Recreational Youth Basketball Game Rules
7s and 8s

Updated: September 28, 2026

Goal Height: 8 feet 6 inches

Ball Size: 27.5" (Size 5)

Quarter Length: 6 minutes

Time Between Quarters: 1:30 minutes

Half Time: 3 minutes

Personal Fouls: 5 fouls

Bonus: Per LHSAA rules, teams reach the bonus with the 5th defensive team foul in each quarter. This will result in (2) free throws on every common, non-shooting defensive foul. Team fouls are re-set each quarter and do not carry over to the next quarter (except overtime, which carry over). Player-control and team-control (offensive) fouls **never** result in free throws, even if the team is over the foul limit. Technical fouls count as team fouls.

Court Size: Regular

Lane Violation: 5 seconds.

Full Court Press: A full court press is NOT allowed.

Timeouts: 1 full timeout at 1 minute each and 2 timeouts at thirty seconds each per half.

3-point Shot: Yes

Fast Break: Yes

Overtime: Only (1) 2-minute period will be played. The game will end if it is still tied at the end of the overtime period and result in a tie for standing purposes. One full timeout will be allowed. Unused timeouts from regulation play cannot be carried over.

Playing Time: Every player is required to play at least 50% of the game. Coaches are encouraged to prepare a player rotation schedule prior to the game. Playing time will be tracked by Coquille staff. Players will line up in numerical order in front of the scorer's table prior to each quarter for notation in the scorebook.

Defense: We encourage implementing both man-to-man and zone defenses

- **Defensive Line:** Each side of the court will have a defensive line clearly marked located halfway between half court and the 3-point line. Again, a full court press is not allowed. The defense cannot advance past this line until the offensive player and/or ball crosses this line. Once the line has been crossed, the defensive line goes away and there are no further defensive restrictions. NOTE: The offensive team has five (5) seconds to advance the ball past the defensive line after crossing halfcourt. If the offensive team does not cross the line within the specified time, it will result in the lines going away and there will be no further defensive restrictions.

Jump Balls: Jump balls will only be used to start a game and to start the overtime period.

Scoring Cap: There will be no scoring cap for players.

Minimum Players: Teams may begin game play with as few as four players. If one of the 4 players fouls out of the game, the game can continue until all players left have fouled out.

Free Throw Line: In accordance with Biddy Basketball rules, the free throw line will be set at 12'10" from the backboard.

Tie-Breakers: For purposes of playoff seeding, the following tie-breakers will be used with the final regular season standings:

- If 2 teams are tied:
  1. Head-to-Head record among tied teams; if still tied, go to Step 2.
  2. Points Against (fewest point allowed); if still tied, go to Step 3.
  3. Point Scored (highest points scored); if still tied, go to Step 4.
  4. Coin flip
- If 3 teams are tied:
  1. Best winning percentage of games played among the tied teams; If 2 teams remain tied after this tiebreaker provision, the two-team tiebreaker formula will be used.; If 3 teams remain tied after this provision, go to Step 2.
  2. Compare each of the tied team's records against the team occupying the highest position in the standings and continue down through the standings until the tie is reduced to a two-team tie, at which time revert to two-team tiebreaker formula.

All other rules must follow rule book of the National Federation of High School Athletic Association