



SHAWNEE YMCA

U8 Thunder Basketball Rules

Winter 2023-2024

I. Playing Time

- A. U8 will play 5 on 5.
- B. All players must play at least half of the game

II. Official Game Time

- A. Four (8) minute quarters.
- B. The clock will run continuously and will only be stopped for time outs, injuries, and the last minute of each quarter on all dead ball situations.
- C. There will be 1 minute between quarters and 3 minutes for half time.

III. Press

- A. No press of any type is allowed.
- B. Defensive players must retreat to inside of the offensive team's 3-point arc and allow the ball & the player with the ball to cross mid-court unimpeded.

IV. Time Outs

- A. Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half.
- B. Time -outs will last approximately 30 Second.
- C. The coach or the players on the court may call time-outs.
- D. The team in possession of the ball can only call a time-out.
- E. If a dead ball situation occurs, either team may call a time-out.

V. Scoring

- A. Scores will be kept on the scoreboard for this league. No team will get ahead by more than 20 points.

VI. Defense

- A. Man-to-man and zone defenses are permitted in this league.
- B. They are permitted to steal the ball from the opposing player off the pass; steals off the dribble are not permitted.
- C. Double-teaming will not be allowed.
- D. The penalty for infraction of these rules will be to return the ball to the offensive team.
- E. Shot attempts may be blocked.
- F. Loose ball is defined by the offensive player having the right to catch the ball but does not complete the catch, thus becoming loose and giving the defense a chance to pick it up.

VII. Basket Height / Free Throws

- A. Basket height will be eight (8.0) feet.
- B. Free throws will be shot from the ten (10) foot line.

VIII. Ball Size

- A. U8 will be using a women's size ball (28.5).

IX. Miscellaneous

- A. Each team will provide one individual for the official's table if needed.
- B. Tip-off will begin the game with alternating possession thereafter.
- C. No lane violations will be called in this league.
- D. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game. A team may start and end the game with as few as four (4) players.
- E. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be the result of inclement weather or a problem with the facility.
- F. One coach may be permitted on the floor during a game and will need to position themselves to avoid any game interference. Coaches may not stand under the basket on the court. All other coaches must remain in the bench area.
- G. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator (s) will have the final ruling in all matters.

H. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be the result of inclement weather or a problem with the facility.

I. If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.

Note: This is an instructional league. The rules have been modified to help all players develop proper fundamentals and to provide a positive introduction to the sport of basketball.

X. YMCA Mission Statement

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.