

# Huntley Park District - Youth Basketball League Rules

## 4<sup>th</sup> Grade Boys

### Program Objectives:

This program is developed to teach the players the basics of basketball. This includes passing, dribbling, shooting, offensive strategies, defensive strategies, teamwork, sportsmanship, physical fitness, and to have fun while participating in sports. It is our goal to introduce a new phase of the game each year to enhance the playing experience within our league.

### Game Conduct

Both teams must line up and shake hands at the conclusion of the game. Any acts of unsportsmanlike conduct at this time or any time throughout the game will be dealt with by the Athletic Department. This applies to players coaches, and spectators.

### Game Rules

1. Length of Games - Four (4) - Five (5) minute quarters stopped clock
  - Change baskets at half-time
2. Time outs - Each team will be given four (4) time-outs/ game -**Time-outs will be 1 minute in length**
3. Overtime - In the event of a tie game at the end of regulation a two (2) minute overtime period will be played using a stopped clock. Each team will be given 1 time out. Personal fouls carry over into overtime. Timeouts do not. Because of time constraints only 1 overtime period will be played. If the game is still tied after 1 overtime the game will end in a tie.
4. Ball Size/Rim Height - 4<sup>th</sup> Grade Boys will use Junior size (27.5") basketball & play on a 10' Rim
5. Roster Size - Every team will have a minimum of 8 players and a maximum of 10 players
  - If a team should have more than 10 players, it is the coach's responsibility to rotate players so that all players play as close to equal playing time **throughout the year.**
6. Substitutions - At the end of each quarter every player on the bench must come into the game (if attendance permits). The park district will provide game line-up cards which will show how the substitution pattern should go for the number of players in attendance for the game. **It is the intent that every player regardless of skill gets an equal opportunity to play.** The only other time substitutions can be made is if a player has 3 fouls in the first half, if a player has an injury/illness, or if the coach/ referee believe a player is being disruptive to the game.

*Coaches - If there is ever a discrepancy regarding playing time of players, please notify the referee. Also notify the other coach before the game begins if any of your players must sit out for certain lengths of time for any reason.*

7. Fouls - All fouls are under the referees' discretion.
  - 5 personal fouls/game. On the 5<sup>th</sup> personal foul that player must sit out the rest of the game.
  - *Technical and flagrant fouls count as 1 personal foul. - The referee reserves the right to eliminate a player for the rest of the game if he/she believes the foul is severe. All decisions by the referee(s) are final*
  - *On the 10<sup>th</sup> team foul each half bonus free throws will be awarded - 2 foul shots will be awarded -this is not a 1 & 1 situation*
  - If a team is unable to field 5 players for the game due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for their team to field 5 players for the court.

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8. **Free Throws** - Free throws will be shot on shooting fouls only.

- Free throws will be taken foul line closer than regulation (12' or from first block)
- Before the beginning of each game each player present will shoot 1 free throw - which will count on the scoreboard as one (1) point for their team before the game begins. If 1 team has more players than the other, the team with fewer players will shoot the same number of shots as the other team. The coach of the team with less players will choose which players will shoot more than once from their team.
- Players cannot move until the ball contacts the rim.

9. **Possession** - Jump Balls will begin each game.

- The team obtaining control from the jump ball establishes the alternating possession procedure, and the arrow is set toward the opponent's basket.
- For all other jump ball situations, including beginning of the remaining quarters, the alternate possession rule will be in effect.

10. **Type of defense allowed** - The defense may switch on screens set by the offense throughout the game and principals of help side defense may be taught.

- **Man to Man defense must be played throughout the season.**
  - No double-teaming is allowed - *help defense is NOT considered a double team*
  - *Double Teaming is considered when two (2) defenders are on the ball handler for a substantial period of time.*

11. **Defensive pick-up** - After crossing over half court, the defensive pick-up line (between half-court & top of 3-point arc) will be enforced for seven (7) seconds (signaled by the referee) allowing the offense to set up. Once the 7 second count is up, the defensive pick-up line is no longer in play and the defender may cross over it.

12. **Full Court Press** - Full court press will be allowed for the last two (2) minutes of the 2<sup>nd</sup> & 4<sup>th</sup> quarter only! - **Up to a 10-point lead.** Press must be man-to-man. No Double Teaming allowed. If a team violates this, then play is stopped, and the defense must go back on defense.

13. **Fast Breaks** - Fast breaks will be allowed to happen the entire game in live ball situations which include a turnover or missed shot - Up to a 10-point lead.

- If a team decides to Fastbreak with a live ball situation (turnover, missed shot), the defense may stop the ball or interrupt a backcourt pass. No double teaming is still in effect.
- If a team rebounds and does not attempt to fast break the defense must drop back to half-court.
- Fast breaks cannot happen in a dead ball situation (including made baskets).
- A fast break will be left up to the judgment of the official.

All other rules of basketball are to be followed by the National Federation of High Schools (NFHS) most recent rule book.