



**Youth Basketball Leagues
League Rules & Regulations
7-8 Yr. Old Division (Boys & Girls)**

Article 1. Eligibility

Section 1. Age Divisions

A player the age as of ***December 1 (of current year)*** will determine the age group they participate in: Example: A player who is 8 years old on ***December 1, 2025*** will play in the 7-8-year-old division.

Section 2. A younger player may not participate in an upper age division without approval from the coordinator/supervisor. If this is approved, after one game in the upper age division, the player will be ruled ineligible to participate in their respective age group and must remain in that age group for the current season and any additional seasons to follow

Section 3. Each player must be on the official team roster before the first game to be eligible to play in a league game.

Section 4. A participant may be added to a team roster after the cutoff date with the approval of the coordinator/supervisor

Article 2. Program Objectives

Section 1. To contribute to the participant's physical skill, emotional maturity, social development, health, happiness, and moral support.

Section 2. To teach the participant values of cooperation and the spirit of competition in a controlled game situation.

Section 3. To provide athletic opportunities for all ages in each community through the use of public recreation centers.

Article 3. Team Composition

Section 1. The Athletic Staff will build the teams, no skills assessments or draft will take place. If a player drops from the program, the coordinator/supervisor has the authority to add players to that roster. No team shall exceed 10 players without approval by the Coordinator/Supervisor.

Article 4. **Duties and Responsibilities of the Coach**

- Section 1.** To provide instruction of basketball related skills and promote sportsmanship among all participants.
- Section 2.** All coaches must complete the Background Screening process and have a photo ID badge on at all practices and games. **Badges must be worn and visible at all times.** If a team does not have a coach with a proper ID badge, then the game will not be played and will not be made up.
- Section 3.** All head/assistant coaches must be at least 18 years of age.
- Section 4.** The coach is responsible for turning in lineups to the official scorekeeper 10 minutes before the scheduled game time. Failure to do so will result in a two shot technical foul at the beginning of the game.
- Section 5.** It is up to the coach of each team to maintain proper conduct among his team at all times. Failure to do so may result in disciplinary actions being taken by the league supervisor.
- Section 6.** Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
- Section 7.** Any coach not carrying out the duties and responsibilities as established will be subject to dismissal from the league.
- Section 8.** A coach may be suspended indefinitely for playing ineligible players.
- Section 9.** Coaches are to be present at mid court during the post-game handshake to watch for any unnecessary behavior by players and other coaches. Any disruptive behavior by a player or coach during the post-game handshake will result in a 2-game suspension.
- Section 10.** Coaches are strictly prohibited from conducting any practices beyond those officially scheduled by the athletic office for the season. All practice sessions must take place only at the approved times and locations communicated by the athletic office. This policy ensures consistency, fairness, and the safety of all participants. Any violation of this rule may result in disciplinary action, including potential suspension or removal from coaching duties.

Article 5. **Game / Practice Postponements**

- Section 1.** In case of inclement weather, please check the Concord Parks & Recreation website and or social media outlets.
- Section 2.** In situations where the games have begun for the day, the league supervisor can cancel and suspend games if inclement weather exists. The coordinator/supervisor will make up games if possible

Section 3. Any time school is canceled because of inclement weather, all practices and games scheduled for that day at all sites are cancelled.

Article 6. **Officials**

Section 1. Officials are to be furnished and assigned by the local leagues through the use of a booking agent. Local associations are responsible for booking officials for their gym site.

Section 2. Officials will have complete control of all game situations and their calls will be final.

Section 3. After the game has begun, assigned officials, league supervisor, or athletic staff members will be responsible for discontinuing the game for any reason.

Section 4. Officials should report ejections immediately to the gym supervisor at the facility and (by email) to the league supervisor of the athletic department. The league supervisor is responsible for contacting the involved parties.

Section 5. In the event that only one official is present, that official should start the game on time and play until the second official arrives. The game cannot be protested when only one official is present.

Article 8. **Code of Conduct**

Section 1. If a player, coach, or spectator is removed from a game or facility by an official or gym supervisor for unsportsmanlike conduct (which includes profanity, disruptive behavior, violence, threats, etc.), said person automatically suspends self from the next two consecutive games for which that team is scheduled to play and from attending all practices before then. A coach who is suspended may not coach or practice with any team that he is affiliated with during that time, regardless of age group. If the removal is on the last game of the season, said person shall be suspended from coaching the next consecutive season. The ejection of a coach or assistant coach results in the forfeit of the head coach's credit at the end of the season.

Section 2. Any time a player or coach is suspended twice during the season, they will result in an indefinite suspension.

Section 3. Any player, coach, or spectator that pushes, strikes, shoves, or threatens an official, gym supervisor, staff member, opposing player or coach, or fan with bodily harm, verbal abuse, or other inappropriate conduct before, during, or after a game will receive an indefinite suspension from all Concord Parks and Recreation sponsored youth leagues. This includes being involved in a fight before, during, or after a department sponsored practice or game.

Section 4. Any player or coach who refuses to abide by any officials' decision could result in suspension from the game or game forfeiture.

- Section 5.** No player or coach shall be guilty of objectionable demonstrations of ball throwing, stomping, kicking, loud verbal sounds, profanity, etc. due to an official's decision. If so, a two shot technical foul and suspension from the game may result.
- Section 6.** Indefinite suspension is at the discretion of the league supervisor and athletic coordinator.
- Section 7.** Ejected players must remain on the bench during the game. Exception: A player may leave with a parent or guardian.

Article 9. **Game Preparation**

- Section 1.** There is no grace period for games. Scheduled game time will be delayed only if preceding game is still in progress or there is no following game (in which 4 minutes will be given as a max grace period).
- Section 2.** Teams should be at the site ready to play 10 minutes ahead of scheduled game time.
- Section 3.** Starting time may proceed regular scheduled time if both coaches & officials mutually agree.
- Section 4.** All teams must start with at least 4 of their eligible team members. A team is not allowed to pick up players to make 5. A team may finish with less than 5 players in cases where players are disqualified for too many fouls or for injuries.
- Section 5.** A 4 -minute warm up will be allowed between games.

Article 10. **Game Time /Scoring**

- Section 1.** This division will play four quarters with quarters being 8 minutes in length with a running clock. The clock will stop for shooting fouls, runaway balls, injuries, and timeouts. Halftime will be 4 minutes. Clock will stop for all whistles in the last two minutes of each half.
- Section 2.** Each team will be allowed 2 timeouts per half. These timeouts may be utilized at the discretion of the coach.
- Section 3.** NO overtime periods will be played in this age group.
- Section 4.** The free throw line will be 10 ft. regulation & ball is live when it hits the rim.

Section 5. Score will be kept by quarter and will be erased from the scoreboard at the conclusion of each quarter. *This league's focus shall be on player and skill development and will be treated in that manner.

Section 6. There is no 3-point shot for 7-8 division.

Article 11. **NFHS Rules with following exceptions:**

Section 1. Teams no longer receive one free throw for fouls when the opponent has seven fouls in a half. Instead, teams receive two free throws for all fouls after five fouls are committed in a quarter. Fouls reset at the start of each quarter, instead of resetting at the start of each half.

Section 2. Each bench is always limited to no more than 2 adults. Coaches must stay within the coaches' box where marked. A verbal warning is assessed first followed by a technical foul on the second warning. After a second warning an ejection may be given.

Section 3. North Carolina High School Federation Rules apply when local league rules are not covered in the following regulations. Concord Parks and Recreation can make amendments to the Rules & Regulations at any time in order to meet the program's objectives

Article 12. **Pressing Defense:**

Section 1.

- Pressing defense will **not be allowed** at any time.
- Score will be kept by quarter and will be erased from the scoreboard at the conclusion of each quarter.
- Teams **must always** play zone defense which must be played inside the 3-point line.
- Man-to-man defense is ONLY allowed in the last 2 minutes of the 2nd & 4th quarters (played inside the 3-point line).
- Double-teaming (trapping) and stealing the ball off the dribble will not be allowed. This rule also applies to in-bound plays between the extended foul line and the half court line.
- Teams have 10 seconds to bring the ball past the half court line.

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Section 2. First violation will result in a warning for both teams. For the second and subsequent violations, a two shot technical foul is assessed. **No Exceptions**

Article 13. **Practice/Game Participation**

Section 1. Practices will be conducted on half court

Section 2. Game Participation Rule ** All players must play a minimum of 6 minutes per half **.

- A. It is the duty of the coach to track that each athlete plays the minimum amount of time. Failure to do so will result in a warning and possible suspension from the next game.
- B. If a player leaves the game for an injury, sickness, etc. when and if they reenter the game and there is time for the player to get in its required minutes, then they shall do so. If not, there is not penalty for a player who leaves for injury, sickness, etc. and does not get in their allotted time.

Section 3. Any bleeding by a player or a player with blood on the jersey/shorts cannot reenter the game until the bleeding has stopped and a new uniform is used.

Section 4. Any player caught swinging elbows, regardless if contact is made with an opposing player, will receive a technical foul.

Section 5. Teams should have matching jersey tops with numbers as issued by the association. Numbers are required on the front and back of all jerseys. Failure by a team to have matching jerseys is not a forfeit but will be reported to the teams host coordinator to handle the problem.

Section 6. T-shirts of any color may be worn under the player's jerseys.

Section 7. Coaches must notify officials and opposing coaches prior to the start of each game if they have a player with a medical condition that may require them to leave the game if circumstances dictate. If this happens the coach should notify the officials, to have them stop the clock and the player removed. There is no penalty for a player being removed and the player is eligible to return to the game. The team/player/coach is not penalized if the participation rule is not met.

Article 14. Miscellaneous

Section 1. *Late Players:* Coaches will not be responsible to play players who may arrive after the game has started. If a coach desires to enter a player who has arrived late, the participation rule is in effect and must be met in each half. All players should be listed in the scorebook at the start of the game. No technical foul will be given if a player arrives after a game has started provided they are listed in the scorebook. Players cannot be entered into a half if they arrive with less than 4 minutes left in the half. A player arriving with less than 4 minutes in the first half cannot meet the participation rule; however, that player is eligible to participate in the second half.

Section 2. Missing Practices: This is at the discretion of head coach, but should be made aware to parents at the first practice and throughout the season.

Section 3. Basketball Size: Women's: 28.5 / Goal Height: 8 ft

Section 4. Jump Balls will be used to start a game and for all overtime periods.

The team not gaining control of the jump ball will start the alternating possession procedure.

Section 5. All spectators are required to sit on the sides opposite of the teams. The officials and gym supervisors will enforce this rule.

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