

Rochelle Park District Little Hoopsters Rules & Information

Game Play

1. Games will be played following a practice period of 30 minutes.
2. 3, 8-minute quarter game will follow practice. Substitutions will occur at 4-minute mark.
3. Baskets will be lowered to 8'
4. Basketballs will be 27.5" and will be 20% lighter than a normal ball.
5. Coaches are allowed on the court to help guide players.
6. Official will follow general IHSA rules, with much leniency. As year progress and players improve more will be called.
7. Game play will be full court.
8. Players should receive as much equal playing time as possible
 - a. Kids should have fun
 - b. Learn about the game of basketball
 - c. Develop relationships with other kids
 - d. Try your best to make sure all kids get involved in the game
9. Schedule can be found at www.quickscores.com/rochelleparkdistrict
- 10.

General Rules

1. IHSA rules will apply to league play with specific Flagg-Rochelle Community Park District rules taking precedent over high school rules where stated.
2. No zone defense of any kind
 - a. Teams must play man-to-man defense
 - b. Should match up best possible on age/size/ability
 - c. No double teaming or trapping
 - d. Teach hands up defense. No "hugging"
3. Players may not steal the ball from dribbler while in contact with their hand.
 - a. May steal on the pass and only on the pass.
 - b. Player may "tie-up" ball for jump ball. Offense will retain possession of ball.
Inbound pass on the sideline.
4. Players cannot guard above the 3-point line.
5. No score will be kept.
6. Clock will continuously run except on substitution and regular time-outs.
7. Each team will receive 1-1minute timeout per half.
8. All fouls will result in the ball being taken out of bounds.
 - a. No free throws will be shot.
 - b. Player/team fouls will not be kept track of.
9. No 3 seconds in the lane.
10. If injury occurs, a player may sub in for them at any time.
11. A jump ball will start the game. Possession will alternate at the start of the next quarter.