



Romeoville Recreation Department

2023-2024 Rules and Regulations

Community Basketball 5th-8th Grade

Athletic Supervisor – Kaitlyn Studer: kstuder@romeoville.org

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PHILOSOPHY

The philosophy of this program is to teach the children individual basketball and team skills and improve their overall physical conditioning. 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. All 5th-8th grade girls and boys will be eligible to participate in the league.
2. Each player must play within his or her respective grade level and may only play on **one** team.
3. All 5th-8th grade registrants will be required to enter the draft. The Romeoville Recreation Department's Player Placement Policy will be followed to select teams.
4. Draft: All players that attend the evaluation will be entered into the draft for their division.
 - Children of Coaches and Assistant Coaches will be automatically placed on the Coaches team.
 - Teams are only allowed 2 total coaches
5. Players that do not attend the EVALUATIONS cannot be requested or drafted. These players will be randomly assigned by the Athletic Supervisor (not including coaches' children).
6. All reasonable efforts will be made by the Athletic Supervisor to limit team size to a maximum of 10 players or a minimum of 7 players.
7. The Romeoville Recreation Department has final authority for the assignment and/or retention of coaches and players. The Athletic Supervisor has the authority to change teams if one or two teams have high level or talented players. Some talented players may be asked to join a higher division.

SECTION B: DIVISION DETAILS

1. Practices: week of December 11th
 - One, one hour practice each week: Monday, Wednesday, or Thursday
 - Grades 5th-8th Grade: minimum of 12 practices all season
 - Athletic Staff will hand out all practice equipment at the start of practice
2. Games:
 - Grades 5th-8th:
 - One game each week, for a total of 10 games
 - Games Start January 6th
 - FRIDAY, March 1 – Last regular season game for 5th – 8th
 - Tournament: March 2nd
3. Referees: Grades 5-8th will have two referees each game
4. Ball Size:
 - 5/6th Grade: 28.5" (Intermediate Size)
 - 7/8th Grade: 29.5" (Official Size)
5. Rim Height: 10ft
6. Court Size for Games: Full Court

SECTION C: GENERAL RULES OF PLAY

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 prior to start time
 - Only the head coach is allowed to approach the referee and the score table.
3. Game Length for Grades 5th-8th: 4, 10-minute quarters, with a 4-minute half-time
4. Game Clock:
 - Grades 5th-8th: 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)
5. Tied Games:
 - First: One 4-minute period (treated like the last two minutes)
 - Second: Best out of 5 Free-throws, by 5 different players (continue until winner)
6. Game Scores: Scores will be kept during the game and recorded to standings.
 - Coaches initials from each team required at the end of game.
7. 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
 - If a team is up by 20+, encourage 3 passes before scoring.
 - NO team can Press if up by 12 points
8. Time-outs: Each team will have 4 time-outs per game, 2 each half – they do not roll over
9. All calls and decisions made by the referees are final. All inquiries can be brought to the Athletic Supervisor or Athletic Coordinator on duty.
10. IHSA RULES: All rules or specifications not listed in these rules will default to IHSA Rules. All referees are certified in IHSA rules.
11. No protests will be allowed.
12. 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. Double Team Defense is allowed, only if 2 players are going for the ball.
 - Two players cannot stand and guard one player or trap one player.
2. Press (Back and Full):
 - 5/6th Grade: Press Defense is allowed in the second half of the game
 - 7/8th Grade: Press Defense is allowed the entire game
 - Press Defense is not allowed if up by 12 points
 - Offensive player must have control of the ball before the “no press rule”
3. 10 Second Rule: Will have 10 seconds to move the ball across the half-court line
4. Defense must start after the offensive player crosses the half court line
5. 5th-8th Grade: One on One defense and Zone Defenses are allowed (No double teams)
6. Fouls: 5th-8th Grade: A player will be allowed 5 fouls before exiting the game.
 - Free-throws: Allowed for shooting fouls and technical fouls
 - Note: If a player fouls out, replace that player with the last number in your rotation. For example, #3 in your rotation fouls out and you have 9 players, player #9 will replace #3 in the rotation.
7. 3 Second Rule: Will be enforced for Grades 5th-8th
 - Discretion is up to the referee
8. ALL IHSA Rules will be in effect if not listed above.

SECTION E: OFFENSE – RULES OF PLAY

1. Playing Time: Grades 5th-8th: All players **MUST** play a minimum of 20 minutes per game
 - Recommend switching players every 5 minutes (call time-out every 5 minutes).
 - 4, 10-minute quarters, with a 4-minute half-time; clock stops under 2 minutes of each half
 - 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. 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 Grades 5th-8th
6. Free Throws: Allowed for Grades 5th-8th
 - Shooting fouls, team fouls or technical shots
 - Game clock does NOT stop (until last two minutes of each half)
7. 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
 - NO Team can Press if up by 12 points
8. 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).
9. Failure to comply with these rules will result in a forfeit and a reprimand to the coach.
10. ALL IHSA Rules will be in effect if not listed above.