



2026 Youth Basketball League Rules

7 - 8 Year Boys and Girls

Games are played at the IOP Recreation Department on Wednesdays at 5:15pm and 6:00pm using the following Isle of Palms Recreation rules:

1. Games will consist of four (4), five (5) minute quarters. Substitutions will be made at the (2min. 30sec.) intervals during each quarter. Running clock with exception of the clock stopping for injuries and substitutions; One (1) min break between quarters and three (3) min halftime.
2. Games are played on the side courts using 8 foot baskets with a size 28.5 Ball. The games begin with a jump ball and possession will alternate. Games will be played 5 on 5.
3. 1 Timeout each half.
4. No three point shots.
5. No backcourt guarding or double teaming.
6. Fouls are kept. Players foul out with 5 fouls; No foul shots, ball should be taken from out of bounds
7. Score is kept, but will not be displayed to teams or spectators.
8. There is no overtime. Game can end in a tie.
9. **All players must participate in every quarter unless there is a disciplinary reason or illness.** The coach must notify the Recreation Department, the individual's parents, and the scorekeeper prior to the start of the game with justification for disciplinary action.
10. Profanity, alcohol, and smoking are **not** permitted on the Recreation property at any time.
11. Any coach or player ejected from a game by the referee must leave the gymnasium immediately or the game will be forfeited. Any player or coach that is ejected will automatically be suspended for a minimum of one game. The Recreation Department will determine if further action is necessary.
12. **Shorts with pockets and/or zippers are not allowed. Jewelry, such as but not limited to, rings, earrings bracelets, etc., is not allowed during practices or games. No Exceptions!!**
13. Referees officiate the games – Recreation Staff control the timing.

**** The Recreation Department reserves the right to interpret all rules as they see fit for each particular situation. The Recreation Director will have the final decision.**