



Woodridge  
**PARK DISTRICT**

YOUTH BASKETBALL RULES

7-8 Grades Coed & 6-8 Grades Girls

1. High school basketball rules will generally apply with the following clarifications and exceptions:
  - a. Quarters will be eight (8) minutes for Girls 6<sup>th</sup> – 8<sup>th</sup> grade division and 12 minutes for Co-ed 7<sup>th</sup> – 8<sup>th</sup> grade. Clock will be stopped on shooting fouls and during the last two (2) minutes of each game and thirty (30) seconds of each quarter.
  - b. Two (2) full time-outs and Two (2) thirty second timeouts will be allowed for each team during each game and may be called by the coach. One (1) additional full time-out is allowed for an overtime period. All time-outs will be carried over into overtime.
  - c. A three (3) minute overtime will be given in the case of a tie game at the end of regulation time. The clock will run continuously, stopping only for time-outs with the exception of the last (1) minute. A "sudden death" playoff will occur if the game is still tied at the end of the overtime period. The first team to score a basket wins.
  - d. The time between halves will be three (3) minutes. The time between quarters will be thirty (30) seconds.
  - e. Teams will have a minimum three (3) minutes to warm up before their game.
2. No less than four (4) players per team must be present on the floor and ready to play at the start of the game and a minimum of four (4) players to continue the game.
3. Game time is forfeit time.
4. The over and back rule will be enforced.
5. The ten (10) second rule will apply for the offense in the back court.
6. Defense is **NOT** allowed past mid court. Pressing may begin with or without a basket being scored only during the last two (2) minutes of the game. **Coaches should use their best judgment when initiating the press rule so as not to run up the score.**
7. A **three (3)** second lane violation will be strictly enforced.
8. FOULS:
  - a. Flagrant fouls, not intentional fouls, (in judgment of the referee) will result in dismissal of the offending player from the game, and two (2) foul shots will be

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Revised 11/10

given to the player against whom the foul was committed and the ball will be awarded to the player's team.

- b. The one-and-one foul shot rule will apply starting with the seventh team foul committed in each half. On the tenth (10) fouls, the two shot fouls (super bonus) will apply.
- c. Two (2) foul shots will be allowed the player who is fouled in the act of shooting, three (3) shots in the case of a shooting foul behind the three point arch.
- d. Any coach or player will be ejected from the game automatically on his second (2nd) technical foul.
- e. Player is not permitted to play after five (5) fouls.
- f. If a player, coach or fan is ejected from a game for misconduct, that individual will be suspended for that team's next regularly scheduled game.

YOUTH BASKETBALL RULES continued

Page 2

9. The five (5) second rule, involving holding the ball, will result in alternate possession of the ball.
10. The five (5) second rule will apply in bringing the ball in bounds in both leagues.
11. A jump ball will start the first quarter and overtime periods. Otherwise, alternate possession of the ball will be ruled.
12. Free substitution will be allowed. Any player can enter the game whenever the clock is stopped. However, coaches must report a substitution to the official scorekeeper to be considered as an eligible player. Failure to do so will result in a technical foul.
13. Players are prohibited from entering the lane until the ball touches the rim or backboard, or until the free throw ends.

## GENERAL

1. **Coaches, players, and fans are expected to use good sportsmanship at all times.**
2. **MINIMUM TIME REQUIREMENT: Each eligible player on a team must play the equivalent of at least one (1) half of play, sixteen (16) minutes, per game.** Every player must sit out a minimum of one (1) quarter, eight (8) minutes, except in the case of having six (6) players, when two (2) players may play up to three and one-half (3-1/2) quarters, (28) minutes. If a player has a number of unexcused absences from practice, the coach in cooperation with the league supervisor will have the discretion to reduce playing time.
3. Only registered team players may be used on the team to which they are assigned.
4. No protest accepted! The official's decision is final.
5. There is to be no practice in the halls or on the sidelines before your game. **Please do not allow your team to shoot baskets or bounce the balls before their scheduled**

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**game as this is disruptive to the game in progress.** Please have your team keep there own basketballs at home on game nights.

6. Two (2) officials will be present at all games. If a referee does not show up, the game will proceed with one (1) official. If no officials are present two options exist; 1. The game will be rescheduled or 2. The game will be played using a spectator referee. The option chosen must be agreed upon by both captains. If option 2 is chosen the game is official and the referees will receive payment of \$25.00.