



## **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.**
2. The clock will stop on the officials whistle.
3. One minute will be allowed between quarters and three minutes for halftime.
4. Each team will be allowed 2 time outs per half and one time out in overtime. (no carry overs)

### **Overtime**

1. The overtime period will be two minutes with a running clock except for the last minute, during which the clock will stop on the referee's whistle.
2. Play two minute O.T's until a winner is declared.
3. There will be no overtime periods for the 1<sup>st</sup>/2<sup>nd</sup> grade games.

### **Three Point Rule**

1. Three point baskets will count for all age groups if made outside of the three-point arc.

### **Basketball Size**

1. 1<sup>st</sup>-2<sup>nd</sup> Grade (Co-Ed) will use a Junior size basketball (27.5)
2. 3<sup>rd</sup>-4<sup>th</sup> Grade (Co-Ed) will use a Women's regulation size basketball (28.5)
3. 5<sup>th</sup>-6<sup>th</sup> Grade (Boys) will use a Men's regulation size basketball (29.5)

### **Basket Height**

1. 1<sup>st</sup> -2<sup>nd</sup> Co-Ed will play at 8ft.
2. 3<sup>rd</sup>-4<sup>th</sup> Co-Ed will play at 9ft.
3. All other divisions will play at 10ft regulation basket height.

### **Defenses**

1. 1<sup>st</sup> -2<sup>nd</sup> and 3<sup>rd</sup>-4<sup>th</sup> grade division will be man-to-man defense only, with no double teams or fast breaks on turnovers.
2. The 5<sup>th</sup>-6<sup>th</sup> and 7<sup>th</sup>-8<sup>th</sup> grade divisions will be allowed to use man-to-man or zone defenses.
3. There will be no full court pressure allowed at any age level. Players must wait until the offensive team crosses the half court line before pressure can be applied. If a team is up 15 or more points, team must play man defense with No Pressure!

### **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. Respect the Referees calls and remember why we're all here.
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 points and the ball at half court
  3. A second technical foul will lead to the ejection of the coach
3. Coaches who are given a technical foul during the course of a game may be replaced. 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 1<sup>st</sup>-4<sup>th</sup> Grade will be called for fouls but cannot foul out of the game. 5<sup>th</sup>-6<sup>th</sup> 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 7<sup>th</sup> team foul (in a half) one shot plus the bonus, after the 10<sup>th</sup> team foul (in a half) players will shoot two shots. 5<sup>th</sup>-6<sup>th</sup> Grade will shoot from the designated free throw line while the 3<sup>rd</sup>-4<sup>th</sup> Grade will shoot from a mark closer to the basket if unable to shoot from the 15-foot free throw line.