



**PLAINFIELD PARK DISTRICT
YOUTH BASKETBALL MANUAL**

Revised: 11/2021

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. 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 and one weekly game.
2. **Cancellations:** Should questionable weather develop, call the Weather Hotline, 779.252.2715.
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. **End of Half:** 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. **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.

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. Each participant must play a minimum of 8 minutes per half. This should be monitored by the coaches.
2. Substitutions – Teams should designate a set group of players to start both the 1st & 2nd half. Mandatory subs will be called into the game every 6 minutes (2 times per half)

- 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 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 in this level.

E. 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.

F. 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. 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. Slight double teaming “help and recover” is allowed ONLY in the lane. Double teaming away from the ball 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.

G. Fouls

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

H. 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.

I. Bench: Each team is permitted to have only 1 head coach, 1 assistant coach, and their players on the team bench. Both the 1 head coach and 1 assistant coach on the bench must have a completed background check.

J. 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.

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. 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 and one weekly game.
2. **Cancellations:** Should questionable weather develop, call the Weather Hotline, 779.252.2715.
3. **Start Times:** All game times are played as scheduled.
3. **Forfeits:** Teams must have a minimum of 4 players available to play at the time the game officials call for play to begin and throughout the course of the game. Failure to meet this requirement may result in a forfeit.
4. **Game Length:** Games will be played with a running clock. Each half will be 18 minutes each. The clock will be stopped in the final minute of the first half and the final two minutes of the second half and overtime for fouls, out of bounds & time outs or at the discretion of the referee.
4. **End of Half:** Teams will be given 3-minutes at half time. Half time may be shortened if needed.
5. **Timeouts:** Each team will have three (3) thirty second timeouts per GAME. No timeouts may be carried over into overtime. Each team will be allowed one (1) thirty-second timeout for overtime.
6. **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 Overtime will be one – three-minute period. Games will be finished even if both teams are tied after the end overtime period.

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. Any team that has 7 players or more **MUST HAVE EACH PLAYER SIT OUT AT LEAST 8 CONTINUOUS MINUTES OF GAME ACTION PER HALF.** Coaches will be asked to monitor who is sitting so that all players are given time out of the game. Any team that has 5 players will not be able to sub.

Each player is required to play at least 1/2 of each game. However, if a player misses practice, coaches have the option to only play that player for 1/4 of the game following the practice that was missed.

2. Substitutions – Teams may substitute freely at any dead ball. However, all players must check into the game at the scorer's table and will be called in by the referees.
3. Overtime – Teams in all leagues may have free substitution during over time.

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

E. Defense

1. Teams are permitted to play zone or man to man defense at any time.
2. 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 minutes 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.
3. 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. Fast break is defined as pushing the ball up the floor quickly after a rebound or turn over.

Half Court 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.) **Bonus and Double Bonus:** Bonus will apply on the 7th team foul in each half. Double bonus will apply on the 10th team foul in each half.

G. Technical Fouls

Players: Any player receiving a technical foul will be disqualified for the remainder of that half. Should a player receive 2 technical fouls in the same game, s/he will be ejected and suspended a minimum of 1 game (the next scheduled or played game). The player must also meet with the League Manager before he or she is re-instated.

Coaches: Any coach (including the bench coach) who receives a technical foul will may given a one game suspension and must speak with the League Manager before being allowed to resume their coaching duties. Any coach who receives a 2nd technical foul may be suspended for the rest of the season and must meet with the League Manager a 2nd time to discuss any further involvement with the Plainfield Park District Youth Sports Leagues.

H. Ejections: Any player, head coach, assistant coach, or spectator that has been ejected from a game must immediately leave the premises or the game will be forfeited. Ejections will result in a minimum 1 game suspension (cannot come to the gym) upon review of the League Manager.

- I. **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.

- J. **Bench:** Each team is permitted to have only 1 head coach, 1 assistant coach, and their players on the team bench. Both the 1 head coach and 1 assistant coach on the bench must have a completed background check.

- K. **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.