



Downers Grove Park District Youth Basketball Rules

*All youth basketball games will be played according to the current edition of Illinois High School Association (IHSA) rules
Any exceptions and/or additions contained in the Downers Grove Park District rules will supersede or clarify IHSA rules*

****> Teams listed FIRST shall be designated the HOME team and will wear WHITE SIDE of Jerseys <****

League	Basket Height
KDG - 1st	8 feet
2nd - 3rd	9 feet
4th - 8th	10 feet

League	Game Ball Size
KDG - 3rd	27.0 - Junior
4th - 6th	28.5 - Women's Official / Intermediate
7th - 8th Girls	
7th - 8th Boys	29.5 - Men's Official

League	Game Length*
KDG - 4th	Game will consist of four (4) quarters of nine (9) minutes
5th - 8th	Game will consist of two (2) eighteen-minute (18) halves
*One (1) minute break between quarters and two (2) minutes at halftime	

League	Game Clock
KDG	Game clock will not stop throughout the game except for substitutions, timeouts, or injuries.
1st - 3rd	Game clock will be a running clock with the exception of the last minute of the game. During that time, the clock will stop on all referee whistles.
4th	Game clock will be a running clock with the exception of the last minute of the first half and the last minute of the game. During that time, the clock will stop on all referee whistles.
5th-8th	Game clock will be a running clock with the exception of the last minute of the first half, last two (2) minutes of the game, and during free throw attempts. During that time, the clock will stop on all referee whistles. During free throw attempts, the clock will stop when the player receives the ball for his first attempt.

League	Overtime
KDG - 4th	No overtime will be played.
5th - 8th	In the case of a tie, a two (2) minute overtime period will be played. A jump ball will start the overtime. If the score is still even after two (2) minutes, the game will be considered a tie. One (1) timeout in the overtime period.

League	Timeouts
KDG - 3rd	One (1) timeout will be allowed to each team per half and may be called by the coach. All timeouts will be one (1) minute in length.
4th - 8th	Two (2) timeouts will be allowed to each team per half and may be called by the coach. All timeouts will be one (1) minute in length.

League	Jump Balls
All Leagues	Games will start with a jump ball and then will alternate possessions.

League	Minimum/Maximum Number of Players
All Leagues	The minimum number of players on the court at one time is four (4). The maximum number of players on the court at one time is five (5).

League	Wristbands
KDG - 3rd	Prior to the start of each quarter, players will match up with their opposing player at half-court. *Players will be matched up based on the player's height.* Each player will wear a different color wristband and guard the player on the other team with the same color wristband. Wristbands can only be switched at substitutions, timeouts, or player injury. All wristbands must be returned to the score table after games.
4th - 8th	No colored wristbands will be used.

League	Scoring, Standings & Team Records
All Leagues	Game scores will be kept throughout the game on scoreboard and official scorebook (5th-8th Grades). No season standings or records will be kept.

League	Slaughter Rule
KDG - 3rd	If a team is leading by 15 or more points after three (3) quarters, the scoreboard will be reset to a 0-0 score for the final fourth quarter of play.
4th - 8th	No slaughter rule will be used.

League	Substitutions
KDG - 4th	Substitutions can be made at the 4:30 minute mark of each quarter , except for injury situations. The scorekeeper and referee will stop play as close to each mark as possible and give both teams the opportunity to substitute. <u>Substitution time is not a timeout.</u>
5th - 8th	Substitutions must report to the score table. Only the referee will call for substitutions to enter the game. Substitutions may be made on any dead ball situation.

League	Player Fouls*
KDG - 1st	Player fouls will be called, but will not be recorded.
2nd - 3rd	A player cannot foul out of games, but may be given a "timeout" by the official for excessive fouling. If a player is fouled in the act of shooting, the offense team will keep possession of the ball for a throw-in on the endline, regardless of if the basket was successful.
4th	Fouls will be recorded. On the sixth (6th) personal foul, the player will be removed from the game. If a player is fouled in the act of shooting, the offense team will keep possession of the ball for a throw-in on the endline, regardless of if the basket was successful.
5th - 8th	Fouls will be recorded and free throws will be taken. Shooting fouls will automatically result in free throws. On the sixth (6th) personal foul, the player will be removed from the game.

**The following acts will constitute a foul when committed against a ball handler/dribbler: a) placing two hands on the player; b) placing an extended arm bar on the player; c) placing and keeping a hand on a player; d) contacting the player more than once with the same hand or alternating hands.*

League	Team Fouls
KDG - 4th	Team fouls will not be recorded.
5th - 8th	When a team commits the seventh (7th) team foul, the opposing team will shoot bonus (1-&-1) free throws; when the tenth (10th) team foul is committed, the opposing team will shoot double bonus (2 shots) free throws.

League	Free Throws
KDG - 4th	No free throws will be taken.
5th - 8th	Players in the marked lane may move into position as soon as the ball is released from foul shooter's hand. Shooter or those beyond the arc can't pursue the ball until it has hit the rim.

League	Offense
All Leagues	Isolation plays will not be allowed. Some kind of offense must be run. An isolation play is defined as clearing the court to create a one-on-one opportunity. <u>On-ball picks are not considered an isolation play.</u>

League	Defense
KDG - 4th	<u>Man-to-man defense must be played.</u> The defensive team must return behind their defensive line (a blue or red volleyball marking on the court) before guarding their man. No double teaming.
5th - 8th	Both man-to-man and zone defense can be played.

League	Steals
KDG - 1st	Steals can only be made off a pass. Players are not allowed to steal from a player holding or dribbling the basketball.
2nd - 4th	Steals can only be made off a pass. Players are not allowed to steal from a player holding or dribbling the basketball. <u>However, if the basketball is not in control by the offensive player,</u> for example the offensive player dribbles the ball off their foot or just loses control of the dribble, <u>then the basketball can be stolen by the defensive player.</u>
5th - 8th	Steals are allowed both off the dribble or pass.

League	Picks
KDG - 2nd	Picks will not be allowed.
3rd-4th	<u>Only on-ball picks will be allowed.</u> Defensive players are allowed to make defensive switches on on-ball picks, but defensive players must switch back to the original offensive player they were defending at the next opportunity. <u>No double team defense will be allowed.</u>
5th - 8th	Picks will be allowed.

League	Lane Violations
KDG - 4th	No lane violations will be enforced, except when players are abusing the liberty ("camping out").
5th - 8th	A three (3) second lane violation rule will be enforced.

League	Fast Breaks
KDG - 2nd	<u>No Fast Breaks are allowed.</u> When a rebound is grabbed the defense and offense should drop back into their position. This will allow for both sides to be ready for the next play. It is the Coach's responsibility to slow their team and allow the defense to get back into position.

3rd	Fast breaks will be allowed, however, the player with the ball must dribble across the division line (half court). No long passes. Players are allowed to provide "help defense" (a defender of any color wristband can help out on a fast break) on fast breaks only. If a team is winning by 15 points or more, the winning team cannot fast break.
4th - 8th	Fast breaks of all types will be allowed. If a team is winning by 15 points or more, the winning team cannot fast break.

League	Defensive Pressing*
KDG - 3rd	No full court or half court pressure is allowed.
4th	No full court press will be allowed. Half court pressure cannot be applied until the ball is over the defensive line (a blue or red volleyball marking on the court)
5th - 6th	Full court pressure will be allowed only in the last two (2) minutes of the game. The defense must allow the opposing team's players to cross the division line before defensive pressure can be applied, except in the last two (2) minutes.
7th - 8th	Full court and half court press will be allowed unless a team is winning by 15 or more points.
<i>*If a team is winning by 15 or more points, the winning team cannot press. At that point, all defensive players must play behind the 3-point line.</i>	

League	Half Court Rule
KDG - 4th	A ten (10) second half-court rule will be enforced. The ball must pass the centerline or possession will be lost. No backcourt violation will be enforced unless a team is attempting to run out the clock.
5th - 8th	A ten (10) second half-court rule will be enforced. The ball must pass the centerline or possession will be lost. Backcourt violation will be enforced.

League	5-Second Closely Guarded
KDG - 1st	No five-second holding the ball rule will be enforced.
2nd - 8th	The five-second rule involving holding the ball will apply and result in a loss of possession.

League	Player Benches
All Leagues	Only the head coach, assistant coach and players in jersey should be seated on or standing near the player bench. All others should be seated in the bleachers.
KDG Only	*One (1) coach from each team will be allowed on the court during the game to officiate and supervise the game and their team. The on-court coach will be allowed to roam from endline to the midcourt line on the sideline nearest their bench.

League	Good Sportsmanship
All Leagues	The use of profanity, obscene gestures, and/or taunting are strictly prohibited by any player, coach, official, spectator, parent, or family member on and off the court. Coaches and parents must make sure their conduct is proper in every respect and must make sure that their players and spectators do the same.

League	Officiating
All Leagues	<ul style="list-style-type: none"> > Only the coach can request an explanation of a call or rule - requests must be made during timeouts only. > No one is allowed to argue judgement calls with officials. > Persons who choose to argue with officials shall be subject to a technical foul or possible ejection. > Each official has the authority to rule on any point not specifically covered in the DGPD or IHSA rules. > Physical contact with an official is not permitted and will not be tolerated. Anyone making contact with an official will be immediately ejected and suspended from further participation in the DGPD basketball league. > All technical fouls will result in an automatic two (2) points for the opposing team and possession of the ball for a throw-in.

League	Jewelry
	> Jewelry includes but is not limited to earrings, bracelets, and necklaces.

All Leagues	<p>> Players who cannot remove jewelry may cover them with bandages for games.</p> <p>> Medical alert jewelry such as bracelets or necklaces are not considered jewelry but must be secured to the body.</p> <p>> Officials can instruct a player to remove jewelry or the player will not be allowed to play.</p>
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League	<i>Tobacco & Alcohol Prohibited</i>
All Leagues	The use of tobacco and alcoholic beverages in any form are strictly prohibited within the confines of the facility.

League	<i>Noisemakers Prohibited</i>
All Leagues	The use of artificial noisemakers such as cow bells, whistles, etc. during youth basketball games is prohibited.

League	<i>Spectator Areas</i>
All Leagues	All spectators must sit in the designated spectator areas. Spectators cannot sit on the basketball court sidelines, the score table, the player bench area, and spectators cannot block the entrances to the courts.