



YOUTH BASKETBALL GUIDELINES: 7th/8th Grade

The playing standards and rules below are guidelines and recommendations for Carbon Valley Parks and Recreation District youth basketball leagues. These rules, guidelines, and recommendations follow USA Basketball and NBA standards.

EQUIPMENT & COURT SPECIFICATIONS

Topic	Recommendation
Size of Ball	Boys 29.5 / Girls 28.5"
Height of Basket	10'
Free-Throw Line	Free Throw 15'
3-point arc	Yes
Court Size	Full

GAME STRUCTURE

Topic	Recommendation
Number of players on a court	5-on-5 format will be used
Game Length/Clock Stoppage	<p>Four 10-minute periods</p> <ul style="list-style-type: none"> Running Clock <p>clock stops in last 2-minutes of 4th period if game is within 10 points.</p> <p>If tied: One 2-minute extra period with stop clock. If still tied – game ends in tie</p>
Time Between Periods	1 minute; 5-minute half time
Scoring	<ul style="list-style-type: none"> Free-Throw: 1 point All field goals: 2 points 3-point field goals: 3 points
Timeouts	Two 60-second timeouts permitted per half
Start of Game Possession	Jump Ball
Substitutions	Either team may substitute freely Players must report to scorer's table

GAME TACTICS

Topic	Recommendation
Playing Time	Equal playing time in quarters 1,2,3, coach's discretion in period 4 and extra periods
Set Defense	Player-to-player and zone defense allowed
Pressing Defense	Pressing is allowed; leading team may not press if ahead by 20+ points
Double-Team/Help Defense	Help defense is allowed in the lane
Stealing From Dribbler	Stealing from dribbler is allowed
Lane Violations	3 second count

OFFICIALS/GAME PLAY RULES

Topic	Recommendation
Officials	2 officials
<ul style="list-style-type: none">• Backcourt Timeline• 5 Seconds closely guarded.• 3 Seconds in the key/lane	10 seconds Yes Yes
Player Fouls	5 fouls per player
Team Fouls	5 fouls per team; one and one bonus
Technical Fouls	2 shots awarded to offended team (no defense) The offending player must sit for the rest of game. Any Coach receiving a technical foul will be ejected from game and possibly suspended from next game (decided upon by league coordinator)
Jewelry	No jewelry - medical alert permitted