

Covington Community Sports Basketball: 7-8 Year Old Division

Description:

The 7-8 Basketball Division has a goal of providing a fun and rewarding recreational experience where players can create a bond with the game, develop basketball skills and learn what it takes to be successful away from the court.

Court Size and Equipment:

The court is full-sized with hoop heights of 10 ft. The ball size will be a 28.5" ball. The free throw line will be the half of the circle, nearest the hoop, in the lane.

Players:

There are five position players allowed on the court at one time.

Player Participation:

Each player in attendance must play in the game. Players must rotate throughout all positions during the season. Substitutions are allowed on a dead ball.

Length of Game:

There are two, 16-minute halves with a running clock. The clock does not stop unless a team calls a time-out or a referee stops the clock. Half time is 5 minutes long. Teams have up to two 1-minute time outs per half. Unused timeouts do not carry over. There will be no overtime. If the score is tied at the end of the game, the game ends in a tie.

Player Equipment:

The team's appointed jersey and non-marking shoes are mandatory. Water in a water bottle is recommended.

Jewelry and metal/plastic hair clips are not allowed.

Headgear is not permitted unless for religious or medical reasons (with a doctor's written release and CCS staff approval.) In the event that head covering is required, the covering or wrap must not be abrasive and unlikely to come off during play.

Players are not allowed to participate with a guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard surface, even though padded, on the finger(s), hand, wrist, forearm or elbow. Supports are permitted on other parts of the body as long as they are soft and yielding (like a thigh sleeve) or covered – all metal frames on any braces shall be padded.

Artificial limbs are permitted when, in the judgment of the CCS staff, they are no more dangerous than the corresponding human limb or adequately padded. Any equipment, which in the judgment of the CCS staff, increases a player's advantage, is prohibited.

Scorekeepers, Timers and Referees:

A. Scorekeepers

Teams are required to provide a Scorekeeper. Scorekeepers record points made in the game, substitutions made by any team, time outs used by teams, fouls made by individuals, and keep officials informed of accumulating fouls.

B. Timers

A staff member will be provided to keep the official game time.

C. Referees

A referee will be provided by the league.

Rosters:

Rosters must be filled out ten minutes prior to the scheduled time of the game. Coaches are asked to print team name, both the first and last name of each player, and uniform number on the score sheet. Players should be listed in numerical order (i.e. 1-10). Rosters must be given to the scorekeeper at the start of the game.

Start of Play:

A team must start if they have at least 4 players in attendance. If a team does not have the necessary players to start a game then both coaches should discuss the situation and a scrimmage game may be played until 4 players arrive. Once 4 players are in attendance the game will start with the remaining time left on the game clock.

A jump ball in the center of the court starts the game. The second half begins with a throw in from the end line of backcourt, according to the possession arrow. Time starts as soon as any player touches the ball. Teams will change baskets at the half.

Substitutions:

Substitutions can be made only during a dead ball. Players must check in at the scorer's table.

Alternating Possession:

After the initial jump-ball, possession will alternate on each tie-up and change of halves.

Scoring:

Two points are awarded for every basket. There are no three point shots.

Free Throws:

Only four defensive players and two offensive players may line up. Other players must remain out of the free-throw area. The opponents of the free thrower must occupy the first two lane spaces adjacent to the end line. If the offense desires the second spaces, they may occupy them. If the defense desires the third spaces, they may occupy those. If a player entitled to the second or third space does not occupy that space, an opponent may be in the space within the number of total players limitations as mentioned above. The fourth marked lane spaces, nearest the free-throw shooter, may not be occupied.

The free thrower shall not fake a free throw attempt, nor shall any player in a marked lane space fake to cause an opponent to violate. If the free thrower or a teammate fakes, the ball is dead and awarded to the opposing team. If the opposing team fakes, the shot counts if successful, or re-shot if unsuccessful.

Players may enter the lane following the release of a free throw attempt by the shooter. The shooter however cannot enter the lane until the ball strikes the rim. The shooter must release the shot from behind the free throw line, but is allowed to land beyond the line as long as they do not advance toward the ball until it hits the rim.

Ball out of Play:

The ball is out of play when:

- A. It touches the ground out of bounds. The inside edges of these lines define the inbounds and out-of-bounds areas.

B. The ball is caught by a player who is touching the floor out of bounds.

C. The ball touches the back part of the backboard or stand.

Dead Ball:

The ball becomes dead when an official's whistle is blown.

No "Isolation" Rule:

No "Isolation type" plays may be used at any time during the game. This is a judgment call by the referee. If violated, the result will be:

A. The ball will be turned over to the team on defense.

B. On third and continuous violations, the offending team will be charged with a technical foul.

Defense:

Zone defense is not allowed. A zone defense is when a player defends an area of the court rather than a player. Teams must play man to man defense. Man to man defense for this division will mean a defensive player must stay within 3 feet of the player they are guarding. The purpose of the "no zone rule" is to teach players a man-to-man defense.

Double Teaming:

Double-teaming a player is not allowed. However, defensive players may assist if an offensive player with the ball is driving for the basket. A player "driving for the basket" is defined from when they enter the key. Upon entering the key, the defending team may block him or her with as many players as they would like without fear of being called for double-teaming.

Backcourt Defense:

Backcourt defense is not allowed. Defenders must move down the court as fast as possible. Violation of this rule results in a technical foul.

Dribble:

The dribble ends when:

A. The dribbler catches or causes the ball to come to rest in one or both hands.

B. The dribbler palms/carries the ball by allowing it to come to rest in one or both hands.

C. The dribbler simultaneously touches the ball with both hands.

D. An opponent bats (intentionally strikes the ball with the hand(s)) the ball.

E. The ball becomes dead.

Stealing:

Players are not allowed to steal the ball when an opponent is dribbling unless in their own key. The ball can only be stolen on a pass.

Inbounding the Basketball:

When inbounding the basketball, the player's feet must be behind the line.

Over and Back

Over and back is not allowed. In the event of an over and back violation, possession is awarded to the opposing team. If a possession is awarded beyond the half line, the offense is allowed to pass the ball back to their defensive half of the court to restart play.

The 30 point rule

When a team is ahead by more than 30 points at the end of the first half, the score board will no longer be used during the game.

Slam-Dunking

Dunking is not allowed before, during, or after the game or practice. If this occurs during a game, it will result in the cancellation of the basket and a technical foul assessed against the offending player.

Kicking the Ball:

This is called when the ball touches any player's leg (below the ankle.) The opposing team is awarded the ball.

Personal Fouls

The free throw(s) awarded because of a personal foul shall be attempted by the offended player. If such a player must withdraw because of an injury or disqualification, his/her substitute shall attempt the throw(s) unless no substitute is available, in which case any teammate may attempt the throw(s) as selected by the coach. Referees will call personal fouls when the occurrence gives one team an advantage over the other team.

The following is a break-down of some of the most common fouls:

Blocking - Physically impeding the progress of another player who is still moving.

Charging - When an offensive player runs into a defender who has established position.

Elbowing - Throwing your elbows during play in order to hit another player or push him away; it's a basketball foul if contact is made.

Hand-Checking - Using the hands to check the progress of an offensive player when that player is in front of the defender who is using the hands.

Holding - Restricting the movement of an opponent.

Illegal Blocking - Illegal contact which impedes the progress of an opponent.

Illegal Screen - A form of blocking in which the player setting the screen is still moving when the defender makes contact.

Over-the-Back - Infringing on the vertical plane of, and making contact with, a player who is in position and attempting to rebound.

Pushing - Impeding the progress or otherwise moving a player by pushing or shoving.

Reaching In - Extending an arm and making contact with a ball handler in an attempt to steal the ball.

Tripping - Extending a leg or foot and causing an opponent to lose balance or fall.

The following free throws result from personal fouls: In the act of shooting, two free throws; Personal fouls, not in the bonus the team receives the ball out of bounds; and Personal fouls while in the bonus receive one plus one free throw. One plus one free throws are: If the player makes the first free throw, then he/she is awarded a second free-throw. If the player misses the free throw, then the ball is considered live and playable. A player with 5 personal fouls is disqualified from the game.

For the first 5 personal fouls on a team per half, the ball will be taken out of bounds nearest the infraction. Players will shoot one and one when the sixth team foul has been committed. On the tenth team foul, 2 shots will be awarded.

Technical Fouls

Any player of the opposing team, including an eligible substitute or designated starter, may attempt the free throws awarded because of a technical foul. The coach shall designate the player to shoot the free throw. The following offenses will result in a technical foul:

- A. Unsportsmanlike conduct of any kind by players, coaches or spectators. This includes, but is not limited to, taunting, trash-talking, coaches being verbally abusive to referees, coaches fully on the court or the entering the court without calling a timeout.
- B. Delay of game: Preventing the ball from being made promptly alive or from being put in play. Failure to start the game on time or have players return to court after a time-out or intermission.
- C. Failure to supply scorer with name and numbers of each player who may participate and designate the five starting players at least 10 minutes prior to the start of the game.
- D. Requesting an extra time out.
- E. Players not in uniform (if a player does not have a team shirt, a shirt of the same color as the team shirt may be worn.)

In the event of a technical foul, the opposing team will be given two free throws and possession after the two free throws are taken. A person receiving two technical fouls is ejected from the game and must leave the facility.

Flagrant Fouls:

Any fouls that have been ruled flagrant will award two free throws plus possession of the ball to the opposing team. A player who flagrantly fouls another will automatically receive two technical fouls and be ejected from the game.

Time Violations:

- A. 10 seconds in backcourt: The offensive team can only take ten seconds to get the ball across the mid-court line.
- B. 10 seconds for free throw: An offensive player must shoot his/her free throw within 10 seconds of receiving the ball. Failure to shoot the ball will result in a loss of free throw(s).
- C. 5 seconds inbound: The offensive team fails to throw the ball in within five seconds from the time the official hands the inbound player the ball.

D. 5 seconds closely guarded: An offensive player must pass or shoot the ball within 5 seconds of picking up their dribble.

E. 6 seconds in the lane: An offensive player is in the free throw lane of the front court for six or more consecutive seconds while his/her team is in possession of the ball.

The penalty for time violations is ball out of bounds to the opposing team nearest the point in which the violation occurred.