

# Niles Park District Youth Basketball League Rules

## Rules applying to all grade levels

- GAME LENGTH:** Games will be two (18) minute halves with a running clock. The clock will only stop on official timeouts and the last (1) minute of each half.
- PLAYING TIME:** Our goal is to have all participants play an equal amount of time. Coaches are allowed to substitute freely throughout the game but should get players on the court for at least (6) minutes in the 1<sup>st</sup> half and (6) minutes in the 2<sup>nd</sup> half
- SUDDEN DEATH OVERTIME:** The first point scored wins. 2 minute max with the clock stopping only the last 1 minute on all whistles. If nobody scores after 2 minutes then the final score will be marked as a tie.
- TIME OUTS:** (1) 30 second time-out in first half, (2) 30 second time-outs in second half. Time-outs do not accumulate.
- SCORE DIFFERENTIAL** – Points will stop being added to the scoreboard if the score differential becomes (15) or more points but the official score will still be kept by the scorekeeper in the scorebook.
- UNIFORMS:** All players must be registered and wearing their Official Niles Park District reversible jersey (no other uniform tops allowed.) Players will not be allowed to play in the game unless they are wearing an official Niles Park District issued jersey.
- # OF PLAYERS TO PLAY:** Games can be played with (4) players. We will allow teams to call-up registered players from a grade below to play a game and not forfeit. Teams can borrow to give themselves up to (6) total players. **Games will not be rescheduled by the Niles Park District so play with (4) or call-up in order to avoid forfeit.**
- TECHNICAL FOULS:** Technical fouls result in two (2) points to opposing team and loss of possession. If a player is issued a technical foul they must sit out for (5) minutes of game time.

	<b>2<sup>nd</sup> &amp; 3<sup>rd</sup> Grade</b>	<b>4<sup>th</sup> &amp; 5<sup>th</sup> Grade</b>	<b>6<sup>th</sup>, 7<sup>th</sup> &amp; 8<sup>th</sup> Grade</b>
<b>Ball Size</b>	Boys & Girls 27"	Boys & Girls 28.5"	Girls 28.5" Boys 29"
<b>Court Dimensions</b>	Mini Court (sideline to sideline)	Full Court	Full Court
<b>Basket Height</b>	2 <sup>nd</sup> Grade – 8ft / 3 <sup>rd</sup> Grade 9 feet	10ft. hoop	10ft. hoop
<b>Free Throw Line</b>	9 feet	13 feet	15 feet
<b>Personal Fouls</b>	7 fouls	6 fouls	6 fouls
<b>Bonus</b>	Teams shoot 1& 1 on 10 <sup>th</sup> team foul. No super bonus	Teams shoot 1& 1 on 10 <sup>th</sup> team foul. No super bonus	Teams shoot 1& 1 on 10 <sup>th</sup> team foul. No super bonus
<b>Lane Violations</b>	5 seconds	5 seconds	3 seconds
<b>3 pointers</b>	No	Yes	Yes
<b>Defensive Limitations</b>	Teams can play man to man or zone defense but can't pick up their man right at the half court line.  Coaches should teach hands up defense and not encourage players to reach in for steals.	If there is a 15 point lead or more, defenders on the team in the lead must stay inside the 3-point arc.	If there is a 15 point lead or more, defenders on the team in the lead must stay inside the 3-point arc.
<b>Pressing</b>	No pressing at any point	During the last 2 minutes of the game, teams can full court press if the point differential is 10 points or less.	Both teams can press until there is a 10 point lead.  Once a there is a 10 point lead, the winning team can't press but the losing team can.  In the last 2 minutes of the game, if there is 15 point lead or more then neither team can press.