Youth Basketball League Rules
7-8 years old

Wentzville Parks & Recreation

Equipment and Court Specifications

Topic	Specification
Size of Ball	Boys and Girls size 5 (27.5”)
Height of Basket	8 Feet
Distance of 3- Point Arc	N/A
Distance of Free Throw Line	11 Feet

Game Structure

Topic	Specification
Game Length	Four 8-minute Periods. Running clock. Clock will stop inside of 2 minutes during the 2nd and 4th quarters.
Time in between periods	1 minute
Extra period(s)	2 minutes
Scoring	Free throw: 1 point, all field goals: 2 points, no 3 point field goals
Timeouts	• Two 60-second timeouts permitted per half • One 60-second timeout granted for each extra period • Unused timeouts **do not** carry over to the next half or extra periods
Start of game possession	Home team starts with the ball
Scoreboard/scorebook operations	One parent volunteer from each team

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Game Tactics

Topic	Specification
Playing time	Equal playing time
Set defense	Only player-to-player defense throughout the competition. Defensive player must stay within the 3-point line
Pressing defense	Pressing is **not allowed** throughout the competition. Defense must be within the 3-point line
Double-Team/Crowding	Double-team/crowding is **not allowed** throughout the competition
Stealing from the dribbler	Stealing from the dribbler is **not allowed** through the competition

Highlighted Gameplay Rules

Topic	Specification
Backcourt Timeline	N/A
Shot Clock	N/A
5 Seconds closely guarded	N/A
Clock Stoppage	On any dead ball, inside of 2 min in 2nd and 4th quarters
Length of time for a free-throw	10 seconds
Number of players permitted on free-throw lane	• Offense may have 3 players on the lane, including the shooter • Defense may have 4 players on the lane
Substitutions	Either team may substitute on a dead ball
Advancement of ball after a Timeout	N/A
Mercy Rules	If one team is ahead by 10 points, that team may not fast break, and must wait at half court until all defenders are across half court. If one team is ahead by 20 points, additional points scored by that team won't be displayed on the scoreboard.