

**Huntley Park District**  
**3rd & 4th Grade Basketball League**  
**Rules and Regulations**

**GENERAL RULES**

1. A 28.5" (Women's) basketball shall be used for all practices and games.
2. Every player that is dressed and attends practice on a regular basis must play at least one half of each game. Playing time should be allocated as equally as possible. (Example: No player should play in 3 quarters until every other player has played in at least 2 quarters.)
3. No less than four (4) players per team must be present on the floor at the start of the game.
4. Substitutions can be made only at the following times: Between quarters, at halftime, at the designated substitution opportunity in each quarter (see item 5 below in the "Time" section), to replace an injured player, or to replace a player that has committed his/her 3<sup>rd</sup> or more foul in the 1<sup>st</sup> half or has fouled out at any point in the game.
5. A player will be ejected from the game automatically on the first flagrant foul or after their second technical foul.
6. **TECHNICAL FOULS ARE UNACCEPTABLE!!** A coach will be ejected from the game automatically on his/her second technical foul. Coaches may be suspended from coaching if the site supervisor and/or athletic supervisor deems the behavior unacceptable.
7. There is no win/loss record kept.
8. Coaches are responsible for their players in the schools before, after and during the games and practices. Please instruct your players to go directly to the gym and remain in the gym until practice or the game is completed. No child, coach, or spectator is allowed in any other part of the building.
9. Food is prohibited from all gymnasiums.
10. All rules not specified will be referred to in the current IHSA/NFHS Rule Book.

**TIME**

1. Each basketball game will consist of four (4) five minute quarters, with a three (3) minute intermission between halves.
2. In case of a tie at the end of regulation there will be no overtimes. Tie games will remain a tie.
3. The clock will run according to Illinois High School Association Rules.
4. Two (2) full time outs, are allowed per half with no carry over. Full time outs are one minute long.
5. At the first change of possession following the 2:45 second mark of each quarter, the scorekeeper will stop the clock and sound the horn for substitutions. This will be the only opportunity for mid-quarter substitutions unless a player needs to be replaced due to injury or foul trouble as described in the general rules above.

**OFFENSE**

1. Each game will begin with a jump ball.
2. A basket height of 9' will be used.
3. The free throw line shall be 3' in front of the standard free throw line. (12' from the basket)
4. One-and-one bonus free throws will be awarded on the 7<sup>th</sup> team foul of each half, Double bonus will be in effect on the 10<sup>th</sup> team foul.
5. **IHSA/NFHS Rule Change starting 2014-2015 season: Players positioned in marked lane spaces during the taking of a free throw may now enter the lane as soon as the shooter releases the ball. The shooter and any players positioned behind the three point line, but remain behind their respective restraining lines until the ball touches the rim.**
6. There will be no five second violation in the front court (closely guarded rule).
7. Ten-second backcourt violation will be enforced.
8. Five-second lane violations will be enforced.
9. Traveling, double dribbling, offensive charging will be enforced.
10. No over and back will be enforced.
11. For the first 5 games, no "fast breaking" will be allowed. Upon a change of possession the new offensive team must allow both the offensive players and defensive players to transition to the

other end of the floor before advancing the ball. Starting with Game 6 players will be allowed to “break” in transition following a change in possession.

#### **DEFENSE**

1. Man-to-man defense is only permitted. *No zone defense will be allowed.*
2. Switching players while defending is allowed, as will proper “help side” man-to-man defensive principles.
3. No pressing is allowed. Defense may pick up offensive team inside their defensive 3pt. zone. (Half court in final 2 minutes of each half) **Violation – An Illegal Defense violation will be called and the opposing team will shoot one free throw and then in-bound the ball from mid-court.**
4. When the defensive player has possession of a rebound, or any other change in possession, the former offensive team must retreat to their defensive 3 pt. zone (half court in final 2 minutes of each half). The ball may not be stolen.
5. All other fouls will be called.
6. Each player is allowed five personal fouls per game. On the fifth foul the player is out of the game unless there are only five total players on the team.