



U8 League

Rules and Procedures:

Children's Basketball

Game Format

- Referees or Home Team coach leads both teams in prayer at center court before every game. This sets the tone and focus for the game. A coin toss or other impartial method will determine first possession. Players and coaches shake hands after the game.
 - Games consist of two 18-minute halves and an eight-minute halftime. This keeps games to approximately a 45-minute time frame.
 - The clock stops every six minutes for predetermined substitutions. This time should not be treated as a timeout. This allows coaches to match up players without wasting valuable game time. The clock will not stop for any foul.
 - No timeouts are used in Colonial basketball. This allows more playing time and keeps games on time.
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Game Format

- At the end of each six-minute segment, the team that receives the ball next is based upon the direction of the possession arrow.
 - Teams switch goals at halftime.
 - Any games ending in a tie will remain a tie. This helps keep games on schedule.
 - No league standings are maintained in any league. We believe by posting the standings we undermine the recreational nature of our program.
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Game Format

- Coaches are allowed to walk their half of the sidelines and encourage their players without stepping in the playing area. The focus here is to instruct and encourage players at all times.
 - All coaches will adhere to the substitution system. The substitution system allows for equal playing time for all players throughout the season.
 - Players will wear colored bands that reflect their skill level to allow for more accurate matchups. Players will not be informed of the reasoning behind this.
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Rules for Game Play

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. In most cases, players are guarding the opponent that closely matches ability and height, creating a more competitive system for all on the court.
 2. Defensive players are allowed to play help defense. They are *not* required to stay within an arms length, but may not deliberately double team.
 3. Defensive players may not guard their man until they have crossed half court (no full-court press).
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Rules for Game Play

4. Double teaming is not allowed. However, help defense is strongly encouraged in the following instances:
 - **Offensive Picks and Screens** – Defensive switching is allowed on offensive picks and screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend his or her offensive player. This is commonly referred to as “help and recover”.
 - **Fast Breaks** – During any fast break (when the team that gains possession pushes quickly into the opponent’s end of the court), another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players.
 - **Lane Area** – If a defender is in the lane, the defender is allowed to provide help defense.
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Rules for Game Play

5. At the beginning of each six-minute segment, both coaches should line up the players at mid-court and match them up by ability without giving verbal cues. This act is performed to promote equal player match-ups. If both coaches and referees foresee a match-up problem due to position and height, players can be shuffled around to create a better game situation.
 6. Full-court presses are not allowed. Defensive players may not guard their opponents in the backcourt. There will be a marked line beyond half-court which signals when the defender may guard his or her player.
 7. Due to the shortness of the court in cross court play, backcourt violation will not be called in U8.
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Rules for Game Play

8. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover.
 9. Referees will call and explain all violations. This is done because referees serve as “on the floor coaches” teaching players what is and is not acceptable on the court. The detail of explanations will vary according to the age group and understanding of the players and should decrease as the season progresses.
 10. When possible, referees will advise players of potential violations before the violation occurs. Doing this often prevents a violation from occurring.
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Rules for Game Play

11. The five second restriction (lane violation) should not be called. However, coaches and referees should encourage offensive movement in and out of the lane area.
 12. Stealing is not allowed.
 13. Technical fouls can, and will be called when necessary. Players, coaches, and fans are all able to receive a technical foul for their team. Any profanity will result in a double technical (ejection).
 14. No score will be given for a basket in the wrong goal. It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.
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Rules for Game Play

15. A player committing two fouls in one six-minute segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute. This does not change the normal rotation, because the fouled-out player does not come back into the game until scheduled to do so. The player who comes in as a substitute gains extra playing time. This extra time does not affect the predetermined substitution system.

 16. All fouls result in the ball being taken out on the side by the offended team (no free throws). There are no special rules for the last 2 minutes in U8.
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Substitutions

This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that:

- The starting lineup shifts down one player every game, allowing every child the opportunity to be in the starting lineup.
 - No child will sit out back-to-back six minute segments.
 - Every child will play at least half of the game.
 - In most cases, each child will play against someone of similar ability.
 - Playing time for all players is virtually even over the course of the season.
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