

# Youth Basketball League - Rules of Play

## 7-8 "Little Ballers" Division

### Game Procedure

- 1) Games will consist of two 20-minute halves with substitution intervals every five minutes.
- 2) The rim will be set at a height of eight feet (8').
- 3) Games will be played with a size 28.5" intermediate basketball.
- 4) Subs will enter on a dead-ball at every 5-minute mark within each half (15-, 10-, and 5-minute marks). **Free substitutions will only be allowed during the final 5 minutes of the second half.** Free subs are required to kneel at the scoring table until the next dead ball and may not come straight from the bench.
- 5) The free throw line will be set approximately 2-3 feet inside the regulation free throw line.

### Clock Operation

- 1) The games will utilize a running clock. The clock will only stop:
  - a. During time-outs (Each team will receive 1 time-out per half).
  - b. On a dead ball during the last two minutes of the second half if the score differential is 9 or less.
  - c. Every five minutes for substitutions only (not a full time-out).
  - d. At the discretion of the referee for injury or other delay.

**Note:** Coaches and parents are responsible to make sure all players' shoes are double tied before the start of each game and players should re-check their shoes at the beginning of each substitution period.

### General Rules

- 1) Modified High School rules will govern the games.
- 2) 5-Second lane violations will be enforced. No offensive player may be in the lane for more than five seconds without completely exiting the lane area before re-entering.  
*Note: Referees will be tightening the rules as the season progresses and coaches are urged to continually work with those who have difficulty with this concept. Penalty is loss of possession.*
- 3) Each player has 4 personal fouls to give. On the fifth personal foul, the player is disqualified (fouled out) regardless of time played.
- 4) Teams will shoot the one-and-one bonus on the seventh (7<sup>th</sup>) team foul. There will be no double bonus.
  - a. Team fouls will accumulate per half, not by quarter.
- 5) Each team will be permitted a single (1) 1-minute time-out per half. One additional time-out will be awarded for an overtime period. No time-outs from any previous periods may be carried over.
- 6) If the score is tied at the end of regulation, an overtime period will be played. Overtime will last two minutes. The clock will run as noted in the final 2 minutes of the second half. If the score is still tied at the end of overtime, then sudden death overtime will be played. The first team to score wins.

### Playing Time

- 1) Each player must play at least two (2) full periods and sit out at least one (1) period **per half** unless no subs are available (i.e. if a team only has six players, each player would only need to sit once per game).  
**Best practice is to "empty the bench" at each substitution period until free subs are allowed.**
- 2) No player may play less than the required time except for injury, illness, or being disqualified (fouling out, technicals, etc.). Any time missed due to a player arriving late counts as time played.
- 3) In any overtime periods, previous time played has no bearing.
  - a. Only disqualified players due to fouls or ejections will be ineligible.

### Defense Rules

- 1) **The Defense** will be set as follows:
  - a. All players must have at least one foot inside the key box while on the defensive side of the floor. If the ball advances beyond the free throw line – extended, **one** defensive player may come out of the key box to defend the ball. No defense can be played in the back-court at any time.

### Offense Rules

- 1) There will be no three-point baskets.
- 2) A player may only score a maximum of 20 points. Any baskets made after this mark is hit, will result in 0 points and the ball will be awarded to the other team.
- 3) In overtime periods, players having "pointed out" (scored 20 points) are allowed to score an additional 6 points.