Youth Basketball League Rules
4th/5th Grade

The official Illinois High School Association Basketball Rules are followed in all leagues with the exception of the house rules listed below.

Participation
All players will be given equal playing time.

A. Each player present before the start of the game must play at least one full quarter. If teams have 7 or more players present before the start of the game, no player can play all minutes of the game. Depending on the number of players (8 or more) no player can play all four quarters.

B. Each child should be given the opportunity to play all positions during the season. The Park District will not require a child to play all positions in one game, but coaches should schedule their players so each players has the opportunity to learn all positions.

Uniforms
The Park District has provided each player with a team jersey. Players are required to wear the jersey at all games.

A. No jewelry will be allowed except earring posts, which must be covered with tape. Earrings that show need to be removed if possible. Hats are not permitted during games.

Number of Players
Each team shall have 7 to 12 players on their roster. Five players will be permitted to play on the court at once.

A. A team will be allowed to start or finish a game with only 4 players. If the opposing team has additional players, a team may borrow a player to start the game. When the remaining players arrive, the player is returned to his/her original team. This arrangement needs to be agreeable with both coaches.

B. A game may be played with 5 players against four players.

C. Please be as accommodating as possible…the objective is to let the kids **play**!

Time Outs
All teams will be allotted two 45 second time-outs per game. Time-outs may be carried over to the second half. Time-outs can be called by players or coaches.

Fouls
Each player is allowed 5 personal fouls. Bonus will start after a team has acquired 7 team fouls. There is no Super Bonus.

A. Technical fouls can be given to any player, coach, or spectator. If a technical foul is given to a team, the opposing team will have the chance to shoot two free throws and have possession.
B. A player, coach or spectator who receives two technical fouls will be out of the game and asked to leave the gym.

Equipment
An intermediate size ball (28.5") will be used and games will be played on 10 ft rims.

Time Periods
A. Four (4) 9-minute quarter's (running clock).

B. The game will consist of four quarters with running clock except during free throws, and for the last 2 minute of each half. If the score differential is 20 points in the last two minutes of the game, the clock will not stop. The game will stop halfway through each quarter for substitutions. **THIS IS NOT A TIMEOUT.** Half time will be 2 minutes.

Pressing
Because of the philosophy and scope of this program, full court pressure is not allowed. The defensive team must go back behind the 3-point line and can't apply pressure on the initial possession. Once the ball goes past the 3-point line on a possession, the defense is allowed to guard players above the 3-point line. Once the ball passes half court, the offense needs to move the ball below the 3-point line or risk a 5-second call for stalling.

Defenses
A. Man to man defense only. Players will matchup prior to the quarter after subs.

B. Zone defenses will not be allowed. Teams will get one warning per half. A technical foul will be assessed after the first warning.

C. Double teaming a player is not allowed, except inside their own defensive paint (free throw lane).

D. Defensive players can only steal the ball from inside the 3-point arc. During a fast break, the defender can press again once the ball crosses half-court.

E. The foul for an illegal defense is:
   1. First offense: verbal warning
   2. Any following offense is a technical foul.

Conduct

Good sportsmanship should be demonstrated in all practices and games. In the event that a player or coach is demonstrating poor sportsmanship, he/she will be removed from the game and is subject to further discipline.

A. Coaches are restricted to the bench area. They may not approach or enter the court at any time. A technical foul will be assessed for any violation of this rule.

B. Spectators are restricted to the viewing area. Only coaches named on the roster may remain in the player area. Coaches are responsible for the conduct of their spectators. A technical foul will be assessed to the coach if his/her spectators violate this rule.

C. Foul language will not be tolerated in any form by the coach, players, or spectators.
   1. Players who use inappropriate language will be assessed a technical foul & will be ejected from the game.
   2. Coaches who use inappropriate language will be assessed a technical foul & will be ejected from the game.

D. Any player, coach or spectator who receives two technical fouls will be asked to leave the facility.

E. Technical Fouls
   1. Any coach who is assessed a technical foul during a game must meet with the Athletic Supervisor before he/she is allowed to coach in another game.
   2. Any coach who receives two technical fouls during the season will be removed as a coach.

Forfeits

All teams must have at least four players on the court at all times. If a team has less than 4 players for the game, then the team can borrow extra players from the opposing team. All players must play an equal amount. If both teams are short players, then players can be borrowed from other teams in the league, but regular players on your

team must play a majority of the game. Teams will be required to start the game at the scheduled game time.

Scores/Standings
The objective of this program is to provide children with the opportunity to obtain and improve their basketball skills. Therefore, scores and standing will not be kept in any leagues.

Sportsmanship
At the Crystal Lake Park District, our program philosophy is designed to provide participants the opportunity to develop as an individual and as an athlete. The goals of the program are to provide a fun and safe atmosphere where children can learn respect and sportsmanship, as well as the game of basketball.

Teams who are dominating a game should use the strategies listed below to make the game more challenging for their team.

1. Make five passes before a player shoots. Don't let them count out loud.
2. Only allow players one or two dribbles once they receive the ball.
3. Have players spread the ball around.
4. Don't allow fast breaks. Make players walk the ball up the court.
5. Don't allow stealing.

At the end of every game, teams are required to show good sportsmanship by saying "good game".

Rule Changes
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.