

U8 GAME RULES_2018

Indoor non-marking running shoes and team uniforms (provided by the league) must be worn for all games. Jerseys must be tucked in. Wearing jewelry is not allowed (exception-medic alert bracelets).

- This is a teaching-type of program and the rules and skills of the game are progressively taught (A program binder is provided to the instructor coach)
- Half-court gym with lowered basketball nets (8 feet) and size 3 basketballs.
- Each player shall receive a uniform.
- First 45 minutes are instructional, and second half hour is a game. Total: 1hour and 15 minutes.
- 3 on 3 play. Games can be played 4 on 4 if mutually agreed upon by the coaches.
- Shifts will be played at 3-minute running time intervals until ½ hour game time is completed and time will be monitored by the coaches.
- Man-to-man defense is strictly in the half court. As soon as a team has possession, the defensive team retreats to their half of the court.

VEMBL is very strict about our Fair Play Rules and coaches are to ensure that playing time is shared equally. No player may be played greater than one shift more than any other player at any time during the game.

- Players are allowed a maximum of 4 dribbles and then must pass the ball. Four baskets maximum by any player to be monitored by the coaches
- Grabbing of the ball from any individual is not permitted; Aggressive play is not permitted.
- Once a basket is scored, the team that scored the basket must retreat behind the center line and cannot cross this line until the opposing team and the ball crosses the center line.
- No scores are kept, and coaches and parents are encouraged not to place emphasis on winning and losing.
- If a foul is committed, the referee will blow the whistle and will stop play and explain the foul/ to the entire group; the ball will then be given to the team on which the foul was committed.
- If a violation occurs, the referee will blow the whistle, stop the play and explain the violation to the group; on the first occasion of a violation, the ball will be given back to the violator to try again; a repeat will result in possession being given to the opposing team.

Over and back and 3 in the key are not called in this division. Referees are to warn players about double teaming, man on man defense must be played.

THIS IS A DEVELOPMENTAL DIVISION. FLEXIBILITY REMAINS NECESSARY FOR COACHES NEEDING TO SPEAK WITH THEIR PLAYERS FOR TEACHING PURPOSES