

Denver Youth Sports | Winter 2025-26

Ages 5-6 & 7-8 Basketball Rules Quick Reference Sheet

	Ages 5-6	Ages 7/8
Duration of Game	(4) 8 Minute Quarters Running Clock	(4) 8 Minute Quarters Running Clock
Ball Size	Junior Size 27.5"	Junior Size 27.5"
Goal Height	8 ft	9 ft
Lane Violations	None	None
Free Throws	None	10 ft (On Shooting Fouls Only)
Fouls	Enforced – not tracked	Enforced – not tracked
Players on the Court	4 on 4	5 on 5
Timeouts	None	None
Defense	Man-to-Man; no Zone or Press	Man-to-Man; no Zone or Press
Rosters	Minimum 4/ Maximum 8	Minimum 5/ Maximum 10
Substitutions	On dead ball nearest the midpoint of each quarter	On dead ball nearest the midpoint of each quarter

1. 6U (5-6) Division Coed, 8U (7-8) Division Boys, 8U (7-8) Division Girls
2. A team must start and can finish the game with three players (5-6) and four players (7-8).
3. All players in attendance must play in half the game (exception: discipline, injury, illness).
 - a. The clock will stop at 4:00 minutes of each quarter for substitutions.
4. Quarters will begin with an inbounds pass from the half-court line. Determined by coaches, rotated evenly.
5. Once a team establishes control of the ball, the opposing team must immediately retreat to defense (see below).
6. Defense: Man-to-Man
 - a. **Players will defend only the player with same color wristband. Hands up defense only; no stealing of dribbles or passes, or blocking of shots.**
 - b. Players will be allowed to move away from their man on a loose ball, shot attempt, or rebound.
 - c. On defense, players can pick up their player at the defensive free throw line (extended).
7. One coach per team will be responsible for on-court officiating. Please have a whistle.
8. The following must be enforced from the start of the game:
 - a. Fouls, defense attempting to steal the ball, slapping, defense not getting back in a timely manner, traveling, double dribbling.
 - b. Coaches must blow the whistle and provide explanation of each rule violation. Two (2) warnings will be given before any rule will be enforced.
9. No score or league standings will be kept in either age group