

Huntley Park District
5th & 6th Grade Basketball League
Rules and Regulations

GENERAL RULES

1. A 28.5" (Women's) basketball shall be used for all practices and games, including boy's 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 and ready to play at the start of the game
4. Coaches can substitute players at anytime throughout the game, but the ball must be dead before a substitute enters the game. The player who is subbing into the game must report to the scorer's table first.
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. If a player or coach receives a technical foul, the opposing team will shoot two free throws and receive the ball out of bounds.
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.

TIME

1. Each basketball game will consist of four (4) six minute quarters, with a three (3) minute intermission between halves
2. A stopped clock will be used during each game.
3. In case of a tie at the end of regulation one two (2) minute overtime will be played. If the game is still tied, a second "sudden victory" overtime will be played, with the first team to score declared the winner. The time clock is not used during the "sudden victory" overtime. All overtime periods will begin with a jump ball.
4. Two (2) full time outs are allowed per half with no carry over. One full time out is allowed in each overtime period. Unused 2nd half timeouts do not carry over into overtime. Full time outs are one minute long.

OFFENSE

1. One-and-one bonus free throws will be awarded on the 7th team foul of each half, Double bonus will be in effect on the 10th team foul.
2. **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.**
3. Five-second violation in the front court (closely guarded rule) will be enforced.
4. Ten-second backcourt violation will be enforced.
5. Three-second lane violations will be enforced.
6. Traveling, double dribbling, offensive charging will be enforced.
7. Each game will begin with a jump 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. Full court press is allowed in the final 2 minutes of each half. Full court defense will not be allowed with a 15 or more point lead.
4. Each player is allowed five personal fouls per game. On the fifth foul the player is out of the game unless there is only five total players on the team.