

Kindergarten - 4th Grade Rules

The following are modifications made within the Plainfield Park District Youth Basketball Leagues. All other rules will be governed by the National Federation of High School Basketball Rules. All players must be registered with a signed release form by his/her parent or guardian before being eligible to participate. Registration is done by grade. Participants should play at the grade level they are in for the current school year. **The Plainfield Park District reserves the right to modify any rule as deemed necessary.**

A. Games and Times

1. **Schedule:** Games are to be played as scheduled. All teams will be scheduled for one weekly practice.
2. **Cancellations:** Should questionable weather develop, check the weather hotline at: <https://statusfy.com/8154495458>.
3. **Start Times:** All game times are played as scheduled.
4. **Forfeits:** **There will be no forfeits in this league.** If a team has less than 4 players, the coaches will make the necessary moves so that each team has enough on the floor.
5. **Game Length:** Games will consist of **two halves of 18 minutes each**. Coaches/officials will keep track of the time and will **sub every 6 minutes**. It will be a **running clock**, with the exception of the clock stopping in the following situations:
 - i. **Final one (1) minute of the first half**
 - ii. **Final two (2) minutes of the second half**
 - iii. **Timeouts**
 - iv. **Injuries**
 - v. **Referee Discretion**
6. **Half Time:** Teams will be given 3 minutes at half time. Half time may be shortened if needed.
7. **Timeouts:** Each team will have **three (3) thirty second timeouts per GAME**.
8. **Kindergarten Scores:** Game scores will be kept but will reset at half time. No standings/records will be posted. **1-4th Grade Scores:** Game scores will be kept for this league, but **standings/records will not be posted**. In the event of a tie at the end of regulation, there will be **NO overtime**. The game is declared a tie.
9. **Pregame Meeting:** A pre-game meeting will be held before every game to go over information such as the rules with the coaches and the officials.

B. Uniform and Jewelry

1. **Uniform:** All players are to wear the provided uniform tops by the Plainfield Park District.
2. **Shoes:** Athletic shoes must be worn for all games and practices.
3. **Jewelry:** For the safety of all involved, participants will not be permitted to wear any sort of jewelry, including earrings, rings, necklaces, watches, bracelets, hard hair barrettes or accessories. These items may NOT be taped. They must be removed in order to participate. Medical Bracelets are OK.

C. Playing Time and Substitution

1. All players should get equal playing time. Players should play at least 18 minutes a game. If the full team is not present, the extra playing time should be divided as equally as possible. This should be monitored by the coaches.
2. Line up the incoming players in a straight line facing each other at the half court line. Match players with like ability the best you can.
3. Substitutions –Mandatory subs will be called into the game **every 6 minutes** (2 times per half). **Substitutions should not take longer than 30 seconds**. This is not a time out.

- D. Free Throw Line (3rd-4th Grade Only):** Players will shoot free throws from the inside circle of the lane or closest marked line. Players can shoot from the regular free throw line if they like. All free throws will be 1, 2 or 3 shots (Based on situation). There are NO 1-and-1 or two shot bonuses at this level. No Free Throws at the K-2nd Grade level.
- E. Fast Break: K-2 Grade** should not be fast breaking. **3/4 Grade Levels** are allowed to fast break, but if the offense brings up the ball slow, the defense needs to drop back and set up below the red line. If a team is winning by 15 points, the winning team cannot fast break.
- F. Time in the Lane:** The length of time to be in the lane while the ball is in the front court will be 8 seconds. If a player is in the lane for longer than 8 seconds, coaches will encourage players to vacate the lane.
- G. Wristbands:** Each player must be wearing a wristband at all times if coaches agreed to wear them in the pre-gaming meeting. If one team wants to wear the wristbands, the other team must wear them as well. There is no switching of wristbands during the game unless it is a substitution.

H. Defense

1. All teams are required to play man to man defense the entire game. Defense has to stay below the top of the key which should allow the offensive team to “set-up” (imagine a straight-line sideline to sideline extended from the top of the 3-point arc). Once a team has entered the top of the key with the ball, defense anywhere on the floor is permitted for remainder of the possession. **3/4th grade teams may pick up at half court the last minute of the first half and the final two minutes of the second half.**
2. Zone defense or sagging in the middle is not allowed.
3. Double teaming is not allowed.
4. Switching is allowed if a defensive player is screened
5. Enforcement of the defensive rules will be at the discretion of the referee. The referee will issue a warning for illegal defense rules when deemed appropriate. Coaches are required to work with the referee to get their team in compliance with the defensive rules.
6. Stealing:
 - i. **1/2 Grade Co-Ed:** Stealing is NOT allowed when a player is dribbling or has the ball in their possession. The ball CAN be stolen on a pass.
 - ii. **3-4 Grade Levels:** Stealing is allowed at any time.

I. Fouls

1. **Personal Fouls:** Fouls will be kept by the scorekeeper. Each player is entitled to **5 personal fouls per game.**

- J. Sportsmanship:** Good sportsmanship is required. It is expected that all team personnel (coaches, assistant coaches, team attendants, and players) and spectators will conform to sportsmanlike behavior at all times. Violations such as the following will not be tolerated and will result in immediate ejection from the game and premises by Park District staff or officials:

1. Verbal or physical abuse towards officials, Park District staff, coaches, participants, or spectators.
2. Foul, profane or obscene language or gestures.
3. Violation of Coaches’ Code of Ethics.

K. Bench: Each team is permitted to have only the assigned/ approved coaches, and their players on the team bench. Coaches on the bench must have a completed background check by the Plainfield Park District.

L. Miscellaneous:

1. At no time should the score differential be more than 15 points. Once a 15-point gap is reached, the leading team score should not be advanced on the scoreboard until the differential again falls below 15 points.
2. Violations such as traveling, double dribbling and 5 seconds in the lane will normally be called loosely but are always at the discretion of the referee.

Basketball Heights and Ball Sizes:

Level	Ball Size	Rim Height
K	Jr (5)	8'
1B	Intermediate (6)	8'
12G	Intermediate (6)	8'
2B	Intermediate (6)	8'
3B	Intermediate (6)	9'
4B	Intermediate (6)	10'
34G	Intermediate (6)	9'
5B	Official (7)	10'
56G	Intermediate (6)	10'
6B	Official (7)	10'
78B	Official (7)	10'
78G	Intermediate (6)	10'

Revised: 11/2024

5th- 8th Grade Rules

The following are modifications made within the Plainfield Park District Youth Basketball Leagues. All other rules will be governed by the National Federation of High School Basketball Rules. All players must be registered with a signed release form by his/her parent or guardian before being eligible to participate. Registration is done by grade. Participants should play at the grade level they are in for the current school year. **The Plainfield Park District reserves the right to modify any rule as deemed necessary.**

A. Games and Times

1. **Schedule:** Games are to be played as scheduled. All teams will be scheduled for one weekly practice.
2. **Cancellations:** Should questionable weather develop, check the weather hotline at: <https://statusfy.com/8154495458>.
3. **Start Times:** All game times are played as scheduled.
4. **Forfeits:** If a team has less than 4 players, it is a forfeit, the players there will still play, and the coaches will make the necessary moves so that each team has enough on the floor. The referees should still referee.
5. **Game Length:** Games will consist of **two halves of 18 minutes each**. Coaches/officials will keep track of the time and will **sub every 6 minutes**. It will be a **running clock**, with the exception of the clock stopping in the following situations:
 - i. **Final one (1) minute of the first half**
 - ii. **Final two (2) minutes of the second half**
 - iii. **Timeouts**
 - iv. **Injuries**
 - v. **Referee Discretion**
6. **Half Time:** Teams will be given 3 minutes at half time. Half time may be shortened if needed.
7. **Timeouts:** Each team will have **three (3) thirty second timeouts per GAME**. No timeouts will be carried over into overtime. Each team will be allowed one (1) thirty-second timeout for overtime.
8. **Overtime:** One – three-minute period. If still tied, the game ends in a tie, unless it's the playoffs and it's necessary to have a winner. In that case, play a second three-minute period. If still tied after that, play an untimed period, next point wins.
9. **Pregame Meeting:** A pre-game meeting will be held before every game to go over information such as the rules with the coaches and the officials.

B. Uniform and Jewelry

1. **Uniform:** All players are to wear the provided uniform tops by the Plainfield Park District.
2. **Shoes:** Athletic shoes must be worn for all games and practices.
3. **Jewelry:** For the safety of all involved, participants will not be permitted to wear any sort of jewelry, including earrings, rings, necklaces, watches, bracelets, hard hair barrettes or accessories. These items may NOT be taped. They must be removed in order to participate. Medical Bracelets are OK.

C. Playing Time and Substitution

1. Players should play at least 18 minutes a game. This should be monitored by the coaches.
2. Substitutions –Mandatory subs will be called into the game **every 6 minutes** (2 times per half). **Substitutions should not take longer than 30 seconds**. This is not a time out.

D. Free Throw Line: Players will use the regular free throw line.

E. Defense

1. **For 5th & 6th Grade Girls:** All teams are required to play man to man defense the entire game.
 - i. Zone Defense or sagging in the middle is not allowed.
 - ii. Slight double teaming "help and recover" is allowed Only in the lane. Double teaming away from the ball is not allowed.
 - iii. Switching is allowed if a defensive player is screened.
2. **For 5th-8th Grade Boys:** Teams are permitted to play zone or man to man defense at any time.
3. The rule regarding when a full-court defense can be used differs depending on age-group:
 - i. **For 5th & 6th Grades:** Full-court defense will be allowed only in the last minute of the first half, last two minutes of the second half and overtime. Teams will NOT be allowed to PRESS after they are leading by 15 points.
 - ii. **For 7th & 8th Grades:** Full-court defense is allowed at any time during the game. Teams will NOT be allowed to PRESS after they are leading by 15 points.
4. Any team that has a 15-point lead or greater must set up their defense below the three-point circle (i.e. -no half-court press). Teams leading by 15 points or greater cannot fast break and must bring the ball up slowly. A fast break is defined as pushing the ball up the floor quickly after a rebound or turn over.

Half Cour Pressure – Half court defense (starting your defense at half court) may be played at any time, with the exception when a team is winning by 15 points.

F. Fouls:

1. **Personal Fouls:** Fouls will be kept by the scorekeeper. Each player is entitled to 5 personal fouls per game before being disqualified. Note: Technical fouls called on players count as personal fouls.
2. ****NEW** Bonus:** In accordance with the IHSA rule book – Team fouls per quarter is 5. Since we play halves, team fouls per half is 10. At the 10th foul and after, teams will get two free throws. Team fouls reset after each half.

G. Miscellaneous:

1. At no time should the score differential be more than 20 points. Once a 20-point gap is reached, the leading team score should not be advanced on the scoreboard until the differential again falls below 20 points.

H. Sportsmanship:

Good sportsmanship is required. It is expected that all team personnel (coaches, assistant coaches, and players) and spectators will conform to sportsmanlike behavior at all times. Violations such as the following will not be tolerated and will result in immediate ejection from the game and premises by Park District staff or officials:

1. Verbal or physical abuse towards officials, Park District staff, coaches, participants, or spectators.
2. Foul, profane or obscene language or gestures.
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I. Bench:

Each team is permitted to have only the assigned/ approved coaches, and their players on the team bench. Coaches on the bench must have a completed background check by the Plainfield Park District.

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