

# Woodridge Park District: Winter Youth Basketball League Rules

Revised: 1/6/2026

All rules are subject to change anytime based on the Woodridge Park District's discretion. Any rules not stated will go by the IHSA (Illinois High School Association) basketball rule book. No protests are accepted! The official's decision is final.

## GENERAL FORMAT:

1. **Game will consist of two halves of 20 minutes with a running clock.** The clock will only stop for the following:
  - a. All whistles during the final minute of the second half
    - ❖ Clock will continue to run if a team is up by 15 or more points.
  - b. Team Time-outs & Substitution Time-outs
  - c. Injury
2. There will be a 3-minute halftime. Half time may be shortened if needed.
3. **K-2<sup>nd</sup> Grade:**
  - a. Games will be played on cross courts.
  - b. All baskets will be considered 2 points as there is no 3-point line.
  - c. The height of the rim will be 8 feet.
  - d. 27.5" basketball will be used.
4. **3<sup>rd</sup>-9<sup>th</sup> Grades:**
  - a. Games will be played on a full court.
  - b. The height of the rim will be 10 feet.
  - c. 28.5" basketball will be used for 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, & Girls 7<sup>th</sup>/9<sup>th</sup> grade division. A 29.5" basketball will be used for the 7<sup>th</sup>/9<sup>th</sup> grade Co-Ed division.
5. Coach Box: During the game, coaches must stay within the "Coach Box". This box is the sideline of your bench, from half-court to the baseline. Exceptions that apply: Timeouts – Matching up players – Free throw line up.
6. No more than 2 coaches may stand on the sideline to coach the team. All other coaches for the team must be sitting down on the bench.
7. A team starting with 4 players will either have a player on the opposing team fill in to make it a 5-person roster for that game or the entire game can be run as a 4v4. This is decided by the 2 head coaches prior to the game starting.

## TEAM TIME-OUTS:

8. Each team gets 2 time-outs each half with no carryover. All time-outs will be 1-minute in length.

## SUBSTITUTION TIME-OUTS & PLAYING TIME:

9. Substitutions may only occur during the "Substitution Time-out". This will be called every 5 minutes. This time is used for substitutions only. This time is not to be used as a "Team Timeout" with giving player/team advisement.
10. There are exceptions to this rule, allowing you to substitute outside of this timeout. Those exceptions are:
  - a. At the referee's discretion, a player may be subbed out due to injury.
  - b. At a player's 4<sup>th</sup> personal foul, to avoid fouling out of the game.
  - c. If a team has 7 or less players, you may substitute freely. This rule is in place for the players' safety. Equal playing time should still be given!
11. During the "Substitution Timeout", **all players from the bench must be subbed into the game.**
12. No player should play an entire half (1<sup>st</sup> or 2<sup>nd</sup> half) without coming out of the game.

***REMEMBER – This is a Park District, recreational, youth basketball league. The focus of this league is to give each player the same opportunity to play. Therefore, each coach should attempt to give their players equal playing time.***

## OVERTIME/STANDINGS:

13. Standings will not be posted and there is no overtime. A game will be considered completed if both teams are tied at the end of regulation.

## DEFENSE:

### 14. K-4<sup>th</sup> Grades:

- a. **Man to Man Defense only.** No Zone. No Double Teaming. Coaches should match up their player's defensive assignment before each half and substitution time-out. Players should be matched up based on similar size/skill level.
  - ❖ **K-2<sup>nd</sup> Grades - Wristband Defense:** When matching up players, make sure their wristbands match the same color of the opposing player they will be guarding. Players should wear wristbands on each arm. An emphasis on size and skill when matching players should be considered.
  - ❖ **Double Team Defense:** A double-team must be clear cut in the opinion of the referee and must be a situation where a player is clearly being guarded by two players.
- b. **Steals can only be made off a pass.** Players are not allowed to steal from a player holding or dribbling the basketball.
  - ❖ **3<sup>rd</sup>-4<sup>th</sup> Grades:** At the 5<sup>th</sup> game of season, players will be able to steal the ball off the dribble.
- c. **Backcourt violation will NOT be enforced.**
- d. **NO Defensive press!** Defense is **NOT** allowed past mid-court.
  - ❖ **K-2<sup>nd</sup> Grades:** The defensive team must return behind the full court lane line on their defensive side of the court before guarding their player.
  - ❖ **3<sup>rd</sup>-4<sup>th</sup> Grades:** The defensive team must return behind the half court line before guarding their player.

### 15. 5<sup>th</sup>-9<sup>th</sup> Grades:

- a. **Pressing** may begin with or without a basket being scored only during the last minute of the 1<sup>st</sup> half and last 2 minutes of the 2<sup>nd</sup> half. **No pressing if winning by 10 or more points.**
16. If a team is leading by a score of 15 or more points, the coach in the lead **should** begin to use coaching tactics that allow the game to become closer in competition and score. These rules will not be enforced by the referee but the coach **should** encourage their team to do the following:
- a. Defense should not steal passes or reach in to steal a dribble
  - b. Defense should guard players only within the 3-point line

## OFFENSE:

### 17. K-2<sup>nd</sup> Grades:

- a. **The HOME TEAM will start with the ball at the beginning of the game.** *No jump ball to start.*
- b. **Picks will not** be allowed.
- c. Modified fast break:
  - ❖ If a steal off of a pass occurs near the top of the key, a fast break will be allowed. If there is a defensive rebound, the now offense may push the ball up the floor but the defense is encouraged to get back to their basket as quick as they can. Coaches should encourage their team to "slow it down" if they feel the game is getting unorganized.
  - ❖ This rule is intended to teach the concept of a fast break and also not punish a player with getting a steal and going for a lay-up. Coaches should keep in mind the flow of the game and avoid the back and forth unorganized gameplay that may occur.
- d. **Double Dribble and Traveling violations:** Gray area – discuss with referee prior to game
  - ❖ Within this division, players are still learning the fundamentals. "Double Dribble & Traveling" will be to the discretion of the referee. Coaches are encouraged to discuss this with the referee prior to the start of the game. Below is a guideline the referee can refer to.
  - ❖ In the back court: not called
  - ❖ In the front court:
    - Player's will be allowed 1 double dribble and/or traveling violation. If a 2<sup>nd</sup> violation is committed, it will be called and the ball will return to the offense. If a 3<sup>rd</sup> violation is

- committed, it will be called and the ball will be given to the opposing team.
- **Starting Game 5:** If a player commits one violation, it will be called and the ball will return to the offense. If a 2<sup>nd</sup> violation is committed, it will be called and the ball will be given to the opposing team.
  - a. **This tier system will be called for each player on 1 given possession, not throughout the entire game.**
- e. Lane violations will **NOT** be enforced. (*Offensive 3-seconds in the key*)
- f. If a team is leading by a score of 15 or more points, the coach in the lead **should** begin to use coaching tactics that allow the game to become closer in competition and score. These rules will not be enforced by the referee but the coach **should** encourage their team to do the following:
  - ❖ Passing the ball to each player while on offense.
  - ❖ Encourage players that either don't shoot often or don't feel comfortable, to shoot and develop their shot.
  - ❖ Not shooting 3-pointers
  - ❖ Not allowing your team to do a fast break

#### FREE-THROWS:

- 18. K-2<sup>nd</sup> Grades:
  - a. By using cross courts, there is no designated free-throw line or lane. Free-throws will be taken by a designated line made by the referee. If needed, free-throws may be taken 1 step closer from this line. Players will still line up for free-throws with an imaginary lane.
- 19. 3<sup>rd</sup>-4<sup>th</sup> Grades:
  - a. If the first shot of the free-throw is an airball, the shooter may take 1 step closer to the basket for their next shot(s).

#### FOULS:

- 20. Two foul shots will be awarded starting with the 7<sup>th</sup> team foul committed in each half. Fouls reset each half.
- 21. A player is not permitted to play after 5 personal fouls.
  - a. **K-2<sup>nd</sup> Grades:** Players cannot foul out within this division. Although, the referee may issue a "time-out" after a player's 5<sup>th</sup> foul for excessive fouling. During this "time-out", the player will sit out until the next substitution.
- 22. **Technical foul:** Team will receive 2 points and the ball. No free-throws will be shot. If a technical foul is given to a coach (Head or Assistant), then all Coaches must sit down on the bench for the rest of the game.
  - a. Any coach or player will be ejected from the game automatically on their 2<sup>nd</sup> technical foul.
- 23. **Flagrant Foul:** Team will receive 2 points and the ball. No free-throws will be shot.
  - a. In judgment of the referee, a flagrant foul may result in dismissal of the offending player from the game.

#### SPORTSMANSHIP RULES:

### **COACHES, PLAYERS, AND FANS ARE EXPECTED TO USE GOOD SPORTSMANSHIP AT ALL TIMES AND ABIDE BY THEIR CODE OF CONDUCT.**

- 24. If a player, coach or fan is ejected from a game for misconduct, that individual will be suspended for that team's next regularly scheduled game.
- 25. If a team is ahead by more than 20 points, the scores will reset 0 to 0. The scorekeeper will continue to track the game's points on paper. If the losing team pulls within 10 points, the electronic scoreboard may be turned back on.
- 26. Official(s) will be present at all regular season games. If no officials are present two options exist;
  - a. The coaches will referee the game
  - b. The game will be rescheduled
    - ❖ The option chosen must be agreed upon by both coaches.