

# Woodridge Park District: Youth Basketball League Rules

Revised: 10/9/2024

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. K-2<sup>nd</sup> Grade:

- a. Game will consist of 4 quarters with each quarter lasting 8 minutes in length.
  - ❖ Clock will stop on shooting fouls and during the last 30 seconds of each quarter.
  - ❖ Clock will continue to run if a team is up by 15 or more points.
- b. **Kindergarten Division only:** If either team has 11 players present, the game will be five, 7-minute quarters. Substitution time-out will occur at the 3:30 minute mark.
- c. Games will be played on cross courts with an 8ft rim height.
- d. All baskets will be considered 2 points as there is no 3-point line.
- e. A 27.5" basketball will be used.

### 2. 3<sup>rd</sup>-9<sup>th</sup> Grades:

- a. Game will consist of 4 quarters with each quarter lasting 8 minutes in length.
  - ❖ Clock will stop on shooting fouls, last 2 minutes of the game and during the last 30 seconds of the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> quarter.
  - ❖ Clock will continue to run if a team is up by 15 or more points.
- b. Games will be played on a full court with a 10ft rim height.
- c. The following basketball sizes will be used:
  - ❖ 3<sup>rd</sup>-6<sup>th</sup> Grade Divisions: 28.5" basketball
  - ❖ 7<sup>th</sup>-9<sup>th</sup> Grade Division: 29.5" basketball

3. There will be a 3-minute halftime. Half time may be shortened if needed.

4. 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 for defensive assignment	Helping team line up on free-throws
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5. 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.

## TIME-OUTS:

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

## SUBSTITUTION TIME-OUT:

7. Substitutions may only occur during the "Substitution Time-out". This will be called every 4 minutes. At this time, **all players from the bench will be subbed into the game.** There are understandably exceptions including injury and sickness. A player may also be subbed out of the game at their 4<sup>th</sup> personal foul, to avoid fouling out of the game. This time is used for substitutions only, not player or team advisement.

- a. If a team has 7 or less players, you may substitute freely. This rule is in place to for the players' safety. Equal playing time should still be given!

## OVERTIME/STANDINGS:

8. 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:

### 9. 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.
  - ❖ **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.

- ❖ **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.
  - ❖ Defensive players should be moving their feet and play with their hands up and move in an upward or sideways motion. This is to encourage the importance of defensive fundamentals and develop the offensive player's ability to dribble without being discouraged from the ball being stolen.
- c. The over and back rule will not be enforced.
- d. 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.

10. 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.

**OFFENSE:**

11. K-2<sup>nd</sup> Grades:

- a. Picks/Screens **will not** be allowed.
- b. 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. Although, coaches should keep in mind the flow of the game and avoid the back and forth unorganized gameplay that may occur.
- b. Double dribble and traveling violations: Within this division, players are still learning the fundamentals and rules of the game. The violation of "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.**
- c. Lane violations will not be enforced.

**FREE-THROWS:**

12. 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.

13. 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:**

14. **\*\*NEW\*\*** In accordance with the IHSA rule book – Team fouls per quarter is 5. After the 5<sup>th</sup> foul, teams will get two free throws. Team fouls reset after each quarter.
15. 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.
16. **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.
17. **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.**

18. 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.
19. 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.
20. 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. Passing the ball to each player while on offense.
  - b. Encourage players that either don’t shoot often or don’t feel comfortable, to shoot and develop their shot.
  - c. Not shooting 3-pointers
  - d. Not allowing your team to do a fast break
  - e. Defense should not steal passes or reach in to steal a dribble
  - f. Defense should guard players only within the 3-point line
21. 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.