

Under 8 League Guidelines



Under 8 basketball at South West Metro is played as a modified league with key changes including smaller courts and lowered hoops, to help facilitate enjoyment and development of our youngest ballers.

The focus for this age group is to develop each player's core skills and their understanding of the game, **not** on results, to help prepare them for the move into our fully structured U10's competition and beyond.

Article	Guideline
Coaching	Coaches may enter the court to assist players at any point in the game.
	Communication and encouragement are the most effective tools at this level. Encourage spacing, passing and above all enjoyment.
	One of the participating team's coaches is to act as the 'referee'. A recommended system is that each coach does one half each, or alternate for each quarter.
The Game (General Provisions)	4 x 10-minute quarters 1-minute ¼ & ¾ break, 2-minute half time. No timeouts
	Modified cross-court playing area with lowered hoops (8-Feet)
	Size 4 Basketball (Size 5 can be used if both teams agree)
	Scoreboard only used for timing of game - no points or fouls shown
	Individual player scores and fouls are not recorded
	Free-throws should be taken directly in front of the hoop ('no charge' circle)
Defence	Zone Defence is not permitted. Person-to-Person Defence only.
	No Press/Traps - Teams must retreat to the front court after every change of possession.
	Stealing – in conjunction with the previous rule coaches should encourage more skilled players to not steal the basketball while teams are in the backcourt. We also discourage double- or triple-teaming (i.e. 'swarming') a player in order to steal the ball. This allows lesser experienced teams or players to participate in all aspects of the game.
Offence	Coaches should encourage movement of the ball and the spread of shots amongst the team. A suggestion may be that more skilful players be limited to the number of points they can score per quarter. Another option may be to give them a goal to achieve several assists or successful passes. Remember enjoyment and inclusion over winning
Violations/ Fouls	The following violations can be called during the game: <ul style="list-style-type: none"> - Travelling - Double Dribble - Out of Bounds - Carry <p>Note: Players should be given some allowance when committing these violations. Prioritise learning over penalising.</p> <p>All fouls should be called. Duty of care.</p>
	The following Violations cannot be called during the game: <ul style="list-style-type: none"> - Back Court - Timing Violations. 3, 5, 8 seconds - Free Throw shooter violations



COACH FAIRPLAY GUIDE:

- 1.** Remember that basketball is for enjoyment.
- 2.** Teach understanding and respect for the rules
- 3.** Give all players a reasonable amount of court time.
- 4.** Develop team respect for the ability of opponents including their coaches.
- 5.** Instil in your players respect for officials/supervisors and acceptance of their judgments.
- 6.** Guide your players in their interaction with other athletes on and off the court.
- 7.** Act responsibly when players are ill or injured.
- 8.** Impart knowledge and skills; Promote desirable personal and social behaviours.
- 9.** Respect the rights, dignity and worth of every person.
- 10.** Always respect the use of facilities and equipment provided.

These guidelines are designed to achieve optimal standards and outcomes for our Under 8 league. Coaches, parents and officials should conduct themselves in an appropriate manner that is in line with the spirit of this document, and as per all behavioural codes and policies of SWM and BQ.