



Updated: October 2025

Under 8 (U8) Mixed Competition Rules

These rules are designed to ensure the Under 8 (U8) Mixed Competition provides a safe, inclusive, and development-focused environment that supports players in learning the fundamentals of basketball in a positive and enjoyable setting.

1. Competition Structure

1. Each team shall have **four (4) players** on the court at any one time.
 2. To avoid a forfeit, a team must have a **minimum of three (3) players** available to take the court.
 3. Each team must have a **minimum of six (6) registered players** to be eligible to nominate for the competition.
 4. **Mixed teams** are permitted.
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2. Equipment and Court Specifications

1. A **size 5 basketball** shall be used.
 2. The **ring height** shall be **2.44 metres (8 feet)** from the floor.
 3. Games shall be played on the standard half or full court as determined by the draw and court availability.
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3. Game Timing

1. Games shall consist of **four (4) quarters of ten (10) minutes** each.
 2. Each team is permitted **two (2) timeouts** in the first half and **three (3) timeouts** in the second half.
 3. There shall be a **one (1) minute break** between quarters and a **two (2) minute break** at half time.
 4. The **game clock will stop only for timeouts**.
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4. Rules of Play

1. The **backcourt rule does not apply**.
2. **Personal fouls** shall be recorded; however, no player will be disqualified for personal fouls.
 - If a player is fouling excessively or in a manner deemed unsafe, the player may be substituted following consultation between coaches.



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3. **Defence is not permitted before halfway.** Players must retreat to their half following a basket or stoppage before defending.
 4. **Scores shall not be displayed** or recorded.
 5. **No finals** are to be played in this competition, as it is a learning-based program.
 6. All participating players shall receive an **IBA participation trophy** at the conclusion of the season.
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5. Coaching and Officiating

1. Each coach is required to **referee to the best of their ability** for the duration of the game, ensuring fairness to both teams.
 - There must always be **two (2) coach-referees (with whistles)** on the court during play.
 2. Coaches are encouraged to **enter the court to support players** when necessary, including assisting with positioning during play or at free throws.
 3. Only the **coach, assistant coach, and team manager** are permitted on the team bench.
 - In exceptional cases of high-level player need, a responsible parent or guardian may sit on the bench to support the child.
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6. Coach-Referee Guidelines

The U8 Mixed Competition is a **learning league**. Coaches act as referees to help players understand the game and develop their skills in a supportive environment.

1. **Leniency** should be applied to minor infringements to maintain game flow and player enjoyment.
 2. **Excessive travelling or double dribbling** should be called, explained briefly to the player, and result in a change of possession.
 3. **All personal fouls** should be called to ensure player safety.
 4. When a player oversteps on an inbound pass, the ball should be returned to them to attempt again correctly.
 5. Coaches should take brief opportunities to explain decisions where appropriate to support learning.
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7. Conduct and Compliance

All coaches, referees, managers, players, and spectators must adhere to the:

- **IBA Code of Conduct**, and
- **Zero Tolerance Policy**,
as published on the Ipswich Basketball Association website.



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8. Purpose

The U8 Mixed Competition is a **participation and learning-focused league** aimed at introducing players to the sport of basketball in a fun, inclusive, and supportive environment. The emphasis is on enjoyment, teamwork, and skill development — not on winning or results.