



**2023-2024 FOLEY PARKS & RECREATION BASKETBALL
6U COED & 8U BOYS/GIRLS
EXPANDED RULES**

Clarifications added 1/8/2024_2

DIVISIONS

Ages	Quarter Length	Ball Size	Goal Height	Free Throw	Time Outs
6U Coed	6 minutes	Junior (27.5)	6' or lowest goal can go	10'	2/3
8U Boys	8 minutes	Intermediate (28.5)	8'	10'	2/3
8U Girls	8 minutes	Intermediate (28.5)	8'	10'	2/3

PLAYER PARTICIPATION

Coaches are required to play every player dressed out for each game a minimum of two quarters each game or the equivalent amount of time (half the game). Time does not have to be consecutive but each player must have playing time adding up to two quarters. If a player is disrespectful to the coach, teammates or opponents, minimum playing time may be reduced to one quarter of the next scheduled game. Additional disciplinary actions should be discussed with coordinators prior to game ending. If a player has multiple unexcused absences from practices, playing time may be reduced to the minimum of one half of the next scheduled game. This will be at the discretion of the coach and the player's parent. **The official scorekeeper and the opposing coach must be notified of any player not dressed before the start of the game.** Playing time will be tracked by official timekeepers during all games to make sure everyone plays the required amount. Failure to comply with these rules may result in a forfeiture of the game.

Teams may start a game with a minimum of 4 players all of whom must be on the official team roster. Teams shall have a maximum of 5 minutes from the scheduled start time to field the minimum number of players needed. Any additional time may be added by coordinators discretion only. A technical foul will be assessed for any team for subbing in a player not listed on their roster in the scorebook (regardless of circumstance). Official rosters must be confirmed by coaches prior to games starting. All players not present or injured and unable to play must be reported to scorekeepers.

Participation with a cast, metal brace, or some other hardened support device will not be permitted. No amount of foam coverage will suffice a hard cast, metal brace, etc. to be allowed on the court. A player may not participate while wearing jewelry or other items, which in the opinion of the referee may be dangerous to the player or other players.

A team participating in this league shall not be permitted more than three events per week which includes practices, games, and/or a combination of both. Furthermore a team may not be allowed to practice for a time period lasting longer than 1.5 hours.



**2023-2024 FOLEY PARKS & RECREATION BASKETBALL
6U COED & 8U BOYS/GIRLS
EXPANDED RULES**

Clarifications added 1/8/2024_2

CONDUCT

Only one speaking coach is allowed per team. All other coaches must remain on the bench, or may stand by head coach but are not allowed to address players on the court or the officials. 3 warnings will be given with a technical foul being awarded on the 4th.

Coaches, players or other team scorekeepers may only check the officials scorekeeper's book during breaks in the games (timeouts, in between quarters, halftime).

The table scorekeeper's book is the official scorekeeper book for the game. Game officials and supervisors will only refer to the official scorebook.

Coaches are responsible for their own conduct as well as the conduct of their players and spectators. Spectators may not pace the court sidelines as to distract, instruct, or coach the basketball game. Spectators are not allowed to shout disrespectful chants or verbal threats towards coaches, players, or officials. All behavior listed above will be given a technical foul after 1 verbal warning.

Coaches, players, and spectators shall not be permitted to question an official's call during a game except, however; a coach may use one of his or her time outs to ask for an explanation of a call or a clarification of a rule in a **professional** and **calm approach**. Improper questioning of an official's call may result in a warning or an assessment of a technical foul at the discretion of the official. **Yelling, shouting, or any of form of aggression towards officials, other coaches, staff, or fans will not be tolerated!**

Spectators are not allowed to approach player benches, scorekeeper table, or come on to court unless instructed by a coordinator or a coach.

Any person who does not follow guidelines or behaves inappropriately will be immediately removed from the facility. Further disciplinary action will be taken if necessary.

SPECIFIC GYM RULES

The right of the league is reserved to adjust starting times slightly to allow all games to be completed within the gym time allotted.

Coaches shall be responsible for controlling their bench and their spectators. They shall ensure their bench area is clean prior to leaving a game. **No food or drinks allowed in the gyms.** Coaches shall ensure the safety of each child prior to leaving a game and that each player's ride has arrived prior to leaving the gym. Children not to be left in the gyms unattended. Coaches may not leave until players are picked up by a parent or guardian.

No artificial noisemakers or whistles allowed will be permitted.



2023-2024 FOLEY PARKS & RECREATION BASKETBALL 6U COED & 8U BOYS/GIRLS EXPANDED RULES



Clarifications added 1/8/2024_2

GAMEPLAY (REGULAR SEASON)

- Age divisions, quarter lengths, ball size, goal height, free throw distance and time outs are listed at the beginning of this document.
- **6U Coed will be playing 5v5.**
- There will be a two-minute break between quarters and a five-minute break at half time.
- Time outs shall be a period of one minute.
- The official game clock will be a **running clock**. It will only be stopped the last minute of each quarter on a dead ball whistle (including free throws). During the last minute, the clock will begin once the ball is touched inbound by a player. **6U clock will be a running clock for the entire game except during injuries, substitutions, free throws, and timeouts.**
- During free throws, players must wait until the ball hits the rim to move into the lane.
- **All 6U games will start the second half of the game with individual shooting.** Each team will line up on their halves of the court and take 3 shots on an undefended goal. Each player will perform 1 dribble and layup from the right side of the goal, 1 dribble and layup from the left side of the goal, and 1 free throw (can get as close to goal as desired- must stay in front of goal). Once all players have taken their shot, the 3rd quarter will begin. Layups (2 points); Free throws (1 point)
 - **In the event that a team has less players than their opponent, players from the team with lesser players can choose players to shoot twice to make up the difference and create equal scoring opportunities.**
- **Coaches area:** All coaches must remain off the court during game. First violation will result in a warning. Any violation after a warning is issued will result in a technical foul. Likewise, only one coach may be allowed to stand and instruct his/her team. A warning will be issued on the first offense and then technical fouls thereafter.



2023-2024 FOLEY PARKS & RECREATION BASKETBALL 6U COED & 8U BOYS/GIRLS EXPANDED RULES



Clarifications added 1/8/2024_2

GAMEPLAY (TOURNAMENT)

- Single Elimination Tournament
- There will be a maximum of a two-minute break between quarters and a maximum of a five-minute break at half time.
- Possession at the start of all games are decided by a coin toss.
- Teams with 4 players or less can pick up a player from the Foley 6U league to make a team of 5. **Additional players cannot be picked up if team currently has 5 or more players. Players cannot be picked from another league.**
- Jump balls are not performed in this division. Game play will be started and restarted by throw in from the baseline (start of game/quarter, or after goal is made) or sideline (ball goes out of bounds)

SCORING

All field goals (shots made) are worth 2 points and free-throws are worth 1 point each. Three point shots are in effect. Field goals are counted if shot was made before whistle was blown or time ran out.

-Own goals **WILL NOT** be counted during 6U games.

-Own goals **WILL** be counted during 8U games.

CLOCK

The official game clock will be a **running clock**. It will be stopped for free throws, time-outs, player injury, substitutions. **The clock will stop on out-of-bounds only during the last 2 minutes of each half for 8U only.** A three minute overtime period will be played if tied after regulation play (Tournament play only).

- **Possession Arrow**- The possession arrow is used after every held-ball (tie-up) or when the referees are unsure on an out-of-bounds call. The possession arrow alternates between the two teams throughout the game.

TIME OUTS

- 2/3 Time Out Rule- teams can use up to 2 time outs per half, 3 total time outs per game.
- Time outs shall be a period of one minute.
- Each team will receive one additional time out for a game, which involves an overtime period. (Tournament play only).



2023-2024 FOLEY PARKS & RECREATION BASKETBALL 6U COED & 8U BOYS/GIRLS EXPANDED RULES



Clarifications added 1/8/2024_2

SUBSTITUTIONS

Every coach is expected to play each of his or her players at least half of the game. Failure to play athletes their allotted time without adequate explanation to the official scorekeeper and opposing coach will result in forfeiture of the game. Teams are allowed free substitutions, meaning you can substitute players anytime during a dead ball or during quarter breaks but not timeouts. For free substitution, players may be substituted once they have checked in with the official scorekeeper, the buzzer has been sounded and the referee has acknowledged that the sub may enter the game.

OFFENSE

6U Coed

- No fast breaks by passing the ball down the floor. Players may only fast break by dribbling the ball down the floor.
- No lane violations.
- The three-point shot is in effect. (Foley floor resurfaced as of 2021).
- Free throws can be taken at any distance from the goal within the lane.

8U Boys and 8U Girls:

- The three-point shot is not in effect at gyms without a three-point area.
- Lane violations will occur after 5 seconds instead of the traditional 3 seconds.
- The 10 second back court rule is in effect (the offensive team has 10 seconds to cross half court).
- **Free Throws** – players can enter the lane and play for the rebound once the basketball hits the rim.
- Controlled fast breaks are allowed. Players must dribble the ball across half-court.

DEFENSE

6U Coed teams:

- Only man-to man defense allowed. While on the court, players will use colored wristbands to match-up with opposing players.
 - Standoffs or other unsportsmanlike behaviors regarding wristbands will result in a technical foul or potential forfeit of game.
- Defensive players may guard the offensive players once he/she have crossed half court.
- No double teaming, pressing, or traps/screens.
- No reaching in, stealing, or stripping the ball from the player in possession of the ball. Players are only allowed to steal the ball off of a pass or mishandled/fumbled ball. A basketball not deemed in the player's possession can be stolen.
- No screens or picks allowed.



2023-2024 FOLEY PARKS & RECREATION BASKETBALL 6U COED & 8U BOYS/GIRLS EXPANDED RULES

Clarifications added 1/8/2024_2

8U Boys and 8U Girls:

- Teams can play any defense. (Zone or Man-to-man/1-on-1)
- Defenders may not double team the ball or any player outside the lane. **Double teaming is allowed in overtime only (Tournament play only).**
- Only 2 players can come up to half court to steal off a pass and dribble.
- Upon possession change, all players (defending team) must run down and set up on the other end of the court. Offensive team will dribble across half court and attempt to score. **No pressing during regulation time except during the last minute of the half and the game.**
- **Full court** press only during the last minute of the half and the game. (2nd and 4th quarter). 8U teams will also be allowed to press during all of the overtime periods. You are allowed to steal off the dribble during the full court press minute. **Teams will also be allowed to press during all of the overtime periods. (Tournament play only)**
- Defensive players may guard the offensive players once he/she has crossed half court.
- Players **are allowed** to steal the ball off the dribble and tie-up a player **inside the lane** only.
- Players **are not allowed to** steal the ball while another player is dribbling unless the player is dribbling inside the lane or has lost complete control of ball. Stealing a pass or picking up a ball not in control is permitted at all times.
- Players may not tie the ball up outside the lane. The ball can be tied up only when an opponent is in the lane or the ball is on the floor. Once a rebound is under control, the ball cannot be tied up.
- The closely guarded 5 second rule is in effect. Resets when both feet go out or when ball hits rim. A shot can be called off if 5 seconds has been called..
- Each team will get three warnings of illegal defense. On the 4th warning, the team will receive a technical foul. (This will not count as a personal foul for any player or coach).

TIE GAMES, OVER TIMES

In the event the score is tied at the end of regulation, there will be a **three-minute overtime period and each team will receive one timeout for the overtime period.** A two-minute break will be allowed in between regulation play and overtime. At the end of those three minutes, teams will continue with three-minute periods until a winner is declared. (Tournament play only)

MERCY RULES

In the event during a game any team is ahead by 20 points, the referee will instruct the official scorekeeper to let the time clock run. If the team that is behind by 20 points pulls the score back to within a 10-point deficit the referee will instruct the scorekeeper to revert back to stopping the clock at normal intervals. The team ahead by 15 or more points shall not press during the mercy rule.



2023-2024 FOLEY PARKS & RECREATION BASKETBALL 6U COED & 8U BOYS/GIRLS EXPANDED RULES

Clarifications added 1/8/2024_2

OTHER BALL-HANDELING VIOLATIONS

- **Out-of-Bounds Violation-** Ball lands on or crosses outside of court.
- **Traveling Violation-** taking more than one step while holding the basketball.
 - **Up-and-Down-** A player jumps up and down while having possession of the ball.
 - **Self Pass-** Player shoots ball into the air and the ball touches nothing & the same player catches the ball.
- **Double Dribble Violation-** A player dribbles the basketball, picks up their dribble, and then dribbles the basketball again OR When a player touches the basketball with both hands simultaneously while dribbling.
- **Back-Court Violation-** Once the basketball has been fully established in the offense's front court, they are not allowed to cross back over the half-court line into the back-court. If they do, the penalty is a turnover. The only exception to this is if a defensive player was to tap the basketball over the half-court line. Then the offense can sprint back and retrieve it.

TECHNICAL FOULS, TEAM FOULS, AND PERSONAL FOULS

Technical fouls may be called by an official against the bench of any team, which shall result in two free throws and possession of the ball to the opposing team. Offenses for which technical fouls may be called are:

- Unsportsmanlike behavior by any player, coach or spectator for either team.
- Deliberate and obvious play by any player.
- Consequences for an ejection of a coach, player or spectator will be determined by majority vote of all participating city Athletic Coordinators and Directors.

Note: Officials are encouraged to give a warning for any foul that may result in a technical foul. Although a warning is not deemed necessary it will be left to the referee's discretion according to the foul. The decision of an official as to what shall constitute unsportsmanlike behavior and rough play shall be conclusive. An official may remove/eject any player, coach, or spectator from the gym for unsportsmanlike behavior, cursing, or deliberate and flagrant play or conduct. A technical foul called on a coach shall be documented in an incident report or game report at the conclusion of the game. A coach may be further reprimanded subject to the review of the league coordinators.

Team fouls will be called and one free throw will be given on the 7th team foul and two free throws will be awarded on the 10th foul.

-Awarded regardless if on offense or defense. Fouls reset each half.

Personal fouls will also be recorded. **Player will foul out of the game on the 5th foul.**



**2023-2024 FOLEY PARKS & RECREATION BASKETBALL
6U COED & 8U BOYS/GIRLS
EXPANDED RULES**



Clarifications added 1/8/2024_2

Flagrant fouls will be called if an official deems excessive or unnecessary when any contact against an opponent. Depending on the ruling, the referee can call flagrant foul 1, flagrant foul 2, or downgrade the foul to a common or technical foul. The opponent will be rewarded 2 free throws and possession.

- **Flagrant 1** - unnecessary contact committed by a player against an opponent
- **Flagrant 2** - unnecessary and excessive contact committed by a player against an opponent. Flagrant 2 results in an immediate ejection of the offender.