

# Huntley Park District - Youth Basketball League Rules

## 7<sup>th</sup> & 8<sup>th</sup> Grade Boys & Girls

### 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) - Six (6) 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 - 7<sup>th</sup> & 8<sup>th</sup> Grade Girls - Intermediate 28.5" size ball & play on a 10' Rim  
7<sup>th</sup> & 8<sup>th</sup> Grade Boys - Official 29.5" size ball & 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 -  
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.** Every player in attendance must play at least half of the game.
    - *Substitutions may only be made during dead ball situations. All players looking to enter the game must check in at the scorer's table and wait for the official to wave player(s) into 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 7<sup>th</sup> team foul each half - 1 and 1 bonus free throw(s) will be awarded.
    - *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*

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- 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.
- Technical Foul - A technical foul will be called on a player, coach or spectator who is trash talking, swearing or commits an intentional foul that is beyond the “normal” spectrum of the game. A player who is called for a technical foul will be taken out of the game and not allowed back in for one quarter’s length of time, a second technical foul in the same game will be an automatic ejection. Any player, coach who is ejected from a game must leave the property and is subject to receive a suspension of 1-3 games.
- Flagrant Foul - A flagrant foul will be called when a player commits an intentional foul which causes immediate harm to another participant (i.e. a punch thrown, a push, shove or kick). It doesn’t matter whether it could lead to a fight or not. A player who receives a flagrant foul in a game will be immediately ejected from the game and is subject to receive a suspension of 1-3 games.

### 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 -

**Man to Man defense or zone defense may be played throughout the season.**

- Double-teaming is allowed up to a 10-point lead. No more than 2 defenders on the ball is allowed at any time.

### 11. Defensive pick-up - Teams may pick up on defense at the half court line when no press is in effect.

### 12. Full Court Press - Full court press will be allowed at any time - **Up to a 10-point lead.**

### 13. Fast Breaks - Fast breaks will be allowed to happen the entire game - **Up to a 10-point lead.**

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