

# Des Plaines Park District Youth Basketball League Rules 1<sup>st</sup>/2<sup>nd</sup> Grade

## Program Objectives:

This program is developed to teach the players the basics of basketball. This includes passing, dribbling, shooting, offensive strategies, defensive strategies, teamwork, sportsmanship, physical fitness, and to have fun while participating in sports. It is our goal to introduce a new phase of the game each year to enhance the playing experience within our league.

## Game Conduct

Both teams must line up and shake hands at the end of the game. Any acts of unsportsmanlike conduct at this time or any time throughout the game will be dealt with by the Athletic Department. This applies to players, coaches, and spectators.

## Game Rules

- Length of Games** - 4 – 8 minute quarters (running time)
  - The clock will stop at the 4 minute mark of each quarter to allow for substitutions
  - Please remember at the end of each 4 minute mark to have your next 4 ready to go onto the floor. **This is not a time-out!!** Because we are on 1-hour time slots for games, try to match up as quickly as possible.  
**The clock stops only for time-outs, shooting fouls, or player injuries**
  - Change baskets at half-time
- Time outs** - In addition to the automatic time outs, each team will be allowed 1 time out per half. **Time outs will last 1 minute.**
- Overtime** –If the game is tied at the end of regulation play, the game will end in a tie. There will be no overtime period.
- Ball Size/Rim Height** –1<sup>st</sup>/2<sup>nd</sup> Grade will use 27.5” size basketball (size 5). Rims at 8’
- Roster Size** – Every team will have a minimum of 8 players and a maximum of 10 players
  - If a team should have more than 10 players, it is the coach’s responsibility to rotate players so that all players play as close to equal playing time **throughout the year.**
  - Teams will play 4v4
- Substitutions**
  - At the end of each period, every player on the bench must come into the game (if attendance permits). It is the intent that a player does not play more than 2 consecutive periods during the game.
- Fouls** – All fouls are under the coaches/referees’ discretion.
  - Players cannot foul out in 1<sup>st</sup>/2<sup>nd</sup> Grade but can be asked to sit for an extended time if the fouls are an ongoing occurrence.
  - If a shooting foul occurs, the team with possession at the time will be awarded one point and retain possession of the ball
- Officiating**
  - Coaches will officiate 1st & 2nd grade games. An assistant coach or head coach should participate in the game. Please follow these objectives for an early, positive, youth sport basketball experience for all:
  - Use a whistle and blow the whistle on all violations. This helps the children to stop clearly, consistently, timely, and safe.
  - Talk with each other prior to the game to discuss rules.

# Des Plaines Park District

## Youth Basketball League Rules

### 1<sup>st</sup>/2<sup>nd</sup> Grade

- Hold yourselves accountable to the stated rules and be responsible to the spirit of development principles and concepts of 1st and 2nd grade basketball.
- Think long term by coaching behavior, skill, habits, technique, and simple playing concepts that will be rewarded at the next level.
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9. **Free Throws** – Free throws will not be shot (only prior to the game starting).

- **Before the beginning of each game each player present will shoot 1 free throw – which will count on the scoreboard as 1 point for their team before the game begins. If 1 team has more players than the other, the team with fewer players will shoot the same number of shots as the other team. The coach of the team with less players will choose which players will shoot more than once from their team. The free throw will be shot from 12 feet.**

10. **Possession** – Jump Balls will begin each game.

- The team obtaining control from the jump ball establishes the alternating possession procedure, and the arrow is set toward the opponent's basket.
- In the event a shot is taken at the 4-minute mark, possession will be determined after a team gains control of the ball. Once the ball is obtained, gameplay will stop.
  - *Examples:*
  - Team A shoots and scores, possession goes to Team B following substitutions.
  - Team A shoots and misses, ball is rebounded by Team A, gameplay stops, and Team A retains possession following substitutions.
  - Team A shoots and Team B gains possession after the shot is missed, Team B retains possession following substitutions.
- For all other jump ball situations, including beginning of the remaining quarters, the alternate possession rule will be in effect.

11. **Type of defense allowed** – The defense may switch on screens set by the offense throughout the game.

- **Man to Man defense must be played throughout the season. (*Wristbands will be provided to help players easily identify the opponent they are assigned to guard*)**
- **Defensive players must stay inside the 3-point line until the ball crosses half court.**
  - No double-teaming is allowed - *help defense is NOT considered a double team*

12. **Full Court Press** – No full court press will be allowed.

13. **Fast Breaks** – 1<sup>st</sup>/2<sup>nd</sup> Grade – Fast breaks will be allowed to happen during the last 2 minutes of the 4<sup>th</sup> quarter only! - Up to a 10-point lead.

- It is up to the coaches to make sure that each player has an opportunity to play during fast breaks/full court presses **throughout the season.**

14. **Coaches Conduct** – Any coach that receives a technical foul during a game will lose his/her privilege to stand and coach.

- That coach must remain seated for the remainder of the game.
- Any coach that is ejected must leave the facility immediately.
- Before an ejected coach is allowed to coach again, he/she must meet with the Athletic & Facilities Supervisor to determine any other consequences of their actions.

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## **15. Additional Rules**

- Fighting or direct swearing at referees, coaches, players or fans by any coach, player or fan results in immediate ejection from the game and suspension for the following game at a minimum
- ANY suspension is subject to league review and further punishment
- No jewelry is allowed. If jewelry is unable to be taken off (i.e. religious jewelry or medical alert bracelets), it must be fully taped over.

## **League Contacts**

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