A black background with orange and grey text

Description automatically generated

**YOUTH BASKETBALL RULES**

**2024**

**8U**

**5 X 5**

Play full court basketball

8-10 players per team

8’ to Hoop

8’ to Free Throw Line

Size of basketball: Size 5

Special Rules

First half of the season, no double dribble or traveling calls.  Mid season of the games, start calling double dribble and traveling.

No zone defense.  Man to man defense only. No double teaming

No guarding above the half court line

No stealing the ball from another player who is actively dribbling or holding the ball. Stealing on a pass is permitted.

Fouls

Intentional physical contact.  If fouled in the act of shooting.  The player receives 2 free throws.  Otherwise, it is 1 free throw.

All substitutions must report to the scorer’s table and wait to be called into the game by the referee during a dead ball.

**Scoring Points**

* Points are scored when a basket is made.
* 1 point is scored when a player is given a free throw
* 2 points are scored when the player is inside of the three-point line
* Behind the 3 point line is still 2 points

**The Game**

* The home team is determined by the game schedule. The home team bench is to the left of the scoreboard. The visiting team bench is to the right of the scoreboard.
* There will be a 60-minute limit for games. 60 minutes will be set on a timer, the game is finished where it stands. No overtime will be played.
* Each game shall use a shot clock.

**The Court**

Backcourt: A team’s backcourt consists of the part of the court from the half court line to the baseline of that team’s basket.

**Out Of Bounds**

A ball is out of bounds and becomes dead when the ball:

* Touches a wall, objects mounted flush with the wall, or objects on the floor outside of the court.
* Touches the floor completely outside the court’s boundary lines.
* Bounces off the top of the backboard and rolls behind the basket.

**Game Equipment**

* The hoop shall be set at 8 feet.
* A guard, cast or brace made of hard leather, plaster, pliable plastic, metal or any other hard substance, even though padded, is not permitted.
* Players may not wear jewelry during practice, warm up or games.

**Game Time**

* (4) 8 min quarters, (2) 1 minute quarter breaks, (2) 1.5 minute quarter breaks, (1) 5 minute half time.
* Each team is entitled to (1) 1 minute timeout per half and (1) 1 minute 30 second timeout per half.
* All games will be played on the full court designated at the La Pine Parks and Recreation District’s community center as line with the 2” red tape on the floor and serve as the sidelines and end line for each full court.

**The Team: Composition and Positions**

**Team Players**

A team shall consist of five players. If there are not five players present, players may be borrowed from another team in the same age division or lower to complete the game or forfeit.

**Player Position**

2 guards

2 forwards

1 center

**During Play**

**Team Benches**

All non-playing team members, including assistant coaches and other team personnel, shall be seated on the designated team bench during the game. Team members, all coaches and other team personnel shall conduct themselves in a sportsmanlike conduct during games.

**Player Actions**

**Bounce Pass -** The ball is passed to another teammate by bouncing the ball on the ground

**Chest Pass** – The ball is passed to another teammate by pushing the ball from their chest to another teammate with no bounce on the ground

.

**Overhead Pass** - two handed pass over the head

**Fouls**

* A foul is unsportsmanlike conduct including offensive language toward another player, referee or coach.
* A foul occurs when a player makes physical contact with another player. If said player is in the process of shooting the basketball, the player gets 2 free shots from the free throw line. If the player is not in the process of shooting the fouled team gets to inbound the ball. After 5 fouls on the team the players shoot 1 free shot from the free throw line. If this basket is made, the player gets another free shot from the free throw line.

**Substitution**

A substitution is the exchange of at least one player in the game by a teammate.

ALL PLAYERS MUST HAVE EQUAL PLAYING TIME

To request a substitution

* The head coach must visibly signal to the referee that substitution is desired.
* Once the signal is made the players will have 15 seconds to make the swap.
* The referee recognizes the request, and the substitutes shall immediately move to their appropriate bench.

Substitution may be made during a timeout but must be reported to the referee.