



Youth In-House Basketball League Rules 2023-2024

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

Basketball Size

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

Basket Height

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

Game Clock

Games will consist of (4) six-minute quarters.

- The clock will stop on the official's whistle.
- One minute will be allowed between quarters and three minutes for halftime.
- Each team will be allowed 2 time outs per half and one time out in overtime. (no carry overs)

Playing Time

Every player must play a minimum of two quarters or half the game.

- 1st-2nd, 3rd-4th grade division will sub at the 3-minute mark of each quarter.

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.

Jump ball will start each game, then alternating possession based on the possession arrow will determine which team gets the ball to start the next possession. A jump ball shall begin any overtime period.

Defenses

1. 1st -2nd and 3rd-4th grade division will be man-to-man defense only, with no double teams or fast breaks on turnovers.
2. The 5th-6th and 7th-8th grade divisions will be allowed to use man-to-man or zone defenses.
3. A defender can pick up a dribbler at half court only after the ball and his/her feet have crossed center court line. **EXCEPTION:** This would not apply in the last two minutes of the 4th quarter of the 5th-6th grade division as pressing is allowed in the last 2 minutes of the 4th quarter and also the last minute of any overtime sessions in that division. No team is allowed to press if they are leading by 15 points or more. No full court press at any time in 1st-2nd and 3rd-4th grade divisions.

Fouls

1. Players in the 1st-4th Grade will be called for fouls but cannot foul out of the game. 5th-6th Grade & 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. NEW! Free throws will be shot on the 5th team foul each quarter. Each foul after the 5th team foul will shoot 2 free throws (except if the foul is a charging foul). After each quarter, the foul rule will restart. 5th-6th Grade will shoot from the designated free throw line while the 3rd-4th Grade will shoot from a mark closer to the basket if unable to shoot from the 15-foot free throw line.

Technical Fouls

-Coaches or players using profanity or displaying unsportsmanlike conduct will be given a technical foul. A second technical foul given to a player or coach in the SAME GAME will result in an ejection from the game and field house. One ejection=1-game suspension (minimum); two ejections=future disciplinary actions ranging from suspension to removal from the league with no refund. A player that has been suspended may not attend his team's games until his suspension is served.

-An accumulation of four technical fouls throughout the season will result in a minimum one-game suspension. Any further technical/flagrant fouls will result in more disciplinary action.

Three Point Rule

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

Screening

Screening is not allowed in the 1st-2nd division, but is allowed in the 3rd-4th, 5th-6th, 7th-8th grade division if it is done legally.

Overtime

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.

1. Play two minute O.T's until a winner is declared.
2. Note: There will be no overtime periods for the 1st-2nd and 3rd-4th grade divisions

5th-8th Grade Additional Rules

1. A 3-second lane violation call will be made for the 5th-8th grade division.
2. All 5th-8th grade players will not be able to cross the free throw line until the ball hits the rim.

Block Shots & Steals

1. 1st-2nd graders can not steal or block shots
2. 3rd-4th, 5th-6th, 7th-8th graders can steal and block shots

Double Teaming

1. No double teaming for 1st-2nd and 3rd-4th divisions

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

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