

# Des Plaines Park District - Youth Basketball League Rules

## 3<sup>rd</sup>/4<sup>th</sup> Grade Boys & Girls

### 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 conclusion 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)
  - In the final minute of the 4<sup>th</sup> quarter the clock will stop on all whistles if the lead is less than 10 points.
  - 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 five 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
  - Halftime will consist of 3 minutes in length
- Time outs** - Each team will be given two time-outs/half and 4 total/game –**Time-outs will be 1 minute in length**
- Overtime** – In the event of a tie game at the end of regulation a three (3) minute overtime period will be played using running time. Each team will be given 1 time out. Personal fouls carry over into overtime. Timeouts do not. Because of time constraints only 1 overtime period will be played. If the game is still tied after 1 overtime the game will end in a tie.
- Ball Size/Rim Height** – 3<sup>rd</sup>/4<sup>th</sup> Grade will use a 28.5” size basketball. Rims at 10’
- Roster Size** – Every team will have a minimum of 8 players and a maximum of 11 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**.
- Substitutions** – At the 4-minute mark of each quarter every player on the bench must come into the game (if attendance permits). **It is the intent that every player regardless of skill gets an equal opportunity to play.** The only other time substitutions that can be made are if a player has 3 fouls in the first half, if a player has an injury/illness, or if the coach/ referee believes a player is disruptive to the game.

*Coaches - If there is ever a discrepancy regarding playing time of players, please notify the referee. Also notify the other coach before the game begins if any of your players must sit out for certain lengths of time for any reason.*

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7. **Fouls** – All fouls are under the referees' discretion.
- **4<sup>th</sup> Grade** – 5 personal fouls/game. On the 5<sup>th</sup> personal foul, that player must sit out the rest of the game.
  - *Technical and flagrant fouls count as 1 personal foul. – The referee reserves the right to eliminate a player for the rest of the game if he/she believes the foul is severe. All decisions by the referee(s) are final.*
  - *On the 10<sup>th</sup> team foul each half bonus free throws will be awarded – 2 foul shots will be awarded –this is NOT a 1&1 situation*
  - If a team is unable to field 5 players for the game due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for their team to field 5 players for the court.
8. **Free Throws** – Free throws will be shot on shooting fouls only.
- 3<sup>rd</sup>/4<sup>th</sup> Grade will shoot from a foul line closer than regulation (indicated by floor tape)
  - Players cannot move until the ball contacts the rim.
9. **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.
  - An official time out will be called at the 4-minute mark to allow for substitutes. The team in possession of the ball at that time will keep the ball, and a throw in will occur at half court. The possession arrow does not change at this point.
  - 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.
10. **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.**
  - No double-teaming is allowed - *help defense is NOT considered double teaming*
11. **Defensive pick-up** – Teams must begin defensive play inside the three-point arc until the ball has crossed half court.
12. **Full Court Press** – Full court press will be allowed for the last 2 minutes of the 2<sup>nd</sup> & 4<sup>th</sup> quarters ONLY up to a 10-point lead. Press must be man-to man-No double teaming allowed. *If the defensive team violates this rule 2 or more times during a game a technical foul will be issued.*
13. **Fast Breaks** – Fast breaks will be allowed for the entire game up to a 10-point lead.

*All other rules of basketball are to be followed by the National Federation of High Schools (NFHS) most recent rule book.*

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### 14. 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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