



## Basketball Developmental League Rules Revised 11/2025

### LEAGUE PHILOSOPHY

Our Basketball Developmental League is built on a foundation of instruction, growth, and fun. The goal is for every participant to build a solid understanding of the game, develop fundamental basketball skills, and gain confidence in a supportive and safe environment.

We are committed to balancing two key priorities: making recreational basketball accessible to all players while fostering respectful competition that helps elevate individual and team performance.

With the guidance of dedicated volunteer coaches and consistent opportunities for gameplay, we aim for every child to walk away with new friendships, a greater love for basketball, improved skills, increased resilience, and a strong understanding of how to play the game the right way.

### IMPORTANT NOTE

**The following rules are modifications made within the Homewood-Flossmoor Park District Developmental Basketball Leagues. All other rules will follow Illinois High School Association (ISHA) rules. The Homewood-Flossmoor Park District reserves the right to modify any rule as deemed necessary.**

### GAME SETUP & FLOW

1. Games will be played as scheduled.
2. Teams must consist of five (5) players on the court for each team. In the event of an injury or a player no-show, a team with insufficient substitute players may play with four (4) players on the court for each team.
3. There will be no forfeits in the league. If a team has less than four (4) players, the coaches will make the necessary moves so that each team has enough players on the floor.
4. Prior to the start of each game, the Head Coach from both teams will meet at the scorekeeper's table for a **pre-game meeting** with the League Supervisor and official(s) to go over information such as the rules.
  - a. Only Head Coaches are allowed at the scorekeeper's table.
5. **Grades K-2:** Every game will begin with the home team starting with possession. All jump-ball situations will use the alternating possession arrow for the remainder of the game, including the start of the 2nd half.
6. **Grades 3-12:** Every game will begin with a jump ball. The winner of the jump ball will start with the ball and start on defense to begin the 2<sup>nd</sup> half.

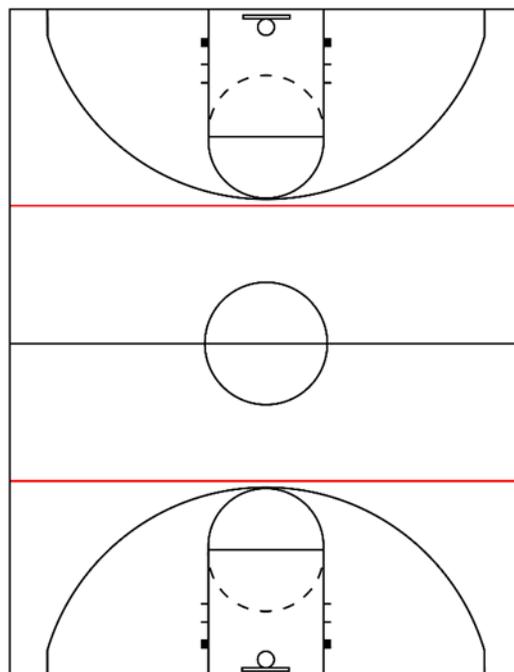
### EQUIPMENT CHECKLIST

1. Jerseys will be issued to all participants.
  - a. All players must wear their jersey during ALL games.
  - b. If a player arrives with no jersey, please see the onsite League Coordinator.

- c. Players' jerseys must be tucked into their shorts or pants.
- 2. Mouthguards are strongly encouraged but not required.
- 3. All players **MUST** wear shoes.
- 4. Players must remove all jewelry. Headbands are allowed.
  - a. If a player cannot remove their earrings, please see staff for a band aid to cover it up.
- 5. Participants are responsible for bringing their jersey to practice and games.
  - a. If you lose your jersey, please reach out to the Recreation Supervisor.
  - b. If you forget your jersey for a game, please see the staff onsite.
- 6. Game balls are age specific and provided by the Homewood-Flossmoor Park District.
  - a. Size 5 – Grade K
  - b. Size 6 – Grade 1-4
  - c. Size 7 – Grade 5+

**COURT**

- 1. **Court Size:**
  - a. **Grades K-4** will play full court on **half the gym**.
  - b. **Grades 5+** will play on the **entire gym**.
- 2. **Out of Bounds:**
  - a. Stepping on or over the out of bounds line is considered **out of bounds**.
- 3. **Grade K-4: Red Line Defense**
  - a. Defenders must stay behind the red line until the ball handler crosses it. This allows the offensive team to set up their play.
  - b. Once the ball handler has crossed the red line with the ball, defenders may pick up their assigned player.



## TIMING

1. A regulation game is comprised of two (2) 18-minute halves.
2. **Substitutions:**
  - a. **Grades K-4:** Player substitutions will occur every 6 minutes. During substitutions players will meet at half court and match up with their defenders from the other team. Team will have the option to wear colored wristbands if agreed upon by both coaches during the pre-game meeting. Wristbands must be returned to the scorekeeper's table at the end of the game. Substitutions should not take longer than 30 seconds. Substitutions made during timeouts must be communicated to the scorekeeper and other team.
  - b. **Grades 5+:** Coaches can substitute players at any point of the game.
3. The clock will run continuously except for the following situations:
  - a. Timeouts
  - b. Injuries
    - i. The clock will stop until the injured player has been removed from the court.
  - c. Final minute of the first half.
  - d. Final two minutes of the second half.
  - e. Referee Discretion
4. Halftime is 3 minutes. Halftime will be shortened if needed.
5. Each team will have three (3) thirty second timeouts per game.
6. Coaches **MUST** play all players evenly.

## OVERTIME (OT)

1. **Grades K-4:** If the score is tied at the end of a regulation game during the **regular season**, the game will be considered a tie.
2. **Grades 5+:** If the score is tied at the end of a regulation game during the **regular season**, a **three (3) minute** overtime period will be played. A jump ball will start the overtime period. If the score is still tied after the two (2) minute overtime period, **the game will be considered a tie (playoff exception)**. Each team will only have **one (1) timeout in the overtime period**.
3. **Playoffs (All Grades):** If the score is tied at the end of a regulation playoff game, a **two (2) minute** overtime period will be played. For **Grades K-2** the team that starts with possession will depend on the possession arrow and for **Grades 3-12** the possession will be decided by a jump ball. If the score is still tied after the **three (3) minute** overtime period, **an additional overtime period will be played**. Each team will only have **one (1) timeout during each overtime period**.
4. Team and player fouls **carry over** from regulation to overtime.
5. All regulation rules apply during overtime.

## SCORING GUIDE

1. **Field Goal:** 2 points
2. **Three-Point Field Goal:** 3 points
3. **Free Throw:** 1 point
  - a. Awarded for fouls according to league rules.
4. **Technical Foul:** 2 points and possession of the ball
5. **Overtime Scoring:** Same point value as regulation.
6. **Scorekeeping Responsibilities**
  - a. The official score will be kept at the score table by the HFPD staff assigned to the game.

- b. Coaches and officials must verify the score sheet with the scorekeeper immediately following the game.
- c. If a coach does not verify the score sheet before leaving the gym, the scorekeeper will note this, and the recorded score will be FINAL.

## FOULS

### 1. Personal Fouls:

- a. Made by the officials only.
- b. Kept by the scorekeeper.
- c. Each player is entitled to 5 personal fouls per game before being disqualified.
  - i. NOTE: Technical fouls called on players count as personal fouls.

### 2. Technical Fouls:

- a. Made by the officials only.
- b. Two (2) technical fouls on any player or coach in a game result in a disqualification and may lead to additional discipline.

### 3. Bonus and Double Bonus:

- a. Regular Bonus: Applies on the 7<sup>th</sup> team foul in each half.
- b. Double Bonus: Applies on the 10<sup>th</sup> team foul in each half.

## COACHING EXPECTATIONS

1. **Keep the Main Thing the Main Thing** by remembering that this league is centered on having fun. Learning skills is important, but it's not the main thing.
2. **Be a Leader** by displaying good sportsmanship and recognizing that coaches are role models. Always conduct yourself as a representative of the Park District. Be the first to shake the opposing coaches' hands before and after the game.
3. **Be an effective teacher and communicator**
  - Present information clearly and correctly.
  - Offer your team feedback on how well they perform.
  - Identify efficient and inefficient performances.
  - Analyze and correct errors that will help develop skills necessary to perform in a game environment.
  - Teach basic skills to develop sport specific knowledge and skill as well as confidence and self-esteem.
  - Continue with the drills until they master the fundamentals. Choose drills that involve as many players as possible.
4. **Keep expectations realistic** by staying focused on the basics while building players' skills.
5. **Always be fair to all players.** Two examples of this are to make playing time even and rotating starters.
6. **Be prepared to deal with unruly behavior** quickly and effectively. Praise acceptable behavior and be clear and specific about the behaviors that are considered unacceptable. Problems that are ignored can undermine the attitude of the entire team and risk making the season miserable for everyone.
7. **Check for Safety Issues** including water on the field, debris on the field and other such safety concerns.
8. **Notify the Park District Staff (Recreation Supervisor)** if you have any concerns or hear concerns that are outside of your control. This would include parents who display unsportsmanlike conduct. Staff and officials will have permission to ban offending spectators, as well as coaches and players from games.
9. **Adhere to coaches Code of Ethics**
10. **Control Your Sideline** by only having two coaches on the sidelines
  - a. All team photographers, managers, position coaches, team moms, etc. are required to remain off the field in the designated viewing area.

## KINDERGARTEN – 4<sup>TH</sup> GRADE GENERAL RULES

**1. Free Throws:**

- a. **Grades K-2:** There are no free throws at this level. The ball will be taken out of bounds.
- b. **Grades 3/4:** Players must either shoot free throws from the closest marked line. Players can shoot from the regular free throw line if they choose. All free throws will be 1, 2, or 3 shots based on the situation.

**2. Fast Break:**

- a. **Grades K-2:** Offense cannot fast break. The offense must dribble down the ball slowly to allow the defense to set up.
- b. **Grades 3/4:** Offense is allowed to fast break but if the offense dribbles down the ball slowly, the defense must drop back and set up below the red line.

**3. Time in the Lane:**

- a. Players will have 8 seconds to be in the lane while the ball is in the front court. If a player is in the lane for longer than 8 seconds, coaches must encourage players to vacate the lane.

**4. Defense:**

- a. All teams are required to play man to man defense.
- b. Defense must stay below the red line which will allow the offensive team to “set up” their offense.
  - i. Grades 3/4: Teams may pick up at half court the last minute of the first half and the final two minutes of the second half.
- c. Zone defense or sagging in the middle is not allowed.
- d. Double teaming is not allowed.
- e. Switching is only allowed if a defensive is screened.
- f. Stealing:
  - i. Grades K-2: Stealing is NOT allowed when an offensive player is dribbling or has the ball in their possession. The defense CAN steal the ball on a pass.
  - ii. Grades 3/4: Stealing is allowed at any time.

**5. Miscellaneous:**

- a. Kindergarten: Coaches are allowed to be on the floor during the game.
- b. Once a 15-point lead is reached, the leading team score will not advance on the scoreboard until the point differential falls below 15 points.
  - i. The scorekeeper will keep track of the score in the book when the lead exceeds 15 points.
- c. Violations such as traveling and double dribbling will normally be called loosely but are always at the discretion of the official.

**GRADE 5<sup>th</sup> – HIGH SCHOOL RULES**

**1. Offense:**

- a. Teams leading by 15+ points cannot fast break and must bring up the ball slowly.

**2. Free Throw Line:**

- a. Players will shoot from the free throw line.

**3. General Defense:**

- a. Teams can play zone or man to man defense at any time.
- b. If a team has a 15+ point lead they must set up their defense below the three-point line (no half court press).

**4. Full/Half-Court Defense:**

- a. Half court defense may be played at any time unless the team is leading by 15+ points.
- b. **Grades 5/6:** Full court defense is allowed only in the last minute of the first half and final two minutes of the second half and overtime. Teams are NOT allowed to press if they are leading by 15+ points

- c. **Grades 7+:** Full court defense is allowed at any point in the game. Teams are NOT allowed to press if they are leading by 15 points

**5. Miscellaneous:**

- a. Once a 20-point lead is reached, the leading team score will not be advanced on the scoreboard until the differential again falls below 20 points.
- b. Dunking is allowed, but no hanging on the rim or smacking the backboard.

**UNSPORTSMANLIKE CONDUCT**

**1. Zero Tolerance for Dangerous or Unsportsmanlike Behavior:**

- a. If the game officials witness any acts of intentional pushing, shoving, excessive or dangerous contact, elbowing, cheap shots, or any other unsportsmanlike behavior, play will be stopped immediately, and the player will be given a technical foul or ejected. This decision is at the discretion of the officials and is final.

**2. Language and Behavior Standards:**

- a. Offensive, confrontational, or disrespectful language is strictly prohibited. Officials have full discretion to determine what constitutes offensive language. If such language occurs, a technical foul will be enforced, and officials may issue an ejection if warranted.

**3. Respect Towards Others:**

- a. Players and coaches must not physically or verbally abuse or intimidate opposing players, coaches, officials, or HFPD staff at any time.

**4. Family and Spectator Sportsmanship:**

- a. Families and spectators must demonstrate positive sportsmanship. Cheer for your own team only—do not address or harass officials, coaches, or players on the opposing team.
- b. All comments must remain clean, respectful, and free of profanity.
- c. **Any spectator or family member who displays unsportsmanlike behavior—including harassment of officials, coaches, players, or staff—will be ejected from the facility and must leave immediately. Failure to comply may result in suspension from future league games.**

**5. Gym Safety and Spectator Expectations:**

- a. Families and spectators must help maintain a safe and clear gym environment. Younger children, strollers, chairs, and other belongings must remain off the court and kept away from team benches and play areas.
- b. Please dispose of all trash properly.
- c. If you notice anything unsafe in the gym, notify HFPD staff immediately.

**BASKETBALL RIM HEIGHTS & BASKETBALL SIZES**

Level	Basketball Size	Rim Height
Kindergarten	Junior (5)	8'
1/2 Grade	Intermediate (6)	8'
3/4 Grade	Intermediate (6)	9'
5/6 Grade	Official (7)	10'
7/8 Grade	Official (7)	10'
9/10 Grade	Official (7)	10'
11/12 Grade	Official (7)	10'