

Niles Park District Youth Basketball League Rules

Winter 2026 (Updated 1/28/2026)

Rules applying to all grade levels

- SPORTSMANSHIP:** All coaches, players, parents, and fans must follow our [Zero Tolerance Policy](#). Yelling, arguing, or confronting another parent/coach/player/referee is not allowed. Parents and spectators should sit in the bleachers on the same side or directly across from their team whenever possible.
- SCORE DIFFERENTIAL:** Points will stop being added to the scoreboard if the differential is 15 or more. In the event of a lopsided game, the winning team should take into consideration the use of non-regular positions for their players to still make the game fun as well as completing multiple passes prior to taking shots. When reporting scores, teams should post the final scoreboard score, not the scoresheet score.
- GAME LENGTH:** Games will be four (8) minute quarters with a 1-minute half time.
- CLOCK STOPPAGE:**
 - The clock will stop on all whistles in the last 15 seconds of the 1st, 2nd and 3rd quarter.
 - The clock will stop on all whistles in the last 1 minute of the 4th quarter.
 - The clock will stop on all shooting fouls.
 - When two foul shots are awarded, the clock will re-start when the referee gives shooter the ball for the 2nd shot after any substitutions are made.
 - When one foul shot is awarded, the clock will start once the ball hits the rim on a miss or once the ball is inbounded on a make.
- 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 1st half and (6) minutes in the 2nd 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:** (2) 30 second time-out per game.
- UNIFORMS:** All players must be registered and wearing their Official Niles Park District reversible jersey. Players will not be allowed to play in the game unless they are wearing an official Niles Park District issued jersey.
 - Players who become injured and get blood on their jersey should either remove the jersey or the blood. Players cannot play with a jersey with blood. If a player cannot remove the blood and has already played in the game, they may re-enter without a jersey. If the player without the jersey fouls, referees should refer to the number on jersey worn to start.
- # OF PLAYERS TO PLAY:** Games can be played with (4) players. We will allow teams to call-up registered players from a younger grade to play a game and not forfeit but only to give themselves up to (6) total players. **We will have the roster counts posted on our scorekeeper game sheets and the schedules. If you feel a team is abusing the rule of having registered players on the team, please verify with the scorekeeper and referees before the start of the game.**
- TECHNICAL FOULS:** Technical fouls for a coach or player will result in two (2) points for the opposing
- team and loss of possession. If a player is issued a technical foul, they must sit out for (5) minutes of game time.

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

CONSISTENCY FROM WEEK TO WEEK IS WHAT IS EXPECTED.

- Court boundaries at LoVerde Center are the **ORANGE** lines.
- Court boundaries at Golf View are the **RED** lines (not the curtain).
- All reach-in and shooting fouls should be called and reported to the score table.

Players get 7 fouls before they foul out.

- Coaches should teach and promote hands-up defense.

**When a player picks up their dribble and/or has a pivot foot, defenders should not reach in for steals and try to slap at the ball or rip the ball away.*

**There should be no "JUMP BALL" calls when a player is standing upright and picks up their dribble because kids should not be reaching in to try and rip it away. 99.9% of the time the defender is going to make excessive contact with the offensive player and if so, a foul should be called.*

**Defenders can steal or block the ball when a player is actively dribbling or when it leaves the offensive player's hands for a shot or pass.*

- There is no press or half court traps. Defensive must fall back to the no press line which is marked via tape at all gyms.
- There are no back-court violations.
- Offensive players should be moving in and out of the lane.

The tallest player(s) should not be able to just stand under the hoop and wait for a pass or rebound during a team's entire possession. Warn and then call a 5 second violation.

- Coaches must send players to the score table when substituting.

Traveling and Double Dribble Violations For 2nd grade only

We'll go with a multi-week approach to gradually get the teams to where violations will be called and enforced all the time.

Weeks 1 thru 3 (Feb 7 – Feb 22) – Call It & Coach Em'

*Whistles should be blown for all travels and double dribbles. Rather than have it as a side out, referees should talk to the offender on what they did wrong and the game resumes from that spot without a side out inbound pass.

Weeks 4 thru 6 (Feb 28 – March 14) – Two and a turnover

*Whistles should be blown for all travels and double dribbles. Referee should still talk to and correct the offenders but now it is a side out with offensive team keeping possession. If the same child does it a second time during the same possession, it will be called for a turnover.

Weeks 7 thru 9 (March 20 – April 12) Play Ball!

***Whistles should be blown for all travels and double dribbles and the ball switches possession on any violation.

Niles Park District Zero Tolerance Policy

Recreational leagues across the country have seen a dramatic change in issues dealing with parents, coaches, spectators, umpires, players, and league officials' conduct at sporting events.

With this in mind, the Niles Park District Board of Commissioners have taken a "Zero Tolerance" stance in handling severe situations occurring on and within leagues operating on Park District facilities. The Zero Tolerance Policy regarding behavior is as follows:

A. General Unsportsmanlike conduct:

- a. No spectator, adult, parent, coach, player, or umpire shall verbally confront or argue with an official, coach, player or other fans before, during, or after a game.
 - i. Penalties for such unsportsmanlike conduct will be at the discretion of the Niles Park District at a minimum of:
 1. General Unsportsmanlike Conduct: 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
 - a. The suspension must include at least one missed game.
 2. Second Offense: suspension for the remainder of the current season, plus probation for the following season.
- b. No spectator, adult, parent, coach, player, or umpire shall use profanity at an Niles Park District Facility.
 - i. Penalties for Profanity will be at the discretion of the Niles Park District at a minimum of:
 1. Profanity: 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
 - a. The suspension must include at least one missed game.
 2. Second Offense: Suspension for the remainder of the current season, plus probation for the following season

B. Drinking/ Possession of Alcohol:

- a. No spectator, adult, parent, coach, player, or umpire shall consume or possess alcohol at any Niles Park District Facilities except at Park District liquor permitted events.
 - i. Penalties for Drinking will be at the discretion of the Niles Park District at a minimum of:
 1. Drinking/Possession of Alcohol: Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
 2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by the Board of Commissioners.

C. Fighting/Physical Abuse/Sexual Abuse:

- b. No spectator, adult, parent, coach, player, or umpire shall engage in any type of behavior that could constitute physical assault. The term physical assault includes but is not limited to: Hitting, slapping, pushing, spitting, kicking, or striking in any way any part of the body or any physical implement ¹.
 - i. Penalties for Fighting/physical Abuse will be at the discretion of the Niles Park District at a minimum of:
 1. Fighting/Physical Abuse: Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
 2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by

the Board of Commissioners.

ii. Penalties for Sexual Abuse:

1. Sexual Abuse: Offender will be permanently suspended from all Niles Park District Facilities and activities. Offender will not be eligible for reinstatement.

D. Possession of Weapon:

- a. No spectator, adult, parent, coach, board member, player or umpire shall possess a weapon of any kind at any Niles Park District Facilities.

- i. Penalties for Possession of Weapon will be at the discretion of the Niles Park District at a minimum of:

1. Possession of Weapon: Offender will be permanently suspended from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by the Board of Commissioners. ²
2. Concealed Weapon Permit Holders will not be allowed to carry a weapon at Niles Park District facilities.

E. Social-Media

- a. No spectator, adult, parent, coach, player or umpire shall engage in any type of written or implied social media posts (to include Facebook, twitter, text message or email, etc.) deemed detrimental to the Niles Park District or its programs.

- i. Penalties for written or implied posts detrimental to a program/league will be at the discretion of the Niles Park District at a minimum of

1. 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
 - a. The suspension must include at least one missed game.
2. Second Offense: Suspension for the remainder of the current season, plus probation for the following season.

- ii. Penalties for written or implied threats will be at the discretion of the Niles Park District at a minimum of

1. Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense A final decision will be made by the Board of Commissioners.

Any person who has been suspended pursuant to the above may, within 7 days of receipt of the suspension, seek a hearing with the Park Board Commissioners provided they timely submit said request in writing and include a brief explanation as to why he/she disputes the suspension or whether he/she believes mitigating circumstances exist.

The Park Board will consider the appeal and may sustain, amend, or revise the previous suspension in its sole discretion.

It is the goal of the Niles Park District that participation in recreational programs be individually and cooperatively a wholesome, fun, and personally rewarding experience. Each participant, along with the coaches and parents should try to achieve a more positive attitude for the sport or program so it is a more enjoyable experience.

¹ Any person who physically attacks officials, coaches, fans, or players may be subject to criminal prosecution as well as a civil suit for money damages.

² Licensed Law Enforcement Officers on duty or while on call will be allowed to carry a Department issued service weapon.