

# **Youth Travel Basketball League**

## **Rules and Regulations**

### **2024**

#### **Introduction**

Welcome to the Youth Travel Basketball League: Winter 2024 Season. This exciting league will encourage sportsmanship, fair play, and teamwork. Participants will learn the fundamentals of the game such as shooting, dribbling, passing, and defense while developing team and individual skills.

#### **Teams & Roster**

Each agency will provide opportunities for youth to play basketball separated by gender and grade-level: Boys and Girls, 1st through 8th grades. Divisions WILL combine if enrollment is low.

Team Rosters may contain the following information: Coaching Staff, Players Names, any applicable contact information, and player uniform information.

Youth players must be in their division's associated grade level as of the 2023-2024 school year. Players are able to play in above/higher divisions at the discretion of the parent/guardian and their associated agency's administration. **PLAYERS ARE NOT PERMITTED TO PLAY IN YOUNGER/LOWER DIVISIONS.** Additionally, **PLAYERS ARE NOT PERMITTED TO PLAY ON MORE THAN ONE TEAM.**

#### **Practices and Games**

**Practices** will be held at your associated agency. Each team will have a maximum of two weekly practices: locations and times will be determined by the volunteer Head Coach and the players/parents. If space and time permits, agencies can elect to provide individual registrants opportunities to play basketball (open gym).

**Games** will be scheduled on Saturdays and/or Sundays: mornings and/or afternoons between 9:00 AM and 3:00 PM. Schedules will be determined by the League Administration and based on gym availability. This league will consist of the following agencies: Alsip Park District, Blue Island Park District, Bridgeview Park District, Markham Park District, Worth Park District, and Robbins Park District.

Games in Alsip: Apollo Recreation Center - 12521 S. Kostner Ave., Alsip

Games in Blue Island: 2822 141st Pl., Blue Island

Games in Bridgeview: 8100 S. Beloit Ave., Bridgeview

Games in Markham: 16053 Richmond Ave., Markham

Games in Robbins: 13800 S. Trumbull Ave., Robbins

Worth Park District will play games against opposing agencies at their associated agencies and alternate between Home and Away status.

Regular Season will consist of an 8-game schedule with 3rd Grade Divisions and above having a playoff schedule (1st & 2nd Grade Division will only have a Regular Season).

**Game Recording:**

QuickScores will provide participating agencies an opportunity to view the league details in real time.

**[www.quickscores.com/alsip](http://www.quickscores.com/alsip)**

QuickScores has the Regular Season schedule, the Playoff schedule, League Division Standings, as well as all associated league details (game locations, team analytics, & ETC). Agencies will direct parents, players, coaches, and Officials to this site to receive any and all applicable information. Hard copies will be handed out upon request.

At the conclusion of each game, the agency scorekeepers will collect the scores and submit them to the League Administration. Administration will update the scores and league standings the following week.

It is the responsibility of each team to keep a record of their scores. Mistakes will happen. Updates can only be made during the Regular Season. Once the Regular Season has concluded, posted scores will be closed for updates and Regular Season standings will advise the Playoff schedule.

**Cancellations/Reschedule Games**

Canceled games are not guaranteed to be rescheduled. The League Administration will do everything in their power to reschedule all canceled games: playing weeknights, playing after Regular Season, or even double header games. Special attention will be placed on canceled games that are canceled by the League Administration. A cancellation can include (but not limited to): not enough players, player(s)/parent/coach schedule conflict, weather.

Please note that a game cancellation due to poor behavior WILL NOT be rescheduled and will be considered a forfeit.

NOTE ON WEATHER: Chicagoland Winters are unpredictable. They can delay or even cancel practices & games. In the case of inclement weather, the League Administration will update the Teams as soon as possible by phone and email. Each agency will also be notified for any cancellation due to weather: parents, coaches, Officials, and players are encouraged to call their associated agency.

## **Behavior**

ACCEPTABLE BEHAVIOR IS REQUIRED AT ALL TIMES. This includes all parties involved with the activity: participants/players, parents, spectators, guests, coaches, ETC.

Please remember parents/guardians and spectator guests are extensions of the players themselves and will be treated as such. Any unacceptable behavior will be met with disciplinary actions that may include

- Verbal warnings
- Technical fouls
- Ejection from game facility
- Taken out of the game/entire season
- Forfeiture of game
- Suspension from future programs

### **Notes on Acceptable Behavior:**

- Not engaging in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; using profane language or gestures. It is everyone's responsibility to encourage good sportsmanship by demonstrating positive support for all players, coaches, and Officials at every game, practice, or other youth sports event.
- Support coaches and Officials working with our children and encourage a positive and enjoyable experience for all.
- Your agency demands an environment for our children that is free of drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- Remember, Youth Activities are for YOUTH (we have Adult Activities that are exclusive to adults).
- It is everyone's responsibility to make youth sports fun for everyone involved.
- We need to continue to teach our children to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Continue to teach our children that doing one's best is more important than winning, so that no one will ever feel defeated by the outcome of a game or his/her performance.
- Praise our children for competing fairly, trying hard, and make our children feel like winners every time.
- Never ridicule or yell at our children or other participants for making a mistake or losing a competition.
- Emphasize skill development and practices and how they benefit our children over winning.
- RESPECT: respect the Officials and their authority during games and will never question, discuss, or confront coaches at the game: take time to speak with coaches at an agreed upon time and place.
- Refraining from coaching our children or other players during games and practices without the head coach's blessing: it takes a village to raise a team.

Failure to comply will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal warnings, ejections and/or suspensions. Incidents will be handled how the League Administration deem appropriate based on the severity of the incident.

## General Game Play Details

1. Every player deserves to play: players should not play the entire game
2. It is the expectation of the coaches to
  - a. Balance playing time
  - b. Involve all players in offense and defense
  - i. All players should have the opportunity to dribble and shoot in every game
3. Free substitution will be allowed throughout the game
4. **Score:** All Divisions will keep score
  - a. All scores will be either 1-point or 2-points (or 3-points)
  - b. 1st & 2nd Grade Division score will only be kept for reference purposes
  - i. 1st & 2nd Grade Division will not keep standings nor have a Playoff schedule
  - c. 3rd through 8th Grade Divisions will have league standings
  - i. The league standings will advise Playoff schedule
5. **Officials:** 1st & 2nd Grade Division will be provided at least x1 official for each game
6. **Officials:** 3rd through 8th Grade Divisions will be provided x2 Officials for each game (if possible)
7. While there may be disagreements, it is the coaches responsibility to maintain appropriate behavior of their players and their team spectators
  - a. Coaches are encouraged to respectfully discuss any disagreements with the official (NOT DURING THE GAME)
8. During the game, the only individuals on the court should be the players and the official(s)
9. **Defense:** teams are encouraged to play man-to-man during the game
  - a. For 1st & 2nd Grade Division - Aids may be used such as colored wristbands ETC
10. Teams will have a maximum of x5 players on the court
11. **Rim Height**
  - a. 1st & 2nd Grade is at 8 feet
  - i. May be raised to 8.5 feet at the discretion of the League Administration
  - b. 3rd through 8th Grade Divisions is at 10 feet
12. **Game Ball Size (recommended)**
  - a. 1st & 2nd Grade Division - Size 5 - 27.5"
  - b. 3rd & 4th Grade Division - Size 6 - 28.5"
  - c. 5th through 8th Grade Divisions - Size 7 - 29.5"
13. Technicals, intentionals, and flagrant fouls are unacceptable behavior
  - a. Punishments are dependent on the severity and can include: verbal warnings, ejections and/or suspensions
14. The game will conclude with both teams shaking hands

## First & Second Grade Division

- ❖ **To start the game:** Home team will pass the ball in
- ❖ This division will not adhere to any specific rule book and Officials will make calls based on best judgements
  - Calls such as traveling, double dribbling, and carrying the ball MAY be enforced (more strictly as the season progresses)
- ❖ There will be no press in this division
  - Players will not defend the ball until it penetrates the 3-point line
- ❖ If needed, the coaches will provide themselves as participants in the game as educational aids
  - Coaches WILL NOT provide any advantage and can be taken out at the discretion of the Official
- ❖ **Games times** will consist of x4 6-minute quarters
  - The clock WILL ONLY NOT STOP on shooting fouls
- ❖ 1-minute breaks in between quarters and 3-minute break for half
- ❖ Each team will have x3 timeouts
  - Team must have possession of the ball (or dead ball) to call timeout
  - 1-minute is allotted for each timeout
- ❖ **Overtime:** Tie Games will have a 2-minute overtime session with no timeouts
- ❖ **Defense:** Teams are encouraged to play man-to-man during the game
- ❖ Double-Teaming is not recommended unless the offense gains an advantage
  - Officials may not call violation
- ❖ Back-court violations will not be called
- ❖ 10-second rule will not be in effect when bringing the ball up the court
- ❖ Lane violations will not be called
- ❖ When a player is fouled during their shot, 2 free-throws will be awarded
- ❖ Free-throws will be designated by Officials
  - On free-throw attempts a shooter may touch the line but not cross completely over the line

## Third & Fourth Grade Division

- ❖ **To start the game:** Home team will pass the ball in (jump ball MAY be used at the discretion of Official and both coaches)
- ❖ This division will not adhere to any specific rule book and Officials will make calls based on best judgements
  - Calls such as traveling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses
- ❖ **Game times** will consist of x4 7-minute quarters
  - The clock will stop in 2-minutes of the 2nd and 4th quarter on dead balls and on shooting fouls when the shooter receives the ball from the Official
- ❖ 1-minute breaks in between quarters and 3-minute break for half
- ❖ Each team will have x3 timeouts
  - Team must have possession of the ball (or dead ball) to call timeout
  - 1-minute is allotted for each timeout
- ❖ Teams in this division cannot use full-court press. Defense must remain behind the 3-point line.
  - Full-court press is allowed during the last 2-minutes of the 2nd and 4th quarters.
- ❖ **Defense:** Teams can use ANY defense but must remain inside the 3-point arc

- Defense may not reach outside the 3-point arc to attempt to steal the ball. Ball must be within the arc.
- Loose ball outside the arc can be pursued (result of rebound or defensive play)
- If a team rebounds and attempts a fast break, the defense may pick up the dribble/interrupt a back-court pass
- If a team rebounds and does not attempt to fast break the defense must drop back to half-court
- Fast breaks will be the Officials' judgment
- ❖ **Overtime:** Tie games will have a 2-minute overtime session
  - OT will follow same rules as the regulation game (clock/pressing)
  - No timeouts are allowed during OT
- ❖ Double-Teaming is not recommended unless the offense gains an advantage
  - Official may not call violation
- ❖ Back-court violations WILL be called
- ❖ 10-second rule WILL be in effect when bringing the ball up the court
- ❖ 5-second lane violations are at the discretion of the Officials
- ❖ Each player will be allowed 5 personal fouls (per game)
  - On the 7th foul in each half: a 1 and 1 bonus free-throw will be in effect
  - On the 10th foul in each half: team will shoot the double bonus free-throw
- ❖ **Free-throws:** When a player is fouled during their shot, 2 free-throws will be awarded
  - Free-throws will be taken 2 feet inside the free-throw line
  - If the player steps on or over the line before ball touches rim, a violation will be called

## Fifth & Sixth Grade Division

- ❖ **To start the game:** Home team will pass the ball in (jump ball MAY be used at the discretion of Official and both coaches)
  - In case of tie-ups, teams will alternate possession
- ❖ This division will not adhere to any specific rule book and Officials will make calls based on best judgements
  - Calls such as traveling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses
- ❖ **Game times** will consist of x4 8-minute quarters
  - The clock will stop in 2-minutes of the 2nd and 4th quarter on dead balls and on shooting fouls when the shooter receives the ball from the Official
- ❖ 1-minute breaks in between quarters and 3-minute break for half
- ❖ Each team will have x3 timeouts
  - Team must have possession of the ball (or dead ball) to call timeout
  - 1-minute is allotted for each timeout
- ❖ Teams in this division cannot use full-court press. Defense must remain behind the half-court line.
  - Full-court press is allowed during the last 2-minutes of the 2nd and 4th quarters unless either team is ahead by 15 points or more. Neither team can press when the score difference is 15 or more.
- ❖ **Defense:** Teams can use ANY defense: will pick-up at half-court
  - If a team rebounds and attempts a fast break, the defense may pick up the dribble/interrupt a back-court pass
  - If a team rebounds and does not attempt to fast break the defense must drop back to half-court

- Fast breaks will be the Officials' judgment
- ❖ **Overtime:** Tie games will have a 2-minute overtime session
  - OT will follow same rules as the regulation game (clock/pressing)
  - No timeouts are allowed during OT
- ❖ Double-Teaming is not recommended unless the offense gains an advantage
  - Official may not call violation
- ❖ Back-court violations WILL be called
- ❖ 10-second rule WILL be in effect when bringing the ball up the court
- ❖ 3-second lane violations are at the discretion of the Officials
- ❖ Each player will be allowed 5 personal fouls (per game)
  - On the 7th foul in each half: a 1 and 1 bonus free-throw will be in effect
  - On the 10th foul in each half: team will shoot the double bonus free-throw
- ❖ **Free-throws:** When a player is fouled during their shot, 2 free-throws will be awarded
  - Free-throws will be taken at the free-throw line
  - Will be allowed to cross the free-throw line
  - Rebounders in lane will start from the top of lower block with max of 6 players in the lane

### Seventh & Eighth Grade Division

- ❖ **To start the game:** Jump ball will be used
  - In case of tie-ups, teams will alternate possession
- ❖ This division will not adhere to any specific rule book and Officials will make calls based on best judgements
  - Calls such as traveling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses
- ❖ **Game times** will consist of x4 8-minute quarters
  - The clock will stop in 2-minutes of the 2nd and 4th quarter on dead balls and on shooting fouls when the shooter receives the ball from the Official
- ❖ 1-minute breaks in between quarters and 3-minute break for half
- ❖ Each team will have x3 timeouts
  - Team must have possession of the ball (or dead ball) to call timeout
  - 1-minute is allotted for each timeout
- ❖ Teams in this division cannot use full-court press. Defense must remain behind the half-court line.
- ❖ **Defense:** Teams can use ANY defense: will pick-up at half-court
  - If a team rebounds and attempts a fast break, the defense may pick up the dribble/interrupt a back-court pass
  - If a team rebounds and does not attempt to fast break the defense must drop back to half-court
  - Fast breaks will be the Officials' judgment
- ❖ **Overtime:** Tie games will have a 2-minute overtime session with no timeouts
  - OT will follow same rules as the regulation game (clock/pressing)
  - No timeouts are allowed during OT
- ❖ Double-Teaming is not recommended unless the offense gains an advantage
  - Official may not call violation
- ❖ Back-court violations WILL be called
- ❖ 10-second rule WILL be in effect when bringing the ball up the court

- ❖ 3-second lane violations are at the discretion of the Officials
- ❖ Each player will be allowed 5 personal fouls (per game)
  - On the 7th foul in each half: a 1 and 1 bonus free-throw will be in effect
  - On the 10th foul in each half: team will shoot the double bonus free-throw
- ❖ **Free-throws:** When a player is fouled during their shot, 2 free-throws will be awarded
  - Free-throws will be taken at the free-throw line
  - Will be allowed to cross the free-throw line
  - Rebounders in lane will start from the top of lower block with max of 6 players in the lane