

Huntley Park District
1 & 2nd Grade Basketball League
Rules and Regulations

GENERAL RULES

1. A 27.5" (Junior) 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. Substitutions can only be made at the quarter break unless for injury or if a player commits 3 personal fouls in the 1st half or fouls out with 5 personal fouls at any point in the game. No less than four (4) players per team must be present on the floor at the start of the game.
4. A player will be ejected from the game automatically on the first flagrant foul or after their second technical foul.
5. One coach is allowed on the floor with the team during the game.
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 on the floor with the team if the site supervisor and/or Athletic Supervisor deem their 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. All rules not specified will be referred to in the current IHSA/NFHS Rule Book.
10. Food is prohibited from all gymnasiums.

TIME

1. Each basketball game will consist of four 5-minute quarters, with a three (3) minute intermission between halves.
2. ***NO SCORE WILL BE KEPT!!***
3. The clock will run continuously, stopping only for time outs with the exception of the last two (2) minutes of each half, during which time 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. One full time out is allowed for the overtime. Full time outs are one minute long.

OFFENSE

1. Each game will begin with a jump ball.
2. An 8' basket height shall be used.
3. Free throws will be shot only on if the offensive player is in the act of shooting. Bonuses will not be awarded through the course of a game.
4. Free throws will be shot from 5' in front of the standard free throw line. (10' from rim).
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. **No** Ten-second backcourt violation will be enforced.
8. **No** Three-second lane violations will be enforced.
9. Traveling, will be enforced, but will be called loosely at the beginning of the season and gradually be called tighter as the season progresses.
10. Double dribbling will not be called on the first offense. It shall be called if a "triple dribble" occurs. (Player picks up and restarts dribble twice.)
11. 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.

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 once they enter the offensive 3pt. area. **Violation – Play is stopped and offense will inbound the ball from the spot nearest to where the ball was when play was stopped.**
4. When the defensive player has possession of a rebound, the former offensive team must retreat into their own defensive 3 pt. area within a reasonable amount of time. The ball may not be stolen outside of this area.
5. 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.