



# Romeoville Recreation Department

## 2024/2025 Rules and Regulations

### Community Basketball K-4<sup>th</sup> Grade

**Athletic Supervisor – Vinnie Hughes: [vhughes@romeoville.org](mailto:vhughes@romeoville.org)**

**815-886-6234**

#### **PHILOSOPHY**

The purpose of this league is to create a fun and safe environment for all participants to learn and develop skills in the game of basketball. Our goal is to develop self-confidence, self-control, self-discipline, commitment and leadership. Team unity, team spirit and sportsmanship are things coaches will try and instill. In these levels, winning isn't everything but it does have importance to the children. Parents and coaches, please remember that this game is for them, not us.

#### **SECTION A: ELIGIBILITY AND TEAM ORGANIZATION**

1. Divisions: K separate / 1<sup>st</sup> - 2<sup>nd</sup> combined / 3<sup>rd</sup> - 4<sup>th</sup> combined
2. All children in K-4 can play in their respective divisions.
3. All teams will have a minimum of 8 players
4. All players will be randomly assigned to a coach with the exception of the head coach's child and the assistant coach's child.

#### **SECTION B: DIVISION DETAILS**

- Practices:
  - One, one hour practice each week
  - Minimum of 10 practices all season
  - Athletic Staff will hand out all practice equipment at the start of practice
- Games:
  - Grades
    - One game each week, for a total of 8 games
    - Games Start January 11<sup>th</sup> / Last Game: March 8<sup>th</sup>
    - No playoffs or end of season play
- Referees
  - K Grade: Each game will have an instructional referee
  - 1<sup>st</sup> and 2<sup>nd</sup> Grade: Each game will have one referee
  - 3<sup>rd</sup> and 4<sup>th</sup> Grade: Each game will have one referee
- Ball Size:
  - 27.5' for K (Junior Size)
  - 28.5" for 1<sup>st</sup>-4<sup>th</sup> (Intermediate Size)
- Rim Height:
  - K: 8 feet
  - 1<sup>st</sup> – 2<sup>nd</sup>: 8.5 feet
  - 3<sup>rd</sup> - 4<sup>th</sup>: 9 feet
- Court Size for Games and Practices:
  - K-4<sup>th</sup> Grade: Half Court (small sideways court)

## **SECTION C: GENERAL RULES OF PLAY FOR GAMES**

1. All divisions will play 5 V 5
  - Each team will need a minimum of 4 players to start and finish a game
2. Coaches:
  - Must remain in designated coaching area during the game
  - Must submit a roster to the score table (with player rotations)
  - Only one coach is allowed to approach the referee and the score table.
3. Game Length for K: 4, 8-minute quarters / 1<sup>st</sup>-4<sup>th</sup> Grade: 4, 10-minute quarters, with a 4-minute half-time
4. Mercy Rule: Once a team is up by 20 points, the score board will be turned off
  - Once the losing team is within 10 points, the score will be turned back on
5. Time-outs: Each team will have 4 time-outs per game, 2 each half – they do not roll over.
6. Game Clock:
  - 2<sup>nd</sup>-4<sup>th</sup> Grade: Running Clock until the last two minutes of each half: clock will stop for dead balls and whistles for the last 2 minutes of each half.
  - Clock will stop for injuries, timeouts and end of quarters (not free-throws)
7. Ties: All games can end in a tie
8. All calls and decisions made by the referees are final. All inquiries can be brought to the Athletic Supervisor or Athletic Coordinator on duty.
9. IHSA RULES: All rules or specifications not listed in these rules will default to IHSA Rules. All referees are certified in IHSA rules.
10. Failure to comply with these rules will result in a forfeit and a reprimand to the coach; see Coach's Code of Ethics.

## **SECTION D: DEFENSE – RULES OF PLAY**

1. K must play defense within the blue house. No stealing.
  - a. One on One defense – No double teams.
2. 1<sup>st</sup> – 2<sup>nd</sup>: Man to Man defense the first 4 weeks. Zone defense CAN be played after week 4 (not mandatory). No stealing on the dribble. Can steal on the pass. No intention double teams.
3. 3<sup>rd</sup> - 4<sup>th</sup> grade: Man to man or zone is allowed. No intentional double team.
4. Press (Back and Full): Only allowed in the 1<sup>st</sup> half for 4<sup>th</sup> grade.
  - Cannot press if you are up by 12.
5. 10 Second Rule: Will have 10 seconds to move the ball across the half-court line
6. Defense can start after the offensive player crosses the half court line
7. Fouls: 1<sup>st</sup> – 2<sup>nd</sup> Grade: A player will be allowed 5 fouls before exiting the game.
  - Free-throws: Allowed for Grades 1<sup>st</sup>-4<sup>th</sup>
8. 3 Second Rule:
  - 3<sup>rd</sup> - 4<sup>th</sup> Grade: 3-5 second rule enforced all season

## **SECTION E: OFFENSE – RULES OF PLAY**

1. Playing Time: All players must play equal playing time. See substitution rotation sheet.
  - An automatic sub timeout will be half way through each quarter.
  - See “Basketball Player Rotation”
2. Points: Any Layup or jump shot is 2 points – Free-throw is 1 point and 3 points for a 3 pointer
  - 3<sup>rd</sup>-4<sup>th</sup> grade allowed 3 pointers
3. Picks and screens are allowed (if done correctly)
4. Substitutions: Can only happen during a timeout, injury, referee timeout or end of quarter.

5. Fast Breaks: Allowed for 1<sup>st</sup>-4<sup>th</sup>
6. Free Throws: Allowed for Grades 1<sup>st</sup>-4<sup>th</sup>
  - Shooting fouls or technical shots
  - Game clock does not stop (stops during a whistle in the last two minutes)
7. 1<sup>st</sup>-4<sup>th</sup> Grade: Back court violation: If the offensive player crosses half court and then the ball goes into the back court, this is a violation and the ball will be turned over (must have no contact from defense)
8. Failure to comply with these rules will result in a forfeit and a reprimand to the coach.

### **ZERO TOLERANCE POLICY:**

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The Village of Romeoville and the Romeoville Recreation Department has Zero Tolerance for unsportsmanlike conduct, negative behavior and unprofessional conduct. The purpose of this league is to create a fun, safe and development environment for all participants. This policy will be strictly enforced and all parents, coaches and players will be held accountable for their actions. Any player, coach, parent or spectator in violation this conduct may have the following sanctions given to them:

- Technical fouls can be given if a coach or player violates this policy
- Removal/Ejection from the practice, game or facility
- Banned from attending practices and games
- Suspension from practices or games (length depends on severity of actions)
- Expulsion from team (players and coaches)
- Depending on the severity of violation, the Police Department will be called if coaches and staff cannot calmly deescalate the situation.
- See Coach's Code of Ethics for more information.