

Coats Parks and Recreation  
6U and 8U Co-Ed Basketball Rules 2026

**All rules will be governed by the NFHS Rule Book with the following exceptions:**

1. Ball Size – Junior (27.5”)
2. Rim Height
  - a. 6u Co-Ed: 6 ft
  - b. 8u Co-Ed: 8 ft
3. Game Play
  - a. No Free Throws. All fouls will be possession out of bounds.
  - b. 6u Co-Ed:
    - i. Start Game – Home Team possession out of bounds at half court.
    - ii. Use goal on same side as bench for the entire game
    - iii. No backcourt violation
4. Clock
  - a. **(4) 8 minute Quarters – NO SCORE**
  - b. Running Clock. CLOCK WILL STOP AT 4 MINUTES FOR SUBS..
  - c. 1 minute between periods
  - d. 2 Time Outs per half (1 minute each)
  - e. Halftime will be 4 minutes
5. Mandatory Playing Time
  - a. **MUST PLAY ATLEAST HALF THE GAME**
  - b. Sit Out 1 periods
6. **Substitutions can take place at any dead ball however the clock does not stop.**
7. Lane Violation
  - a. 6u Co-Ed: none    b. 8u Co-Ed: 5 seconds
8. Defense: **NO SCREENS OR PICK PLAYS ALLOWED**
  - a. 6u Co-Ed:
    - i. Man-to-Man within the 3-pt arc. Players must guard opposing player with matching colored wrist band. Verbal Warnings will be given to players pressing outside the 3 pt. arc. After several warnings, if a coach fails to instruct players to stay back within the arc and allows a press outside the arc, then a technical foul can be issued, but is at the discretion of the official.
    - ii. No double teams, but may help out under goal. Penalty: possession out of bounds.
  - b. 8u Co-Ed:
    - i. Man-to-Man behind the volleyball attack line. Players must guard opposing player with matching colored wrist band. Verbal Warnings will be given for players pressing outside the VB attack lines. After several warnings, if a coach fails to instruct players to stay behind the attack line and continues to allow their team to press beyond the attack lines, then a technical foul can be issued, but at the discretion of the official. Penalty for playing zone defense: warning to the coach. After 2 warnings a technical foul can be issued, but is at the discretion of the official.
    - ii. No double teams, except when 2 players converge on a ball-handler unabated to the goal. Penalty: possession out of bounds.