



BASKETBALL RULES BY AGE GROUP

8-12 Year Olds

I. GENERAL RULES

- 1.01 **League Standings** – There will be NO league standings kept throughout the season.
- 1.02 **Scoring** – Official score WILL be kept on the score clock. Once a 20-point lead is reached, the score clock will be turned off. However, score will continue to be kept by the scorekeeper and the score will be turned back on once a 10-point deficit is reached.
- 1.03 **Statistics** – Coaches may record game statistics (i.e. rebounds, assists, etc.) for the purpose of positive reinforcement and as a source of encouragement to your players throughout the season.
- 1.04 **Discipline** – You, the coach, are responsible for keeping good discipline with your players on the bench and on the court during practices and games. Players must remain on the bench at all times, unless they are in the game or called up by the coach. ONLY ONE COACH IS TO STAND AT ALL TIMES.
- 1.05 **Injury** - Games will be stopped for a possible injury situation. Depending on the injury, the player may be taken out and replaced with a substitute (see 3.01.1). If blood is involved, then time will be taken to remove all blood from the floor and the player must be removed from the game until the injury is properly wrapped. If blood is on the jersey, the player must change into a like team colored shirt.
- 1.06 **Equipment** –
- **8-12 yr old Girls** – 28.5” ball and 9 foot goal
 - **8-9 yr old Boys** – 28.5” ball and 9 foot goal
 - **10-12 yr olds Boys** – Full size ball and 10 foot goal
- 1.07 **Player Attire**- All jerseys **MUST** be tucked in during games. NO modifications to team shirt (jersey). Do not cut off sleeves or alter team uniform in any way. Players must wear current team uniform shirts to ensure recognition of team sponsor. If a jersey needs to be replaced, a replacement jersey fee is required.

II. GAMES

- 2.01 **Prayer** - Each game may begin with a scripture reading and prayer led by a referee, coach, or One Goal appointee and followed by team introductions.
- 2.02 **Game/Quarter Length** –
- 4 Quarters
 - 8 minute duration (continuous running clock except for final 2 minutes of the game)
- 2.03 **Stoppage** – There are only four (4) occasions in which the clock will stop during a game.
- **Injury** - The clock will stop for an injury timeout.
 - **Time Out**
 - **End of Quarter** - The clock will stop at the end of each 8-minute quarter.
 - **Final 2 Minutes of the Game** - The clock will stop for each dead ball (i.e. when the ball goes out of bounds or for a foul)
- 2.04 **Time-outs (1 minute long)** –
- 2 time-outs per team, per half (time-outs do not carry over)
 - Buzzer will sound 45 seconds in to serve as a 15 second warning.
 - Buzzer will sound a second time at 1 minute to conclude the time-out.
 - If play has not resumed within 15 seconds of the second time-out buzzer, the play clock will automatically begin.
- 2.05 **Match-ups** - All players will be “matched-up” according to size, age, playing ability, and/or position before each period in a way that they understand whom they are defensively responsible for in Man-to-Man defense.

III. SUBSTITUTION

- 3.01 **Substitution Rule** – Players will play at least 1/2 of the game (minimum of 2 quarters). A player cannot play 3 quarters unless all players have played 2 quarters or are playing in their 2nd quarter. A player cannot play 4 quarters unless all players have played 3 quarters or are playing in their 3rd quarter.
- 3.01.1 Coaches are responsible for maintaining an equal rotation throughout the entire game so that each player plays an equal amount of time. This responsibility will be placed completely on the coach and may be monitored by the referee. Subs will only be allowed at quarter breaks or for injury.

IV. OFFENSE

- 4.01 **Plays** – There is no mandatory offense for each team, but keys to consider are keeping the floor well spread and making each player have the opportunity to score.
- 4.02 **Mercy Rule** – The Mercy Rule will automatically go into effect when a team’s point deficit reaches 20 points or more. If your team is up by 20 or more points, your defense, man or zone must remain inside the 3-point line. Otherwise, a technical foul may be called.

- 4.03 **Holding the Ball** – No team is allowed to hold the ball or run down the clock. We want to utilize as much playing time as possible.
- 4.04 **5 Second call** – Once a player has picked up his/her dribble or is not making forward progress while being closely guarded, he/she must pass the ball before 5 seconds elapses.
- 4.05 **Wrong goal** – If a ball is shot into the opposing team’s goal, the referee will explain to the player what has happened, credit the points to the appropriate team, and award possession of the ball to the team that committed the error (*example: Team A scores on Team B’s goal. Team B receives the points. The ball is awarded back to Team A*).
- 4.06 **Over and Back** - 8-12yr olds will be given 0:10 seconds to bring the ball across half-court and establish both feet in their offensive half of the court. Once the ball has crossed half-court, the offensive player may not take it back over the half-court line. This results in a over and back violation. However, a ball deflected by a defensive player that results in the ball crossing half-court does not result in an over and back violation. Any throw-ins can be made to the backcourt.
- 4.07 **Scoring** – Official score WILL be kept. Coaches should utilize the score as a teaching tool. We don’t keep standings so don’t allow the score to be the driving focus. These players need to develop basketball fundamentals.
- 4.08 **Overtime** – If the teams are tied at the end of regulation, teams will play a one (1) minute overtime. Standard game formatting applies except the clock will stop on any dead ball.
- 4.09 **Free Throws** – Free throws will be awarded for shooting fouls, bonus, and double bonus penalties.
- 4.09.1 All players (on the blocks), during a free throw attempt, must remain still until the ball makes contact with the rim.

V. DEFENSE

- 5.01 **Defense** – Teams may interchange between zone and man during a quarter. However, man and zone rule restrictions apply.
- 5.02 **Mercy Rule** – The Mercy Rule will automatically go into effect when a team’s point deficit reaches 20 points or more. If your team is up by 20 or more points, your defense, man or zone must remain inside the 3-point line until your opponents break the 20-point threshold.
- 5.03 **Mercy Rule Violation** – If the Mercy Rule is in effect and your team violates this rule and is called for a Mercy Rule violation, a free throw will be awarded to the opposing team and the team will retain possession (i.e. Team A is up by 20 points and guards beyond the 3-point line. Violation is called. Team B gets one free throw and retains possession of the ball).
- 5.04 **Man-to-Man** - Man-to-man defense is allowed. Coaches and referees should attempt to evenly match players before each quarter. Coaches may change defender assignments during a timeout or dead ball, however defenders are not allowed to switch men (i.e. due to a screen) or chase the ball all over the court. In the event an offensive player penetrates to the basket, a defensive double team and trap may occur to stop forward movement. Defensive players have the option to maintain the double team and trap or return to

- original man. Offensive players are encouraged to beat legal double teams either by dribbling out of a double team/trap, passing to a teammate, or shooting the ball.
- 5.05 ***Zone Defense*** – ANY Zone defense is permitted so long as a double team does not result outside of the 3-point line.
- 5.05.1 ***Zone*** – 8-12 yr old teams playing zone will be expected to have a clear knowledge of the assigned positions and the basic principles. Teams are NOT allowed to trap or double team the offense beyond the 3-point line; however, a double team may occur if the offensive player “gets caught” in between zones.
- 5.06 ***Illegal Double team beyond 3-point line*** - If a team is called for illegal defense, the possession will be awarded back to the offense and the ball will be taken out from the point of the call. *Exception – Mercy Rule violation – see rule 5.02*
- 5.07 ***Double Teams/Trapping*** – Double teams are permitted under certain conditions. Only natural double teams are legal (ex. Zone collapsing to stop the ball; Man stops dribble to basket in a man-to-man). Double teams and trapping outside the 3-point line are NOT PERMITTED.
- 5.08 ***Defense Pick-up*** –
- 5.08.1 Man-to-man defense may pick up at half-court so long as or the Mercy Rule is not in effect or it does not violate 5.08
- 5.08.2 Zone- Defense may run normal format or extend so long as it does not violate the 5.05 and 5.06 rule or Mercy Rule
- 5.09 ***Full Court Press*** – NO full court pressure is permitted at anytime throughout the game or season.

VI. VIOLATIONS

- 6.01 ***Turnover*** - All turnovers will be called by the referee and will result in a loss of possession.
- 6.01.1 ***Double Dribble*** – The player is only allowed to use one hand to dribble and must pass or shoot once dribble is stopped.
- 6.01.2 ***Traveling*** – Once both feet are planted on the floor, the player can only use one pivot foot when holding the basketball.
- 6.01.3 ***Carrying the Ball*** – This happens when a dribbler’s hand rest underneath the ball and then rotates to the top of the ball during a dribbling motion, which results in an advantage.
- 6.01.4 ***Lay Ups*** – Two steps are allowed.
- 6.01.5 3-second lane violations WILL be called on an offensive player who has at least one foot in the paint (lane). A warning will be given before the call is made, i.e. “Red get out of the paint!”
- 6.01.6 ***Free Throw Shooting*** – If a shooting player’s toes touch any position of the free throw line during a foul shot, the shot will be discarded. If

a second shot is forthcoming, the free thrower will get another attempt.

6.01.7 Coaches must remain in their assigned space throughout the game.

Only one coach at a time is allowed to be standing during the game.

6.02 ***Fouls*** - A foul will be called anytime strong contact is initiated by the defense against the offense, or visa versa. This includes but not limited to reaching in, over the back calls, a foul on a shot, foul on the floor or away from ball, and offensive charges.

6.02.1 8-12yr olds will have an official record kept at the scorer's table. Each player is allowed 5 fouls per game. Players CAN foul out.

6.02.2 After 7 team fouls in a half, the opposing team will shoot 1 free throw. If the first shot is made a 2nd bonus shot will be awarded. After 10 team fouls in a half, the fouled team will shoot 2 free throws.

6.03 ***Technical Fouls*** - There should be no need for issuing technical fouls. However, if an official deems it necessary to issue a technical foul due to the un-sportsmanlike conduct of a player or coach toward the opposing team or official, he/she may do so. This will result in one free throw and the ball for the opposing team.

Things that are NOT allowed:

- Defensive double teams (man or zone) beyond the 3-point line (duration of the game)
- Defenders switching off of screens
- Full court pressing
- Double dribble, traveling, carrying the ball, moving screens, over and back
- Pushing foul, holding foul, contact foul, charging foul, blocking foul
- Free throw shooter stepping beyond the free throw line
- 3-second lane violation
- Possessing the ball in the backcourt for 10 seconds

INJURY PARTICIPATION

BUBBLE WRAP – A CHILD IS NOT ALLOWED TO PARTICIPATE IN OGS PRACTICES OR GAMES IF A CAST IS REQUIRED.

BOOTS – A CHILD WHO IS REQUIRED TO WEAR A MEDICAL BOOT FOR A BROKEN OR FRACTURED FOOT IS NOT ALLOWED TO PARTICIPATE IN OGS PRACTICES AND GAMES.