

Sugar Grove Park District 3rd-4th Grade

Girls' Basketball 2024 Rules

As of 11/28/23

General

- Games consist of four (4) ten (10) minute quarters with a running clock
- During the last minute of each half, the clock stops for all whistles
- Teams must have five (5) players to start the scheduled game.
- Teams must have at least four (4) players on the court at all times.
- 28.5" basketballs are used
- Baskets are at ten (10) feet (baskets are set prior to each game)
- The game starts with a jump ball. Alternating possession occurs thereafter
- No overtime is played. Games can end in a tie
- Each team receives two (1) timeouts per half
- Halftime will be five (5) minutes in length

Offense

- Screens are permitted - illegal screens are enforced as fouls
- Regulation scoring will be kept for the entire game
- Five (5) second lane violations are enforced
- Traveling and Double Dribbling violations are enforced
- Teams up by 15 points must slow down the tempo of the game

Defense

- Must play man-to-man defense
- Teams must start their defense inside the three-point arc until the ball crosses half court
- Double-teaming or "trapping" the ball is not allowed outside the lane
- Full Court press is not permitted at this level

Substitutions

- You may only substitute players when the official stops the clock as close to the five (5) minute mark as possible. Exceptions include injury, foul trouble (3 or more fouls)

Equal Playing Time Requirement

- Period is defined as half of a quarter
- No player shall sit more than two periods in a row
- Equal playing time guidelines are as follows:
 - i. 10 players = 10 players play 4 periods
 - ii. 9 players = 4 players play 5 periods, 5 players play 4 periods
 - iii. 8 players = 8 players play 5 periods
 - iv. 7 players = 5 players play 6 periods, 2 players play 5 periods
 - v. 6 players = 4 players play 7 periods, 2 players play 6 periods
 - vi. 5 players = 5 players play the whole game

Fouls

- A player with five (5) personal fouls is removed from the game
- Shooting fouls are awarded possession of the ball and one (1) point
- No free throws are shot
- Offensive fouls are not rewarded points to the defensive team
- A non-shooting foul called before a team reaches the bonus, results in possession of the ball. No points are awarded
- All fouls called after a team has reached the bonus (seven (7) team fouls) or double bonus (ten (10) team fouls) result in one (1) point and possession (bonus) or two (2) points and possession (double bonus)

Standings

- In case of a tie in the standings, the tie-breakers are as followed:
 - § Head to Head amongst all teams tied (Teams that forfeit a game automatically lose tie-breaker)
 - § Points Allowed
 - § Point Differential
 - § Coin Flip
- All standings and schedules are found at www.quickscores.com/sgparks

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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