



Woodridge
PARK DISTRICT

YOUTH BASKETBALL RULES

3-4 Grades Coed & 3-5 Grades Girls

1. High school basketball rules will generally apply with the following clarifications and exceptions:
 - a. Quarters will be eight (8) minutes. Clock will be stopped on shooting fouls and during the last two (2) minutes of game and thirty (30) seconds of each quarter.
 - b. Two (2) time-outs will be allowed each team during each half with no carryover and may be called by the coach. One (1) additional time-out is allowed for an overtime period. All time-outs will be one (1) minute in length.
 - 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 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.
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. Once the ball is brought over the half court line, back court is the extended foul line.
5. The ten (10) second rule will apply for the offense in the back court.
6. Defense is **NOT** allowed past mid court. **No pressing until the last 30 seconds of the game.**
7. A ten (10) second lane violation will be 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 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. 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.
 - f. Player is not permitted to play after five (5) fouls.
9. The five (5) second rule will apply in bringing the ball in bounds in both leagues.
 10. A jump ball will start the first quarter and overtime periods. Otherwise, alternate possession of the ball will be ruled.
 11. Free substitution will be allowed, in that any player can enter the game whenever the clock is stopped. Coaches must report the substitution to the official scorekeeper to be considered as an eligible player. Failure to do so will result in a technical foul.
 12. 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, two (2) players may play up to three and one-half (3-1/2) quarters (28 minutes).
3. Only registered team players may be used on the team to which they are assigned.
4. No protests are accepted! The official's decision is final.
5. There is to be no practice in the hallways and sidelines before your game. **Please do not allow your team to shoot baskets or bounce the balls before their scheduled game as this is disruptive to the game in progress.** Your team will have a three (3) minute warm up period before their game, however please have your team keep their own basketballs at home on game nights.
6. One (1) official will be present at all regular season games. 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 coaches. If option 2. is chosen the game is official and the referee will receive a payment of \$25.00.