

2026 Basketball Bulletin: 6U & 8U Leagues

LEAGUE OBJECTIVES

- Develop basic basketball skills for all participants. Examples: dribbling, passing, shooting, positions, offense and defense.
- Foster a positive environment where sportsmanship and self-esteem building come first.
- Emphasize team play and skill development without focusing on winning or losing.
- Create a MPRB Kids Zone environment (see page 3).

Players

- 6U: Ages 5 to 7 or currently in Kindergarten & 1st Grade
- 8U: Ages 7 to 9 or currently in 2nd & 3rd Grade
- Roster: 10 players per team (recommended)
Games can use 4 on 4 or 5 on 5 depending on numbers. Example: if both teams have 8 players, they can choose to play 4 on 4 for easy substitution patterns.
- MPRB Jewelry Policy will be enforced. Coaches have detailed information regarding policy.
- Let's Play! If a team is short on players at game time, please borrow players from the opposing team.

Weather/Cancellations:

- Games are to be played unless there are unsafe conditions due to extreme weather.
- Weather Cancellations: Coaches and parents will be contacted to the best of our ability.
- For the most up-to-date information, call the game site.

Equipment:

- Players must wear tennis shoes or basketball shoes.
- We recommend that all t-shirts have numbers; each player should wear a different number.
- A size 27.5 Junior basketball will be used for 6U and 8U.

Playing Court:

- Recommended court size for 6U and 8U is one half of standard court- sideways approx. 45 ft long by 35 feet wide. Court sizes may vary by site.
- Whenever possible rims should be placed at; 6U= 8 feet and 8U= 9 feet. Both are acceptable, rather than standard 10 feet rims.

Game:

1. Length of the Game:
 - 8U Games: Two– 20-minute running time halves, with a 3-minute break between halves. Allow 10 minutes after each game for a change over.
 - 6U Scrimmages: Two– 14-minute running time halves, with a 2-minute break between halves.
 - At the start of the second half-teams switch directions and baskets.
 - Game time is scheduled start time.
 - Host site will run the official game clock.
 - The home team on the schedule will start the game with possession of the ball. The ball will be inbounded at half court. A jump ball called during the game will be awarded to the defensive team.

2. ***NO STANDINGS WILL BE KEPT!!*** See *League Objectives*
3. All players must play a minimum of ½ of each game. Equal playing time for all participants should be a priority for coaches. All players should rotate through all positions.
4. Substitutions may be made with the consent of the referee (coach on court) at these times:
 - Half way through each half, or as needed (preferred method of substitutions)
 - After an injury when the coach stops play
5. Coaches, as Officials, this is a teaching league.
 - a. Call and teach any obvious infraction such as traveling, double dribbling, fouls and over and back. It isn't a turnover but a teaching moment for the kids.
 - b. NO free throws will be taken.
 - c. Recommended to increase calls as the season progresses.
6. In case of injury, and a child is unable to play half of the game, the coach should notify either the referee (a coach) or the other coach before the game begins. If injury occurs during the game, the game should be stopped and appropriate First Aid should be administered and an Incident Report (available at Park's Front Desk) filled out, and a new player will have to take the injured player's position.
7. No protests will be considered on ANY games.
8. Players must fall back to the 3 pt. line on defense - pressing will not be allowed.
9. Player to player defense only
 - a. Not allowed: double teaming, trapping, stealing or jump to block shots.

Additional Notes:

- One certified coach from each team will officiate (be allowed on the court) per game.
- Remember, this is about teaching the kids smart basketball, building good habits, and coaching strong fundamentals. Use these games as a way to teach both teams and make all of the kids' better basketball players.
- All coaches must be certified through their home park and shall comply with the rules and regulations as stated in the bulletin.
- The MPRB does not discriminate on the basis of disability in the admission or access to, or treatment or employee in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all MPRB services, programs and activities.
- If anyone believes he or she has been subjected to discrimination on the basis of race, color, gender, national origin, age, or handicap, he or she may file a complaint alleging discrimination with the Minneapolis Park and Recreation Board or the Office of Equal Opportunity, U.S. Department of Interior, Washington, D.C. 20240.



You are joining the MPRB Kids Zone

By registering your child in MPRB Youth Athletic leagues you are joining the *MPRB Kids Zone* and agree to the following:

- Kids are #1
- FUN is more important than winning
- Let the coaches do the coaching
- Fans cheer positively (no public displays of anger)
- Respect the officials
- Inappropriate language will not be tolerated
- Keep the facility & grounds clean
- All parks and schools are tobacco & alcohol free
- Be a positive role model

Thank you for supporting MPRB athletics!

The Minneapolis Park & Recreation Board will provide all participating youth with a positive and safe environment. We welcome your ongoing support of our program.

Help keep kids in sports! Support! Encourage! Care!

