



Updated 11.18.19

8U COED Basketball League will follow National Federation of High School Rules & Statewide Athletic Committee Rules with the following exceptions and notations:

- 1. THERE IS NO DUNKING, ATTEMPTED DUNKING OR RIM HANGING BY PLAYERS OR COACHES DURING ANY GCAA PRACTICES OR GAMES AT ANY GYM. 1ST OFFENSE IS SUBJECT TO 1 GAME SUSPENSION.**
2. Games will begin at their scheduled times with NO grace period with risk of forfeiture
3. Game ball will be 27.5" and provided by GCAA
4. Uniform Jerseys and *matching* shorts are to be worn by all players. T-Shirts are optional but must comply with high school rules.
 - a. PENALTY: Team administrative technical foul (2 shots) per game.
5. Teams should be at the gym and ready to play 30 minutes before scheduled game time.
6. Scorekeeper (score book provided by GCAA) is required by both Home and Visiting teams for each game.
7. Free Throw Line will be 12 feet with six (6) players on Free Throw Lane during Shots
8. Shooters can step over the line as part of the shot, cannot pursue the ball before it hits the rim
9. Players lined up on the lane blocks can enter the lane on the release, shooter and players behind the three-point line must wait until the ball hits the rim).
10. Offensive Lane Violation will be five (5) seconds
11. Three point shots will be allowed
12. Game Duration / Clock Notes
 - a. Two 16 minute halves w/ Running Clock
 - b. Five (5) minute half-time break.
 - c. Clock will stop on all shooting fouls during Running Clock
 - d. A Regulation Clock will be used during the last 2 minutes of the game if neither team has a 10 point lead
13. Overtime Period of two minutes with a 1 minute break between overtime periods. There will be (1) overtime period during regular season games and a regulation clock will be used. If

there is no winner the game will be declared a "TIE". During tournament games overtimes will continue until there is a winner.

14. All players on both teams will shoot 1 free throw at halftime with made free throws counting in game score. Both teams will shoot the same number of free throws but no player may shoot more than 2 free throws.

15. Time Outs are three (3) full per game and one (1) additional full per overtime period.

16. Playing Time (Focal Points)



- a. Coaches are required to submit a player substitution matrix prior to each game
- b. All players must play half of the game or 16 minutes.
- c. Mandatory substitution will occur near each 4 minute mark of the 1st Half (12, 8 & 4 minute marks) and the first twelve (12) minutes of the 2nd Half (12, 8 & 4 minute marks).
- d. Each player must sit out 4 consecutive minutes of the 1st and 2nd Half.
- e. Should a team have only 6 players the opposing coach may select 1 key player that will be required to sit out 4 minutes of the 1st and 2nd Half
- f. Scorekeepers will record segments played in scorebook for each player
- g. No substitutions may be made during these segments except for injury. Players may re-enter the game on the next dead ball if the injury is not substantial.
- h. No substitutions may be made during these segments for foul trouble
- i. Free substitutions may be used during the last 4 minutes of the 2nd Half provided the all playing time requirements have been met.
- j. Players arriving late to games may have their playing time reduced

17. All substitutes must report to the scorer's table.

18. The bonus (one and one) will be awarded beginning on the seventh (7) team foul of each half. Two (2) free throws will be awarded after the tenth (10) team foul of each half.

19. Each player will be allowed five personal fouls before being disqualified from the game. Non-administrative technical fouls will also count as a personal foul

20. Two (2) non-administrative technical fouls on one player or coach will result in ejection from the game. Serious violations, which include but are not limited to fouls, abusive, or unsportsmanlike language used toward a player, official, coach or spectator and or physical violence or threat of physical violence may result in termination from the league.



- a. If a player or coach is ejected from a game, he or she must leave the facilities immediately
- b. Failure to do so will result in a forfeit of the game & may result in termination from the league for the player or coach
- c. Players or coaches ejected from a game will serve an automatic 1 game suspension.
- d. A second ejection due to technical fouls during the season will result in termination from the league

21. All technical fouls will result in free throws and ball possession for the opposing team.

- a. A player that receives a non-administrative technical foul must immediately be benched
- b. The player may not re-enter the game for the remainder of the 4:00 sector in which the foul occurs

- c. Any non-administrative technical foul that occurs in the final 4:00 sector will result in disqualification from the game

22. 8U COED Defensive & Offensive Restrictions



- a. Defense may not play backcourt defense until the last 2 minutes of the game
- b. Defense must set up inside the arc on any dead ball situation until the ball crosses mid-court or is put into play in front court until the last 2 minutes of the game.



- c. Teams with less than an 11 point lead can play full court defense in the last two minutes of regulation and overtime
- d. Defense may not play outside the 3-point arc at any time if they lead the opposing team by 10 or more points
- e. Offense may fast break at will unless they possess an 11 point lead. There are no restrictions other than an 11 point lead.



- f. Fast breaks are not allowed if a team leads by 11 or more points



PENALTY for all offenses (except d.) : 1st violation per team shall result in a FORMAL WARNING. A technical foul shall be called on each subsequent violation and 1 point will be awarded and ball possession. The technical foul shall be awarded to the bench - not the player committing the violation.

- 23. Each team must have four (4) players to begin a game and at two (2) players to end the game. Failure to have either will result in a forfeit. Teams with 5 players MUST play with 5 players
- 24. A maximum of three (3) adults per team (Coach and 2 Assistants) are allowed within the bench area during a game. Please Note: Only the head coach may stand during live ball situations.
- 25. All head coaches and assistants must be members of GCAA and must be approved by the Basketball Committee.
- 26. All coaches are required to undergo a background check per GCAA Guidelines.