



YOUTH CO-ED BASKETBALL LEAGUE RULES

I. In-House Rules

- No player at any time is allowed to play an entire game unless you shorthanded.
- Game Play
 - Teams must start with 4 players and can play up to 5 on 5.
- Game Time

The clock is continuous, but will stop on all free throws (once a team gets into the bonus the clock will run), injuries, time outs and the last minute of every 1/2 on a whistle only for the 3rd-8th grade level; except during the last 1/2 if there is a 15pt difference.

 - 6 minute quarters for the kindergarten level. Coaches will be able to practice with their teams for about 30 minutes and then we will organize a game to be played.
 - 7 minute quarters for 1st-2nd grade level.
 - 8 minute quarters for 3rd-8th grade level.
 - 1 minute between quarters and 3 minutes between halves.
 - **Players will and should all play even amount of time during games.**
 - Player rotations/squad shifts are Mandatory half way through each quarter in the kindergarten-8th grade levels, which will take no more than 30 seconds.
- Substitutions- Subs can only enter during the designated substitution times or at the end of each quarter in the kindergarten-8th grade levels. There are NO substitutions on the whistles in the kindergarten-8th grade levels.

II. In-House Rules Continued....

- All official basketball rules are in effect during the game except for the rules mentioned.
- No full court press. (*Defensive players must remain at least behind the centerline until the offense crosses half court with the ball and then you can guard them*).
- 2 time outs allowed per game. Each timeout will be 30 seconds.
- There will be NO double teaming.
- The **Kindergarten-2nd level**, players will shoot their free throws from 8 feet instead of 15 feet, play on shorter courts and 8 foot baskets.
- The **3rd-8th grade level**, players will shoot their free throws from 10 feet instead of 15 feet and play on 10 foot baskets.

- The one & one free throw will be on the 7th team foul per half. The super bonus will begin on the 10th team foul which will result in 2 shots. In the 3rd-5th grade level personal fouls will be kept and each player is only allowed 5 personal fouls per game.
- A jump ball will start the game with the alternating possession rule in effect for the 3rd-8th grade levels. In the Kindergarten-2nd grade levels, players will just start with the ball at center court with the alternating possession rule in effect. The home team will always start with the ball first.
- The **home team** will wear **red** and the **away team** will wear the silver side of the jersey.
- Scorekeeping will be kept at all games for all levels and posted on-line only for the 3rd-8th grade levels.
- There are no overtime periods in regular season. Overtime will be allowed in playoffs and will be 3 minutes, with 2 minutes running time and one minute stop time. In the event of a tie after first the overtime, double overtime will be 1 minute with running time with the last 30 seconds stop time. In the event of a tie after the second overtime, sudden death will occur (first basket wins).
- Technical Fouls include, but aren't limited to fighting, swearing, arguing, all ISHA officiating rules and game interruption of any sort. Technical fouls can be given to any player, coach, or spectator. If a technical foul is given, it will be assessed to the team and the opposing team will be awarded two points and be given possession of the ball.
 - Any player who receives two technical fouls will be out of the game and asked to leave the gym and could be removed from the league depending on the severity.
 - Any coach who is assessed a technical foul during a game must meet with the program supervisor before he/she is allowed to coach in another game. Any coach who receives two technical fouls during the season will be removed as a coach.
 - Any spectator who is assessed a technical foul during a game must meet with the program supervisor before he/she is allowed back into the gym and must leave the current game. Any spectator who receives two technical fouls during the season will be removed from the gym for the remainder of the season.
- Any team leading by 10 points or more must play defense with 1 foot in the paint. (which is under the basket and marked on the floor)

The Park District reserves the right to change or alter any rule or league schedule in order to improve the quality of the league. The Park District reserves the right to make any decisions necessary to complete the league/tournament in a timely manner. This is not limited to, but includes playing any day or night of the week, having games canceled or calling a game completed if ended early due to weather.

Revised 10/1/22