

Huntley Park District - Youth Basketball League Rules

5th & 6th Grade Boys & Girls

Program Objectives:

This program is developed to teach players the basics of basketball. This includes passing, dribbling, shooting, offensive strategies, defensive strategies, teamwork, sportsmanship, physical fitness, and to have fun while participating on a sports team. 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 is strictly prohibited. This applies to players coaches, and spectators.

Game Rules

1. **Length of Games** - Four (4) - Ten (10) minute quarters - RUNNING CLOCK
 - Clock stops during the last minute of the 2nd and 4th quarters AND/OR during timeouts, player injuries/illness, referees' discretion.
 - Only the Head Coach stands during games. All Assistant Coaches must remain seated on the bench.
 - There are **two (2) Referees** officiating for this age group.
2. **Time outs** - Each team will be given four (4) time-outs/ game -Time-outs will be 30 seconds 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** - 5th & 6th Grade Boys & Girls will use an Intermediate 28.5" size ball & play on a 10' Rim
5. **Roster Size** - Every team will have a minimum of 8 players and a maximum of 12 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** -
 - It is the intent that every player regardless of skill gets an equal opportunity to play. Every player in attendance must play at least half of the game. The park district will provide game line-up cards showing the substitution pattern for the number of players in attendance.
 - Substitutions can be made during dead ball situations, player injuries/illness, if a player has 3 fouls in the 1st half, or if the coach/referee believe a player is being disruptive to the game. **Keep in mind the clock does not stop during substitutions.** All players looking to enter the game must check in at the scores table and wait for the official to wave player(s) into the game.
 - If there is ever a discrepancy regarding playing time please notify the referee.
 - 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.

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7. **Fouls** – All fouls are under the referees' discretion.
 - 5 personal fouls/game. On the 5th 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 7th team foul each half – 1 and 1 bonus free throw(s) will be awarded.
 - *On the 10th 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.
8. **Free Throws**
 - Free throws will be shot from the regulation foul line.
 - Players occupying marked lane spaces may leave the lane spaces when the ball is released.
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** – (only in effect 1st & 3rd quarters and when no press in effect) After crossing over half court, the defensive pick-up line (between half-court & top of 3-point arch) 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 2nd & 4th quarters 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 - Up to a 10-point lead.
 - If a team decides to Fastbreak with any situation live or dead ball (turnover, missed/made shot, out of bounds), the defense may stop the ball or interrupt a backcourt pass.
 - If a team rebounds and does not attempt to fast break the defense must drop back to half-court when no pressing rule is in effect (1st & 3rd quarters)
 - 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.