



# NATIONAL YOUTH SPORTS RULES BASKETBALL: 8 & 9-YEAR-OLDS

*Applies to both practices and games.*

---

## **ATTIRE**

1. The provided NYS jersey must be worn at all times. No exceptions!

## **COURT**

2. The playing area is full court or crosscourt.
3. The height of the basket will be approximately 10 feet.
4. The free throw line will be 12 feet from the basket.

## **TEAM**

5. Players must be listed on the official season roster to be eligible to play.
6. The home team is listed on the schedule first and will bring the ball in to start the game.
7. The game will be played 5-on-5.
8. Each team will have a maximum of 10 players on their roster.
9. Any more than 10 players on a roster must be approved by the league coordinator and Head Coach.
10. Each player must play at least half of every game.
11. All players must play in both halves.
12. No player will be allowed to play in all four quarters unless the team has less than seven players for the game.
13. Player substitutions may only occur between quarters.
14. Two coaches are allowed on sideline during the game.
15. Coaches are not allowed on the court during play.
16. Each team's bench must be seated and cheering positively for their team.
17. Coaches are given the authority to sit a player that is acting unsportsmanlike or that has missed several practices without a legitimate excuse. The referee must be notified before the game starts.

## **GAMEPLAY**

18. The size of the basketball is 28.5 inch, or compact size.
19. The game will consist of four 8-minute quarters with a running clock, except for timeouts and the last 2-minutes of the fourth quarter when the clock stops for every whistle.
20. There will be two 30-second timeouts per team per half.
21. Half-time will last 3-minutes with 1-minute between quarters.
22. Possession will alternate each quarter, jump ball or double foul.
23. A jump ball will start each game.
24. After each basket, the opposing team will then inbound the ball from their end line.
25. Player may land over the free throw line after shooting a free throw. All other players lined up may not move until the ball hits the rim.
26. Offense must bring the ball across half court within the 10-second time limit.
27. Defense must be man-to-man, no zone.
28. Double-teaming is allowed in the lane area only.
29. Backcourt defense is not allowed.
30. Clear-outs are not allowed.
31. No official score will be kept.
32. Game time will be kept by either the official or scoreboard clock.
33. No forfeits!



**NATIONAL YOUTH SPORTS**

**RULES**

**BASKETBALL: 8 & 9-YEAR-OLDS**

*Applies to both practices and games.*

---

### **GAMEPLAY: FOUL & VIOLATIONS**

34. Five second lane violations will be called.
35. The first violations will receive a warning.
36. Second violations will receive a technical foul and one point, plus possession of the ball.
37. Players will foul out on their fifth foul.
38. If a player receives a third foul in the first half, the player may be substituted.
39. If a team receives their seventh foul, non-shooting, in one half of play, that foul, as well as each occurrence thereafter, results in the opposing team shooting one-and-one free throws.
40. If a player is fouled in the act of shooting and misses the basket, the player will be awarded 2 free throws. However, if the basket was made, basket counts, and the player is awarded 1 free throw.
41. Trash talking will result in a technical foul.
42. Unsportsmanlike conduct from players, both playing and on the bench, will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball.