



CITY OF HARRISONBURG

**PARKS  
& REC**

**2023 U8 Basketball Guidelines and Rules**



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# **Article 1: Mission/ Values Statement**

## **City of Harrisonburg Mission Statement**

The City of Harrisonburg preserves and enhances the quality of life that is unique to our community by:

- Promoting a partnership between our citizens, elected officials and city employees.
- Protecting the health, safety and general welfare of all citizens.
- Planning for the orderly and efficient development of the community.
- Identifying concerns, problems, and opportunities and taking action to address them.
- Selecting, training, motivating and retaining highly qualified employees.
- Creating an organizational environment that fosters integrity, encourages continuous improvement, maintains safe working conditions and promotes individual and team achievement.

## **Harrisonburg Parks and Recreation Values**

- Integrity- We are committed to taking initiative, being accountable, and adhering to our mission vision and values.
- Teamwork- We engage in effective communication to build professional and respectful relationships while being open minded to and welcoming of diverse perspectives.
- Innovation- We utilize technology, processes, and protocols of operation to enhance efficiency and pride in our organization’s ability to be a leader in Parks and Recreation.
- Safety- We are proactive in creating a safe working and recreational spaces for our employees and community.
- Public Service- We provide consistent quality service by building relationships through diverse opportunities that appeal to our community.

## **Article 2: League Contacts**

Athletics Coordinator	Courtney Carawan	540-433-9168	<a href="mailto:Courtney.Carawan@harrisonburgva.gov">Courtney.Carawan@harrisonburgva.gov</a>
Athletics Coordinator	Steven Hollister	540-433-9168	<a href="mailto:Steven.Hollister@harrisonburgva.gov">Steven.Hollister@harrisonburgva.gov</a>
Athletics Manager	Erik Dart	540-433-9168	<a href="mailto:Erik.Dart@harrisonburgva.gov">Erik.Dart@harrisonburgva.gov</a>

## Article 3:

**U8 Basketball League Guidelines:** Below are the standards and rules in which this league will operate. All these rules are based on USA Basketball recommendations with some modifications. These shall serve as guidelines for those playing, coaching, officiating, and administering. Some rules may be modified during the season if the league administrator sees it is in the best interest of the participants.

### Equipment and Court Specifications

Size of Ball	27.5"
Height of Basket	8 feet
Court	Cross Court
Distance of Free Throw Line	12' or 14'

### Game Structure

Game Length	Four 8-minute periods
Substitutions	Every 4 minutes
Time Between Periods	1 minute with a 3-minute halftime
Extra Period	N/A
Scoring	<ul style="list-style-type: none"> <li>• <b>No score will be kept</b></li> <li>• Free throw: player will shoot 1 shot only on shooting fouls called. All other players must be behind half court and regardless of a miss or a make possession changes, and the team will inbound the ball under the free throw shooters basket</li> </ul>
Timeouts	<ul style="list-style-type: none"> <li>• One 60-second timeout permitted per half of play</li> <li>• One 60-second timeout permitted in the extra period</li> <li>• Unused timeouts do not carry over to the next half or extra period</li> </ul>
Start of Game Possession	<b>Coin toss, throw in from halfcourt</b>
Fouls	Fouls will be called in a teaching manner, explanation given to players of what they are doing wrong, if it is a shooting foul the shooter will be awarded 1 free throw.

### Game Tactics

Playing Time	Equal playing time (substitutions on 4-minute mark of each quarter)
Set Defense	Only player-to-player defense throughout the game
Pressing Defense	Only allowed in the last 2 minutes of the 4 <sup>th</sup> quarter
Double-Team/Crowding	Double-team/crowding is not allowed at any point in the game
Stealing from the Dribbler	Defense must be behind halfcourt, after the dribbler crosses halfcourt and are picked up by their defender the ball may be stolen if possible

### Highlighted Game Play Rules

Backcourt Timeline	N/A (defenders must be behind the half court line and allow the offense to advance)
Shot Clock	N/A
5 Seconds Closely Guarded	Only when offensive player is holding the basketball and only has a pass/shoot option left i.e. they have picked up their dribble
Clock Stoppage	<ul style="list-style-type: none"> <li>• Running clock entire game</li> <li>• Substitution at each 4-minute interval</li> <li>• Timeouts</li> <li>• Injury</li> </ul>
Length of Time for a Free-Throw	N/A
Advancement of Ball	N/A
Unsportsmanlike or Technical Foul	Player behavior will be monitored by the coach/administrator and "cooldown" periods for the player will be utilized. If behavior does not improve, the player will be removed from the day's activities

## **Article 4: Rationale**

- Elimination of the 3-point field goal:
  - Encourages players to shoot from within a developmentally appropriate range and develop proper mechanics/form.
- Distance of free throw line:
  - The 12-foot or 14-foot free throw distance helps develop proper form and increase success.
- Size of ball:
  - Usage of a smaller basketball is due to the size of a child's hand as well as their developing skill level.
  - A smaller ball allows for better control and success.
- Start of the game possession:
  - The coin flip to start the game will mitigate the differences in height and coordination among players.
  - Alternating possessions will take place throughout the rest of the game.
- Substitution rules:
  - This helps ensure all participants are having an opportunity to experience the game with equal and fair playing time.
- Set defense:
  - The requirement of player-to-player defense encourages physical activity/movement, while promoting skill development related to guarding a player both on and off the ball.
- 5 Seconds Closely Guarded:
  - This is the introduction to this rule. This help coaches to teach quick decision making and stops players from just standing still with the ball not making a basketball move.
- Clock stoppage:
  - The balance of clock stoppage allows for better game flow, and proper substitution of players.

## **Article 5: Sportsmanship Policy**

- Spectators that show poor sportsmanship including, booing, harassing coaches/administrators, arguing calls, negative behavior or comments, or threats or obscene gestures shall be given 1 warning, and then ejected from the facility. Play will not resume until spectator has exited. If they refuse to leave, the game will end, and the individual will be issued a suspension notice which will apply to all Harrisonburg Parks and Recreation facilities and parks.
- Cheering in a positive manner for both teams is highly encouraged. Remember, it takes a lot of nerve for our players to get in front of a crowd and PLAY. Please remember this during the game and help us build the positive experiences through the game of basketball.
- Please refrain from coaching our players from the bleachers during games. We have coaches who volunteer their time to do this, let them coach! This is also very distracting to our players. Again, don't be the reason for increased anxiety to our players.

## **Article 6: Registration**

- Registration information may be found once our Activity Guide has been released.
- All league information can be found at [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball).
- Please make sure all requested information has been completed.

## **Article 7: Practices**

- Teams will have practices prior to the first game.
- Practices will last no more than 45 minutes.
- Practices will be held at the Community Activities Center at 305 S. Dogwood Drive, Harrisonburg, VA 22801.
- Teams will have various scheduled practice times throughout the season.

## **Article 8: Game Day**

- Please arrive 10 minutes prior to the start of the game.
- Uniforms will be provided for each team.
- Only water will be permitted in our gymnasium.
- Parents/guardians are responsible for the supervision of their children that accompany them to the games.

## **Article 9: Game Cancellations or Postponements**

- For inclement weather notifications, please use the following resources:
  - HPR Athletics Facebook: [www.facebook.com/hprathletics](http://www.facebook.com/hprathletics)
  - Twitter: [www.twitter.com/HburgParks](http://www.twitter.com/HburgParks)
  - Email (please ensure we have an accurate, updated email address upon registration)
- In the case of inclement weather, see below to see how your class or activity will be affected:
  - If the City of Harrisonburg Public Schools are closed all day:
    - All Parks and Recreation programs, classes and events are cancelled.
  - If the City of Harrisonburg Public Schools close early:
    - All Parks and Recreation programs, classes and events will be cancelled at the same announced time of City of Harrisonburg Public School closing.
  - In the event of inclement weather when City of Harrisonburg Public Schools are not in session or a non-school day:
    - The Parks and Recreation Department reserves the right to cancel programs and close facilities should weather conditions warrant. Notifications of cancellations and closings will be made through the above listed Facebook and Twitter page.

## **Article 10: Team Selection**

- Teams will be organized and divided by age and school (if possible).
- Volunteer coaches, who have children in the program, will be automatically assigned their own children.
- Siblings will be placed together on the same team, if they are in the same age group.
- Participants and parents may not request to be placed on a specific team.

## **Article 11: Resources**

- Additional information concerning registration, schedules, ages divisions, etc. can be found at [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball).
- Please make sure to follow our Athletics Facebook page at [www.facebook.com/hprathletics](http://www.facebook.com/hprathletics)
- Team specific information can be directed toward each team's volunteer coach.