



HOUSE LEAGUE BASKETBALL RULES

General Rules:

1. Every player must play a minimum of half of every game. Every player needs to sit out more than once depending on how many players are there.
 - A. Situations may arise where even play is not possible: teams that have more than 10 players, injuries, players leaving early or arriving late, foul trouble, or for discipline reasons.
 - B. If a player reports late to the practices or game, the coach may decide on the number of quarters to be played but they must play at least one full quarter.
 - C. Each player should be given the opportunity to play all positions during the season. This doesn't mean they have to play all positions in one game but throughout the season to give players a chance to learn all positions.
 - D. 3-4th grade will start the season 4 vs 4 and after the 3rd game they will go to 5 vs 5.
 - E. 5-6th grade will be 5 vs 5.
2. A team may start the game and finish the game with four players.
 - A. If a team has less than 4 players to start a game, they forfeit that game but can play the game by borrowing players from the opposing team. If a team has 5 players or more to start a game, they cannot borrow anyone to add to the roster or they will forfeit.
 - B. Once the full team is there the player will return back to their original team.
 - C. This arrangement needs to be agreeable with both coaches.
3. Players cannot wear jewelry or any objects (such as a cast or a brace) that may cause injury.

Please be as accommodating as possible...the objective is to let the kids play and have fun!

Game Rules:

1. Time of Games

- A. 3rd-4th Grade: The game will consist of four 8-minute quarters with a **RUNNING CLOCK** (no exceptions), except for the last 2-minutes of the game, at which time the clock will stop on every whistle.
- B. 5/6th Grade: The game will consist of four 9-minute quarters with a **RUNNING CLOCK** (no exceptions), except for the last 2-minutes of the game, at which time the clock will stop on every whistle.

Exception to Rule #1: If a team is ahead by 10 or more points during the last 2-minutes of a game, the clock will not stop.

2. Player Substitution Period

- A. 3rd-6th Grade: The clock will stop halfway through each quarter (4:30 or 4 minutes) 30 seconds.

*Substitutions will occur during this time (see Parity section) and can only happen at this time, unless there is an injury or ejection. This 30-second break is **NOT** a time-out or a time for team meetings; it is for the sole purpose of switching players. The Parity sheet is mandatory!*

3. Parity and Player Rotation

Parity will be followed as shown in the parity examples for all levels.

4. Adjusting Player Rotation

In the event that a player arrives late to a game, the coaches should use the following procedure:
Notify the scorekeeper and opposing coach that a player has just arrived.

- A. The scorekeeper will adjust the team's rotation beginning with the next quarter.
- B. The player may then enter the game during his/her next rotation at the beginning or end of the next full quarter.

*NOTE: The player that shows up late to a game cannot enter the game until the current quarter is complete, unless the team began the game with only four players, and the late player would become the fifth player on the court/team. This player can enter the game during the first dead ball *after* checking in with the scorekeeper and opposing coach.*

Example: Team A starts the game, 1st quarter, with eight players. Before the next rotation occurs, player number nine arrives and checks in with the coach. Regardless of ranking, the new player must sit until the end of the quarter before entering the game in their normal rotation. Team A also will use a 9-player rotation beginning in the second quarter.

5. Timeouts

Each team will have two timeouts per half, each lasting 30 seconds. Timeouts do not carry over to the second half. Each team will have one timeout in overtime.

6. Basket Height

The following are the basket heights for each grade level:

- A. 3rd/4th Grade Girls: 9 feet
- B. All other levels: 10 feet

7. Free Throw Distance

The following are free throw distances used for House League Basketball:

- A. 3rd-4th Grade: As marked on the floor at Hubbard Woods School.
- B. 5th-6th Grade: 15 feet

8. 3-second Lane Violations

The following are guidelines for the 3-second lane violation on offense:

- A. 3rd-4th Grade: 5 seconds and referee discretion
- B. 5th-6th Grade: 4 seconds and referee discretion

9. Ball Used

The following are the ball sizes used for each grade level:

- A. 3rd-6th Grade: Official Women's Basketball (28.5)

10. Defense

- A. **3rd-4th Grade: Teams will ONLY play man-to-man. No zone defenses and double teams are allowed. A defender must be within 5 feet of the offensive player they are guarding. Please try not to have the players steal.**
- B. **5th-6th Grade: Teams will ONLY run man-to-man or 2/3 zone defenses. "Help" defense is allowed when the ball enters the post.**
- C. **Please allow the dribbler to get past the half court line before engaging in defense.**

11. Pressing

The following are guidelines for pressing on defense:

- A. 3rd-4th Grade: No pressing will be allowed.
- B. 5th-6th Grade: No pressing will be allowed until after Game #3. After Game #3, in the last four minutes and thirty seconds (4:30-last substitutions) of 4th quarter only, full court man-to-man press will be permitted. If a team is leading by ten (10) or more, that team will not be allowed to press the last four minutes and thirty seconds of the game.

12. Fouls

Each player will get 5 personal fouls. If a player fouls out of the game, they must be replaced by a player who is rated at or below the player that has been ejected or fouled out.

- Bonus will start after a team has acquired 7 fouls. Super bonus will start after 10 team fouls.

13. Technical Fouls

Players and coaches will receive 2 technical fouls. Any player receiving a technical foul will have to sit out the next shift. The opposing team will shoot 2 free throws and will receive the ball. If it occurs after the game, the player will sit out the first half in the next game. If coach receives a technical in a game they will

be required to meet with the recreation supervisor. If a player/coach gets ejected from the game they will face a possible 1 game suspension or further repercussions.

14. End of Game

- *Regular Season: NO overtime* will be played in the 3rd – 6th grade.
- *Play-offs:* In the event of a tie at the end of regulation play, a 3 minute overtime period will be played using the starters. This period will be a running clock. If a second overtime is needed, another 3 minutes will be played with the same rules as the first one but your second unit will be out there. If a final over time is needed, any player from the team may be out there and it is sudden death (first point wins).

15. General Items

- A. Coaches are not allowed on the floor during play.
- B. Any player/coach/fan ejected from a game for unsportsmanlike conduct will be asked to leave the gym immediately and will face further consequences depending on the situation.
- C. Scores are kept, if a team is up by more than 15 points they must defend underneath the 3 point line. If the score of the game has a differential of 15 or more points by the 4th quarter, then only the scoreboard book will be kept. In the case were a team comes back the appropriate score will be displayed.
- D. At the end of every game, teams are required to line up, shake hands and tell the other players “good game”.
- E. The park district reserves the right to change or alter any rule to improve the program or to improve the quality and equity of the program.
- F. *Other than the above stipulations, the league shall follow IHSA rules of play.*

Parity System:

1. The primary goal of WPD House League Youth Basketball is the fair participation and development of all the players in the program. To that end, the most important rules developed by the League are those rules governing player participation.
2. These rules, however, are intended for the protection of those players that abide by the WPD Code of Conduct, attend team practices, show up on time and are available for the entire game. The most severe infraction of WPD rules and coach can commit is the intentional manipulation of these rules to limit the participation of any player on his or her team.
3. Coaches are expected to abide by the letter of the rule, as outlined below, but more importantly, they are expected to abide by the spirit of the rule which requires them to treat all players equally and to balance, as much as possible within the limits of a competitive game, the participation of all the players on the team.
4. This will promote a positive self-image, which is important to the development of a successful House League program.
5. It insures that each player will play at least half of the game. This is one of the guiding principles of the House League program.
6. It encourages more participation in the program.
7. The Parity System works best when both teams have full attendance. When one team has significantly fewer players present, the Parity System suffers. This is especially true when most or all of the players present from one team are from the same unit, particularly if they are all first unit players.
8. The House League program wants to encourage attendance, although does not wish to place a team with full attendance at a disadvantage. In order that our Parity System is supportive of that philosophy, the following examples will illustrate how a team with less than full attendance will divide into two units for House League games, and the conditions under which certain players will be required to play in a confined manner.
9. Your compliance is essential in preserving the integrity of the Parity System.
10. A roster must be submitted to the recreation supervisor with names and numbers by Friday before each game or given to the scorekeepers to keep track of the player substitutions.

Winnetka Park District reserves the right to make any changes to the rules.