

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 or at the referee’s discretion at every 5-minute mark within each half (15-, 10-, and 5-minute marks).
- 5) **Free substitutions will ONLY be allowed during the final 5 minutes of the second half on a dead-ball called into the game by referee.**
- 6) The free throw line will be set approximately 1 foot 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
 - b. On a dead ball during the last two minutes of the second half if the score differential is 9 or less.
 - c. At the discretion of the referee for injury or other delay.

General Rules

- 1) Modified High School rules will govern the games.
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.
- 2) Team fouls will be counted. On the 7th team foul the opposing team will shoot a one-and-one free throw. Team fouls will reset at each half.
- 3) The referee can ask a player to sit for disciplinary or safety reasons.
- 4) 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 timeouts during Sudden Death overtime. No time-outs from any previous periods may be carried over.

Overtime Rules

- 5) If the score is tied at the end of regulation, an overtime period will be played. Overtime will last 2 min. 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).
It is required 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) No player can sit 2 periods in a row prior to the free substitution period.
- 4) 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 above the free-throw line extended including 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.