

# New Lenox Community Park District: Children's Basketball League Rules

Revised: Oct. 2024

1. All rules are subject to change anytime based on the New Lenox Community Park District's discretion. Any rules not stated will go by the IHSA (Illinois High School Association) basketball rule book.
2. The home team will wear the white side of the jersey and the away team will wear the solid color side of the jersey.
3. If one team cannot field five players and the other team has extras, the sides will be evened up and a game will be played. If players from one team do not want to play for another team then both teams must play at equal strength. There are no forfeits! Remember, this is a learning experience for the participants.
4. Each game will consist of 4 quarters with a running clock. **Pee-Wee and Youth divisions will have 8-minute quarters and the Junior and Teen divisions will have 9-minute quarters.** The clock will stop on all whistles during the last minute of the 2<sup>nd</sup> and 4<sup>th</sup> quarter. There will be a 3-minute half time.
5. All players must play ½ of each quarter. At the halfway point of each quarter, or closest whistle to, all players who have not yet played in that quarter must sub into the game. This substitution timeout will take place at the next dead ball or made basket closest to the 4-minute mark of the Pee-Wee and Youth Division and at the 4 ½ - minute mark of the Junior and Teen Division. This timeout is for substitutions only and coaches may not huddle up their team during this period.

a. The following table outlines the number of maximum minutes a player can play in the game:

| <u>Pee-Wee &amp; Youth Division (8-minute quarters)</u> | <u>Junior and Teen Division (9-minute quarters)</u> |
|---|---|
| 11 players = 16 minutes per game                        | 11 players = 18 minutes per game                    |
| 10 players = 16 minutes per game                        | 10 players = 18 minutes per game                    |
| 9 players = 20 minutes per game                         | 9 players = 22.5 minutes per game                   |
| 8 players = 20 minutes per game                         | 8 players = 22.5 minutes per game                   |
| 7 players = 24 minutes per game                         | 7 players = 27 minutes per game                     |

6. Substitutions may only take place during the substitution timeout. The only time a substitution can occur outside of the substitution time out is with an injury, illness, complete exhaustion or if a player fouls out.
7. **Teams with only 6 players may substitute freely and do not need to substitute at the substitution time out.**
8. The clock will continue to run in the last minute of the second and fourth quarter if a team is up by 10 or more points.
9. If a game is tied at the end of the fourth quarter there will not be an overtime period. The game will end in a tie.
10. Each team will get two 30-second timeouts per half. Emergency timeouts for injuries are permitted with a dead clock. Timeouts do not carry over to the second half.
11. There will be no isolation plays. An isolation play is defined as follows: a player has the ball and is guarded man to man. The other 8 players stay on one side of the court and the player with the ball stays on the other side. The player with the ball can take his man to the basket one-on-one without being defended by the other 4 defensive players. This is usually done when you have a superior player who can beat the defender to the basket all the time.
12. Jewelry may not be worn during games. Referees have the authority to dismiss players from the game that cannot remove jewelry prior to playing.

13. All technical, intentional and flagrant fouls result in 2 points to the opposing team and the ball. If a technical foul is given to a coach (Head or Assistant), then the Head Coach must sit down on the bench for the rest of the game. If a player receives a flagrant foul, they are then ejected from the game.
14. If a player, coach or parent displays any unsportsmanlike conduct, a technical foul will be given. A second technical foul given to the player, coach or parent in the SAME GAME will result in an ejection from the game and facility.
  - a. One ejection will result in a 1-game suspension.
  - b. Two ejections will result in a 2-game suspension.
  - c. Three ejections will result in a suspension for the rest of the season.
15. Arguing with the referees or constantly verbally abusing the referees will not be tolerated. If this occurs a warning will be given and then a foul will be enforced. Depending on the severity, the player, coach or fan may be ejected without warning from the game. If the player, coach or fan will not leave, the police will be called.

## **Rules by Division:**

### **Pee-Wee (Grades 1-2) Division:**

1. Ball size: 27.5"
2. Rim Height: 8.5 feet high
3. Games are played on cross courts
4. Coach Placement: See diagram for coach placement on page 4.
  - a. Coaches can be on the court helping but must stay out of the play and outside the white volleyball line.
5. Substitution time out: every quarter at the 4-minute mark.
6. Players cannot foul out within the Pee-Wee division.
7. **Defense:**
  - a. Only man to man defense may be played.
  - b. Players may not reach in to steal the ball. They must play with their hands up and move in an upward or sideways motion.
  - c. There is no double teaming. A double-team must be clear in the opinion of the referee and must be a situation where a player is clearly being guarded by two players who are trying to defend.
  - d. When offense has the ball behind the half-court line, then all defensive players must "fall back" and cannot play defense on an offensive player until they pass the half-court line.
8. **Offense:**
  - a. Baskets will count as 2 points. There are no 3-point shots as there is no 3-point line.
  - b. There are no fast breaks. The offense must allow the defense to "fall back" and set up before they continue to play.
  - c. Picks/screens are not allowed.
  - d. **Double Dribble:** The first time a player picks up their dribble and dribbles again, it will be allowed. If the player dribbles for a third time, the violation will be called.
  - e. **Traveling:** After a player picks up a dribble, the player will be allowed to shuffle their feet as long as they are not moving their position on the court. If the player takes one complete step in any direction then the violation will be called.
  - f. **Three-seconds in the Paint:** This violation will not be called.
  - g. **Shooting foul:** If the ball goes in, the offensive team will be awarded three points and the ball is given to the defensive team. If the ball does not go in, then the offensive team is awarded one point and the ball.

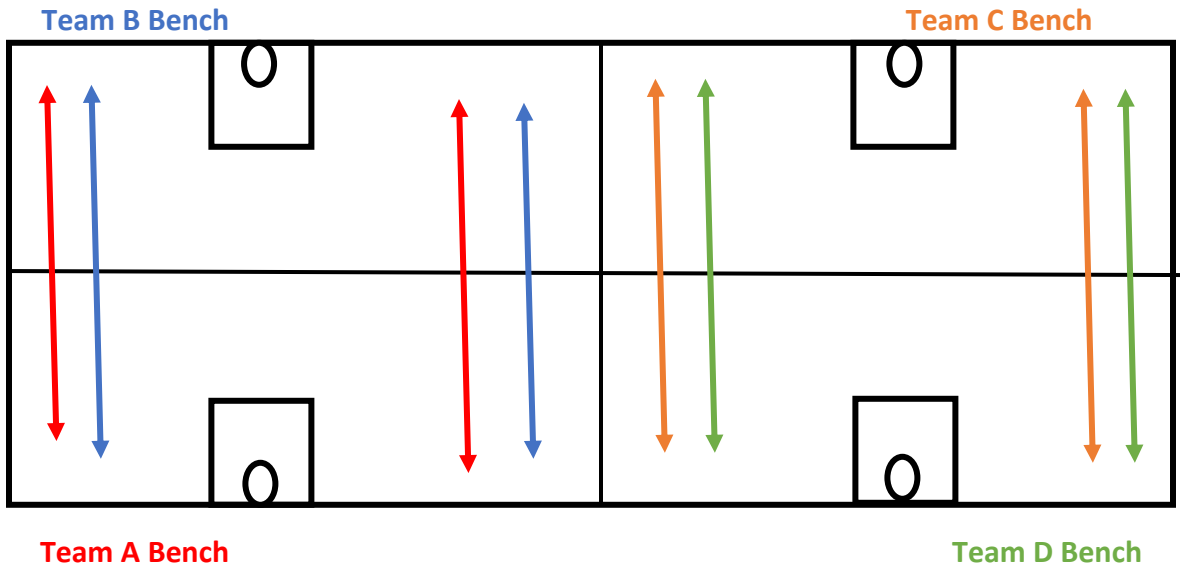
## Youth (Grades 3-4) Division:

1. Ball Size: 28.5"
2. Rim Height: 10 feet high
3. Games are played on cross courts.
4. Coach Placement: See diagram for coach placement on page 4.
5. Substitution time out: every quarter at the 4-minute mark.
6. All violations are called at this level.
7. **Defense:**
  - a. Only man to man defense may be played.
  - b. Players may not reach in to steal the ball. They must play with their hands up and move in an upward or sideways motion.
  - c. There is no double teaming. A double-team must be clear in the opinion of the referee and must be a situation where a player is clearly being guarded by two players who are trying to defend.
  - d. When offense has the ball behind the half-court line, then all defensive players must "fall back" and cannot play defense on an offensive player until they pass the half-court line.
8. **Offense:**
  - a. Baskets will count as 2 points. There are no 3-point shots as there is no 3-point line.
  - b. Picks/Screens are allowed.
  - c. There are no fast breaks. The offense must allow the defense to "fall back" and set up before they continue to play.
  - d. **One & One/Bonus Situation:** If a team has committed five team fouls the opposing team will be awarded one point and the ball out of bounds at half court. A point will be awarded for each additional foul until the end of the half.
  - e. **Three-seconds in the Paint:** Without a paint on the cross courts, the referees will use an imaginary six-foot arc around the basket. Offensive players can NOT camp underneath the basket waiting for a pass or a rebound. The referees will inform the players that they need to move from underneath the basket. Failure to move will result in a three-second in the paint violation.
  - f. **Shooting foul:** If the ball goes in, the offensive team will be awarded three points and the ball is given to the defensive team. If the ball does not go in, then the offensive team is awarded one point and the ball.

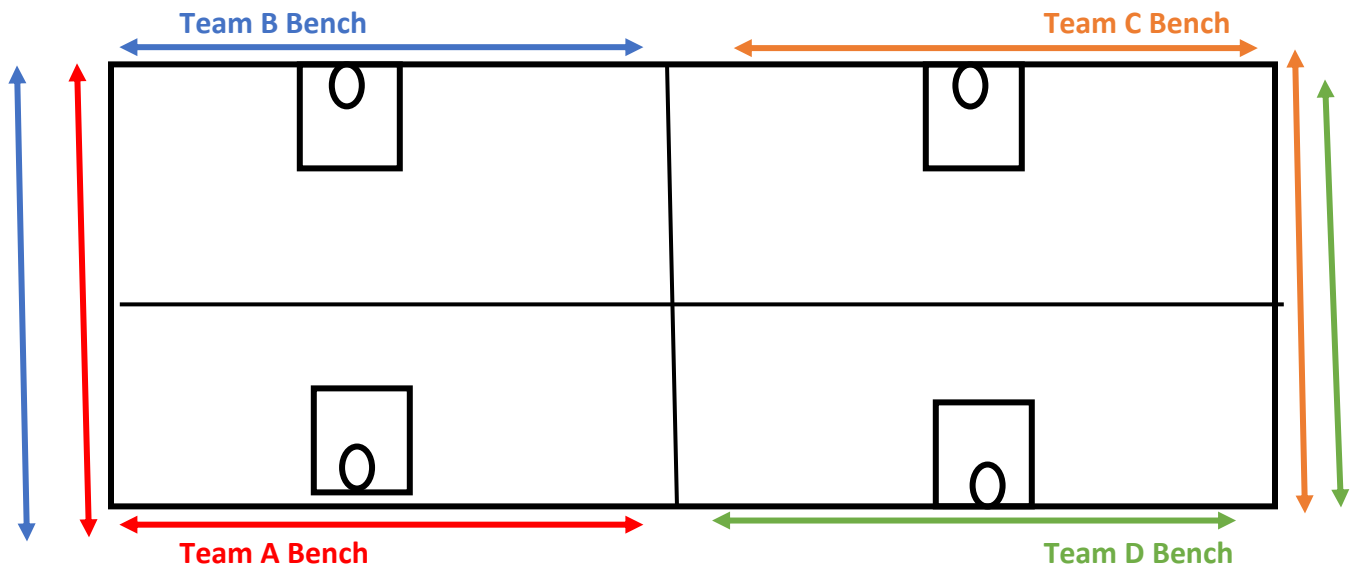
## Junior (Grades 5-6) & Teen (Grades 7-8) Division:

1. Ball size for Girls Division is 28.5", the Boys' Division is 29.5"
2. Rim Height: 10 feet high
3. Games are played on full courts.
4. Coach Placement: Only two coaches are allowed on each player's bench. Only one coach is allowed to stand and they must stay within the coaches' box. Other coaches and players should remain seated on the team bench during the entire game (does not include timeouts). See diagram on page 4.
5. Substitution time out: every quarter at the 4 ½ -minute mark.
6. All violations are called at this level.
7. **Bonus Free-throws:** Follow IHSA rules. Two free-throws will take place after the 5<sup>th</sup> team foul. Team fouls will reset at the end of each quarter.
8. When a team is leading by 20 or more points, the winning team's defense must play inside of the 3-point line.
9. **Full Court Press:** Only within the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter. Teams cannot press if they are up by 10 or more points.
  - a. **Junior:** Teams can begin to Full Court Press starting Game 5.
  - b. **Teen:** Teams can Full Court Press the entire season.

### Coach Placement Diagram for Pee-Wee Division



### Coach Placement Diagram for Youth Division



### Coach Placement Diagram for Junior and Teen Divisions

