



Foothills Park and Recreation

Youth Basketball Rules: Ages 7 to 8

Foothills Park and Recreation Rules are intended to provide a program that encourages fun, personal excellence, and sportsmanship while preparing participants with a strong fundamental skills base.

Elastic Power: Foothills staff has complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. Their decision is final.

Any rules not specified here, will fall under the CHSAA rules.

Teams

Games will be played 5 on 5. All participants must be registered with Foothills Park and Recreation District in order to participate.

No food or drink allowed in the gyms (Water is acceptable)

Playing Time

1. Each game will consist of four 8 minute quarters.
2. Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over.
3. Clock will only stop on coach and official's time outs, and subs quarter breaks.
4. There will be 1 minute between quarters, and 3 minutes at the half.
5. Substitutions may be made at quarter breaks, timeouts, and dead balls. Teams are encouraged to make substitutions somewhere around the half way point of each quarter.
6. Each participant must play equal time in every game.
7. No overtime will be played.
8. Score will not be kept.

Court Size

1. Ridge Recreation Center – Full gym
2. Lilley Gulch Recreation Center – Half Gym
3. Ages 7 to 8 basket height is **9 feet**.

Equipment and Uniform

1. Basketball sizes:
 - a. Little Hoopsters – Mini Size
 - b. Ages 5 to 10 – 27.5 inch (Size 5)
 - c. Ages 11 to 12 – 28.5 inch (Women's)
 - d. Ages 13 and older - 29.5 inch (Men's)



2. Each player must wear the Foothills team shirt and must be tucked in. Non – marking athletic shoes should be worn.
3. Any protective equipment (braces, casts, etc.) must be approved by officials each game. No jewelry is allowed.

Officials

1-2 officials provided each game by Foothills.

Coaches and Spectators

1. Up to three coaches allowed on player bench per team. Spectators must sit in designated bleacher areas.
 - a. 5/6 age group allows 1 coach per team on the court.
 - b. Coaches are not allowed on the court in 7+ age groups.

Players

1. Teams play 5 on 5. If a team is short, both teams may play with less players on the court or borrow players.
 - a. We do not forfeit games for teams that are short.

Beginning of Play

Games will begin with a jump ball. Thereafter, possession arrow will alternate on all “tie-ups” and quarters.

Defensive Regulations

1. Teams are allowed to play man to man defense only.
 - a. Each player will wear a colored wristband, and players are expected to guard the player with the same color.
2. No zone defense. No double-teaming is allowed.
 - a. Double teaming is the intentional and persistent guarding of one offensive player by two defensive players placing the offensive player at a disadvantage (i.e. trapping).
3. No backcourt press (the defense cannot defend in the backcourt). Teams must get back once the rebounding team has possession.
4. There will be **no stealing** of the ball while an offensive player is dribbling or holding the ball.
5. No swatting of a shot is allowed. Defenders may only raise hands straight up in the air to block a shot.

Offensive Regulations

1. No lane violation will be called
2. Players have 10 seconds to inbound the ball
3. Players have 10 seconds to bring the ball across half-court



4. No 5 second violations will be called.

Fouls

1. Fouls are not tracked.
2. All fouls called will be inbounded from the nearest sideline.
 - a. There are no free-throws.
3. If a player receives 2 technical fouls in a game, they will be ejected from the game and suspended from the next game. If a player receives 3 technical fouls in a season, they will be suspended for one game and the parents and player must meet with the Youth Sports Coordinator before being permitted to play again. Four technical fouls in a season will result in removal from the league, and no refunds will be given.
4. If a coach receives 2 technical fouls in a game, they will be ejected from the game and suspended for the next game, upon the Youth Sports Coordinator's discretion. Three technical fouls in a season will result in a minimum one game suspension. **Foothills staff should not have to give any technical fouls, please watch your behavior.** If a coach receives 4 technical fouls in a season, they will be removed from their coaching duties for the remainder of the season.
5. Coaches are responsible for their players' behavior, as well as the behavior of the fans. If the official deems the behavior or actions of a fan inappropriate, a technical foul may be assessed against the coach.