



**Youth Basketball Rules  
8U League  
Revised 11/2025**

The following are modifications made within the City of Reynoldsburg Youth Basketball Leagues. All other rules will be governed by the Ohio High School Athletic Association (OHSAA) Basketball Rules. All players must be registered with a signed release form by his/her parent or guardian before being eligible to participate. **The City of Reynoldsburg Parks & Recreation Department reserves the right to modify any rule as deemed necessary.**

**A. General**

1. **Game format:** All games will be played in a 5 v 5 format. **In order to start a game, a team MUST have 4 players; however, they can end the game with fewer.**
2. **Cancellations:** Should questionable weather develop, please call the activity status hotline: 614.322.6834. When Reynoldsburg Schools are closed, there are no practices/games.
3. **Start Times:** All game & practice times are played as scheduled.
4. **Forfeits:** If a team has less than 4 players, the game is considered a forfeit. However, coaches can balance teams and play a friendly game so the kids can play. The Recreation Leader will help determine the set-up of the game & have the final say on all adjustments.
5. **Scores:** Game scores will not be kept for this league. The scoreboard will be used for time only. There will be no standings as the focus will be placed on skill development & fun.
6. **Game Length:** Games will consist of four (10) minute quarters, running clock. Since game scores will not be kept, there will be no overtime periods.
  - i. We will provide a 5-minute grace period from the scheduled start time to begin the game if needed to get the minimum of 4 players required to start a game. After the 5-minute grace period, the game will result in a forfeit, and a friendly scrimmage can ensue!
7. **End of Quarters/Half:** Teams will be given (5) minutes at half time. Half-time may be shortened if games are behind. Teams will be given (1) minute between quarters.
8. **Timeouts:** To keep the flow of the game moving, there are no called timeouts. Play only stops if injury occurs.
9. **Awards:** All players will receive an end-of-season participation certificate.

**B. Sportsmanship:** **Good sportsmanship is required.** It is expected that all team personnel (coaches, assistant coaches, team attendants, and players) and spectators will conform to sportsmanlike behavior at all times. Violations such as the following will not be tolerated and will result in an immediate ejection from the game and premises by staff, officials, and/or police:

1. Verbal or physical abuse towards officials, game day staff, coaches, participants, or spectators.
2. Foul, profane, or obscene language or gestures.
3. Violation of Coaches' and/or Parents' Code of Ethics.
4. Negative behavior & poor sportsmanship will not be tolerated. Those who fail to promote a healthy playing environment for all participants will be asked to leave.

### C. Playing Time and Substitution

1. Each participant must play a minimum of (1) full & uninterrupted quarter per half. This should be monitored by the head coach of each team.
2. Substitutions – Teams **must** designate a set group of players to play each quarter. Those players should play for that entire quarter. The **only** other time a player may sub into the game will be for a player injury or if a player fouls out. IF INJURY/ SICKNESS OCCURS, THE PLAYERS MUST TAKE A KNEE.

### D. Equipment

1. All teams will use a junior-size basketball (size 27.5).
2. All games & practices will be played on **8 Feet, 6-inch rims.**

### E. Uniform and Jewelry

1. **Uniform:** All players are to wear the jersey provided by the Parks & Recreation Department. The jersey is not to be altered in any way (adding names, cutting off sleeves, etc.). Players are not permitted to wear a hooded sweatshirt under their jersey; only a short-sleeve or long-sleeve shirt may be worn.
2. **Shoes:** Tennis shoes must be worn for all games and practices. No Crocs or Open-toed shoes are permitted, even for practice, as it is a safety hazard.
3. **Jewelry:** For the safety of all involved, participants will not be permitted to wear any sort of jewelry, including earrings, rings, necklaces, watches, or bracelets. These items may NOT be taped. They must be removed in order to participate. Any player wearing glasses must have a safety strap attached to the back in order to participate in any game or practice. Hair adornments (bobby pins, flat clips, beads, flat barrettes) provided they are securely fastened and do not increase risk to the athlete, teammates, and opponents, are allowed.

**F. Free Throw Line:** Shooting fouls do not result in free throw attempts. A player who gets fouled while shooting gets to retry his/her shot from the spot of the foul without being defended. The ball is live after the shot is attempted.

**G. Time in the Lane:** A 3-second violation is not called as we look to keep the focus on offensive basics.

**H. Over & Back:** Over and back will be called but each team will receive one warning before change of possession.

### I. Defense

1. **All teams are required to play man-to-man defense the entire game.** The defense has to “get back” and set up/ stay within the three-point arc, which should allow the offensive team to “set up”. The goal of this rule is to make the defense “Get back” and not allow constant chaos.
  - i. Help-side defense is permitted. If the ball is on one side of the court and the player being guarded is on the opposite side, the defensive player may move into a help-side position. S/He must still “shadow” the movement of the offensive player they are guarding (must be in a position to recover).
  - ii. **Teams are not permitted to double-team a player at any point.**
  - iii. There is no full-court pressing allowed.
  - iv. Coaches should work together to match up players of similar skill levels & height.
  - v. Stealing the ball off a dribble is **NOT** allowed.
    1. We want to teach the game of basketball and allow kids to develop skills, not have the ball stolen hundreds of times a game with no actual playing happening.
  - vi. Stealing the ball off the pass is allowed.
    1. **Ref’s discretion for all of the above.**

**J. Standings/Tiebreakers:** Because we don’t keep score in 8U, we do not determine standings. Certificates will be provided to participants at the end of the year.

## K. Player Fouls, Technical Fouls, Ejections & Conduct

1. **Personal Fouls:** Fouls will be kept by the scorekeeper. Each player is entitled to 5 personal fouls per game before being disqualified. Note: Technical fouls called on players count as personal fouls.
2. **Bonus and Double Bonus:** Bonus will not apply as there are no free throw shots taken in 8U.
3. **Technical Fouls**
  - i. **Players:** Any player receiving a technical foul will be disqualified for the remainder of that quarter, if tech happens with under a minute left in the quarter, it carries into the next quarter. Example: Players will be assessed a technical for swearing, taunting, or unsportsmanlike conduct.
    1. Should a player receive 2 technical fouls in the same game, s/he will be ejected and suspended of some sort (half of the next game/ the entire next game/ multiple weeks) depending on the infraction. We expect all of our players to behave according to our code of conduct!
  - ii. **Coaches:** Any coach who receives a technical foul must stay seated on the bench for the remainder of the game
    1. (Only the Head Coach is permitted to discuss a call with an official at any time, NO assistant or player should be arguing with an official). Any coach who receives 2 technical fouls in the same game will be asked to leave the gym immediately before play may resume; otherwise, the game will be forfeited.
4. **Ejections:** Any player, coach, or spectator that has been ejected from a game must immediately leave the premises, or the game will be forfeited and police will be called.

## L. Additional Comments

1. Double Dribble and traveling violations will be called
  - i. **Refs discretion for all of the above**

Again, the league is developmental, so calls won't be made EVERY time it happens. The goal is to teach kids while having fun. If a kid picks up the ball and runs across the court, a travel will obviously be called.

**M. Disciplinary Actions:** Any player, coach, or spectator who receives a technical foul and/or is ejected may receive one of the following punishments depending on the situation:

- i. Verbal Warning
- ii. Written Warning
- iii. Suspension from attending or running practices (i.e., coaching)
- iv. One (1) game suspension
- v. Two (2) game suspension
- vi. Multiple games suspension
- vii. Removal from the league
- viii. Forfeit of games
- ix. Banned from the league
- x. Banned from all Parks & Recreation Youth Sports Leagues/programs

**N. Bench:** Each team is permitted to have only 1 head coach, 1-2 assistant coaches, and their players on the team bench (no parents or players from other teams may be allowed on the bench). Both the 1 head coach and 1-2 assistant coaches on the bench must have completed a background check.

**Per OHSAA Rules, only the head coach may speak to the officials & only the head coach may stand during the game. All assistant coaches must stay seated during the game and communicate with players.**

**O. Gym Rules:** Coaches are responsible for their teams and spectators whenever they are in the gym. No one should be in the hallways, classrooms, or on the stage at any facility at any time. **Food and beverages are not permitted in any gym.** Please help us keep the property in good order. Only water is permitted in gyms. Food can only be consumed in the cafeteria areas at each location!

Golden Rule: Try to leave the gym cleaner than when you came in!

*\*The main objective of this league is to provide players with a recreational basketball experience in an environment that promotes healthy competition\**