



## YOUTH BASKETBALL GUIDELINES: 7<sup>th</sup>/8<sup>th</sup> Grade

The playing standards and rules below are to serve as 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" and Girls 28.5"
Height of Basket	10'
Free-Throw Line & 3-Point Arc	Free Throw 15' 3-Point Arc 22'9"

### GAME STRUCTURE

Topic	Recommendation
Number of players on a court	5-on-5 format will be used at this age
Game Length/Clock Stoppage	<ul style="list-style-type: none"> <li>• Four 8-minute periods</li> <li>• If tied: 2-minute extra period with stop clock</li> <li>• If tied after extra period: Sudden death (first score wins)</li> <li>• Clock stops on any dead ball</li> <li>• clock stops in last 2-minutes of 4<sup>th</sup> period if game is within 10 points</li> </ul>
Time Between Periods	1 minute; 5-minute half time
Scoring	<ul style="list-style-type: none"> <li>• Free-Throw: 1 point</li> <li>• All field goals: 2 points</li> <li>• 3-point field goals</li> </ul>
Blowout Rule	<ul style="list-style-type: none"> <li>• If a team is ahead by 20+ points at end of 3rd quarter, scoreboard will be turned off (with approval of trailing coach)</li> </ul>
Timeouts	Two 60-second timeouts permitted per half
Start of Game Possession	Jump Ball
Substitutions	Either team may substitute freely Players must report to scorers 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 are allowed throughout the competition
Pressing Defense	Pressing is allowed; leading team may not press if ahead by 20+ points
Double-Team/Crowding	Double-team/crowding is allowed at coach's discretion
Stealing From Dribbler	Stealing from dribbler is allowed
Lane Violations	3 second count

## OFFICIALS/GAME PLAY RULES

Topic	Recommendation
Officials	2 officials (when possible), 1 each game
<ul style="list-style-type: none"> <li>• Backcourt Timeline</li> <li>• 5 Seconds closely guarded.</li> <li>• 3 Seconds in the key/lane</li> </ul>	10 seconds Yes Yes
Player Fouls	5 fouls per player
Team Fouls	7 fouls per team; one and one bonus
Technical Fouls	2 shots awarded to offended team (no defense) Offending player must sit for 3 minutes. Any Coach receiving 2 technical fouls will be ejected from game and possibly suspended from next game (decided upon by league coordinator)
Advancement of Ball after timeout	In the last 2-minutes of 4 <sup>th</sup> period and each extra period following a time out, the ball will be inbounded from offensive team's front court

## DEFINITIONS

### Player-to-Player Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

**Pressing Defense:** Defensive guarding, either on or off the ball, within the backcourt.

**Double-Team/Crowding:** Two or more defensive players guarding a single offensive player.