

# Thompson Rivers Parks & Recreation District

## Little Riders (6U – 8U)

### Fun-Damental Basketball Rules



#### **Objective**

The objective of this basketball league is to allow young players a first instructional step into basketball. An emphasis will be placed on teaching the basic fundamentals that lead players on the road to a successful and safe future as basketball players and sportsmen, and women. The coaches' responsibility is not to teach winning but to instruct players to learn skills that will allow them to win in the future with the underlining theme of having FUN.

#### **Rules**

##### **1) Team Rosters:**

- Number of players on a team
  - Will always be determined by registration.
- Number of players on the court
  - 6U- 5 on 5
  - 8U- 5 on 5

##### **2) Equipment**

- Equipment for the players must be checked and monitored throughout the game by coaches
- Game Ball-
  - 6U- Junior Size (27.0)
  - 8U- Junior Size (27.0)
- Basket Height-
  - 6U- 8 feet
  - 8U- 8 feet
- Free Throw Line-
  - 6U- 10 feet
  - 8U- 10 feet
- Jerseys
  - All participants must have a TRPR athletic jersey in order to play. Jerseys can be purchased at the TRPR office. Numbers and names on the jerseys **will not** be allowed.
  - All participants must have jersey showing at time of play. All extra clothing may go underneath jersey.
- Jewelry- Players are not to wear jewelry of any kind. New piercings can be taped at the official's discretion.
- Footwear- Shall be safe-tennis shoes. No street shoes.

##### **3) Timing Rules**

- Regulation- All will be a running clock!
  - 6U- Four (4), eight (8) Minute Quarters
  - 8U- Four (4), ten (10) Minute Quarters
- Half Time
  - Will be no longer than 5 minutes
- Overtime
  - There will be no over time.
- Time-Outs
  - One time out may be taken per half.

##### **4) Playing Rules**

- Fouls
  - Players warned about rough play, however, individual fouls will not be kept track of.

- Any un-sportsman like foul(s) committed by a player, coach or bench personnel will result in a technical foul. The offended team will be awarded 2 free throws and the ball out of bounds. A second technical foul will result in the offender being ejected from the game and suspended for the next game.
- Jump ball
  - Game will start with a coin toss and the ball will be taken out of bounds at the half court mark
  - All other jump balls will result in awarding the ball out of bounds in alternating fashion.
- Defense
  - Man-to-Man defense is the only type of defense allowed. This is a type of defense where each player guards a player from the opposing team.
  - Once the defending team (team A) has recovered the ball (whether from a defensive rebound or an intercepted pass,) the team now on defense (team B) must go past half court and set up on defense and cannot touch the ball until the ball has crossed half court.
  - A player may not steal the ball from the player who is in control of the ball. However a defensive player may intercept a pass from an offensive player.
  - There will be no full or half court press allowed.
- Offense
  - There are no restrictions on the type of plays a team may run. Fast Breaks will not be allowed.
- Players:
  - Will have the least amount of contact with the other players.
- Coaches
  - 6U - one coach per team is allowed and suggested to be on the court while the game is being played and also to control the game. Coaches will referee their own games.
  - 8U - coaches remain on the bench at all times; officials will be used at this age group.

## 5) Other League Rules

- Practice
  - Practice sessions should not exceed 1 hour in length.
    1. 6U - no more than 1 practice a week
    2. 8U - no more than 2 practices a week
  - Rescheduling a canceled practice due to weather or other conflict should be done through the TRPR office with a two day notice.
  - Shall be up to the coach to cancel in case of inclement weather
- Parents
  - Each coach is required to keep control of his/her team and parents. The coach shall be held directly responsible for the behavior of its team players, assistant coaches, parents, and fans. There will be no tolerance of any abuse towards anyone associated with the game. After a warning has been issued, the offender will be instructed to vacate the facility for the remainder of the game. If the offender chooses not to leave, the game will be forfeited.
- Rotation of players
  - Each player shall receive equal playing time on both offense and defense as much as possible. The clock will stop halfway between each quarter for subs. Everyone on the bench will enter the game (ONLY exception injury)
- Games
  - Will be held on Saturdays
  - In case of inclement weather, games will be canceled at TRPR's discretion. Weather line 970-572-7888.
  - Make up games will only be made up if time allows.