roster limit for players with “practice player” status with the FCYBL, however these players are restricted to 2 quarters of regulation playing time.
- 6.04 **BALL SIZE:**
c. Boys Leagues Grade 6-8 shall use a 29.5 inch ball (regulation size men’s basketball).
d. Girls Leagues Grade 6-8 shall use a 28.5 inch ball (regulation size women’s basketball).
- 6.05 **HEIGHT OF BASKET.** Each basket ring shall have its upper edge 10 feet above the parallel to the floor.

7.00 - Playing Rules

- 7.01 **GAME PLAYING TIME** shall be as follows four 6-minute periods with regulation timing.
- 7.02 **OVERTIME.** A tied game in the regular season will be continued into one 3-minute overtime period. Overtime is considered an extension of the 4th quarter. Players’ playing time in overtime is at the coaches’ discretion. No overtime will be played in pre-season bracket or seeding games. Post-season tournament games will play overtime(s) until one team wins.
- 7.05 **POST-SEASON.** 6-8th Grades will have a single-elimination post-season tournament for all teams.
- 7.07 a. **BACKCOURT PRESS.** Whenever a team is ahead by 10 or more points, that team may not apply defensive pressure in the backcourt. In this situation, defensive pressure - defined as any intentional act which restricts the control or advancement of the ball by the offensive team - may not be applied until the offensive player with the ball has both feet and the ball across the division line. This backcourt press rule applies as soon as the team which is behind by the specified number of points gains possession of the ball in its backcourt or is making a backcourt throw-in. There is no restraining line rule for 6-8th grade.
- b. **DEFENSIVE PRESSURE PENALTY.** Violation of the rules governing defensive pressure will result in two (2) warnings to the offending team and then a team technical foul for every subsequent offense. (Note: This team technical foul shall not be included in the fouls leading to the bonus shot.)
- c. **BONUS SITUATION.** Teams will shoot two free throws for all common fouls after their opponent commits five fouls in a quarter each half. Team fouls will reset at the end of each quarter, instead of resetting at the end of each half.
- d. **THREE-POINT SHOT.** The three-point rule will be in effect.