

Channahon Park District

Youth In-House Basketball League Rules

All games will be played under the current IHSA rules, with the exception of special rules noted below.

Game Clock

1. Games will consist of 4 six-minute quarters. The clock will stop on the officials whistle. We will not be playing with a running clock.
2. One minute will be allowed between quarters and three minutes for halftime.
3. Time will be given before each game for warm-ups.
4. Each team will be allowed 3 time outs per game and one time out in overtime.

Overtime

1. The overtime period will be three minutes with a running clock except for the last minute, during which the clock will stop on the referee's whistle.
2. If the game is still tied after the overtime period the game will result in a tie for 3rd & 4th grade. Grades higher will continuously play 3 minutes until there is a winner.

Three Point Rule

1. Three point baskets will count for 5th-6th and 7th-8th grade, if made outside of the three-point arc. There will be no three-point basket for 3rd-4th grade.

Basketball Size

1. 3rd-4th Grade will use a 28.5 size basketball. (official women's regulation size)
2. 5th-6th Grade Girls will use a 28.5 size basketball. (official women's regulation size)
3. 5th-6th Grade Boys will use a 29.5 size basketball (official men's regulation size)
4. 7th-8th Grade CoEd will use a 29.5 size basketball. (official men's regulation size)

Defenses

1. **The 3rd-4th Grade division will only be allowed to use man-to-man defense. They cannot double a player at any time.** The 5th-6th and 7th-8th Grade will be allowed to use man-to-man and zone defenses.
2. There will be no full court pressure allowed, except in the **5th-8th grade league (Absolutely NO pressing if a team is up by 15 or more points).** Players must wait until the offensive team crosses the half court line before pressure can be applied. The 5th-8th grade players may press the last 2 minutes of the 2nd quarter and the last 2 minutes of the 4th quarter.

3. **3rd & 4th Grade** may not steal the ball off the dribble. The ball may only be stolen on the pass. They must wait until the ball crosses half court to begin playing defense.

Playing Time

1. Every player **must** play a minimum of two quarters or half the game.
NOTE: This is a recreational league; participation must take precedence over winning. In a recreational league the purpose is to provide the participants with the opportunity to play and learn the sport. Therefore it is recommended to all coaches that each player be allowed to play an equal amount of time.

Conduct

1. The head coach is responsible for the conduct of his/her players and fans. Unsportsmanlike conduct will not be allowed. Unsportsmanlike conduct includes, but is not limited to, disrespectfully addressing the referee, attempting to influence the referee's decision, banging on the bleachers or yelling at a player during free-throws. We teach good sportsmanship among the participants so please help to reinforce these lessons.
2. In response to unsportsmanlike conduct the following action may be taken:
 1. A stoppage of play with a warning to the head coach
 2. A technical foul awarding two free throws plus the ball
 3. A second technical foul will lead to the banishment of the offender
 4. If the offender does not leave or another violation occurs the referee may award the opposing team a victory by forfeit and the game called.
3. Coaches who are given a technical foul during the course of a game may be replaced as the team's coach. If a coach receives a technical foul, he/she will not be allowed in the facility for the next game. If the behavior occurs again, at any point during another game, the coach will be removed from coaching duties and will not be allowed back in the facility for the remainder of the season. Coaches need to show the players the importance of good sportsmanship and if that is not happening then we reserve the right to replace him/her with another coach.

Fouls

1. Players in the 3rd-4th grade will be called for fouls but cannot foul out of the game. 5th-6th and 7th-8th grade players will be allowed 5 personal fouls; on the fifth foul the player will have to leave the game. Technical fouls will count towards the players five foul limit.
2. Free throws will be shot on the 7th team foul in a half one shot plus the bonus, after the 10th team foul in a half players will shoot two shots. 5th-6th and 7th-8th grade will shoot from the designated free throw line while the 3rd-4th grade will shoot from a mark closer to the basket.