



U8 League

Children's Basketball

Game Format

- 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 with a running clock. 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.
 - No timeouts are used in Colonial basketball. This allows more playing time and keeps games on time.
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Game Format

- Possession following a substitution break will be given to the team that had the ball when the clock was stopped.
 - 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 provided substitution spreadsheet. The substitution spreadsheet 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).
 4. Stealing is NOT allowed.
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Rules for Game Play

5. 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

6. 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 foresee a match-up problem due to position and height, players can be shuffled around to create a better game situation.
 7. For the U8 leagues backcourt violations will not be called
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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. When possible, referees are encouraged to advise players of potential violations and explain called violations.
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Rules for Game Play

10. The five second restriction (lane violation) should not be called in the U8 age divisions. However, coaches and referees should encourage offensive movement in and out of the lane area.
 11. 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).
 12. 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

13. 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.

 14. All fouls result in the ball being taken out by the offended team (no free throws).
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