



# Downers Grove Park District Youth Basketball Rules

*All youth basketball games will be played according to the current edition of Illinois High School Association (IHSA) rules  
Any exceptions and/or additions contained in the Downers Grove Park District rules will supersede or clarify IHSA rules*

**\*\*> Teams listed FIRST shall be designated the HOME team and will wear WHITE SIDE of Jerseys <\*\***

**\*>KDG-4th Grade (Sat) = HOME team must provide parent scorekeeper for games<\***  
**5th-8th Grade (Sun) = DGPD will provide scorekeeper staff for games**

League	Basket Height
KDG - 2nd	8 feet
3rd - 4th	9 feet
5th - 8th	10 feet

League	Game Ball Size
KDG - 3rd	27.5 - Junior
4th - 5th Boys 4th - 8th Girls	28.5 - Women's Official / Intermediate
6th - 8th Boys	29.5 - Men's Official

League	Game Length*
KDG - 4th	Game will consist of four (4) quarters of nine (9) minutes
5th - 8th	Game will consist of two (2) eighteen-minute (18) halves
*One (1) minute break between quarters and two (2) minutes at halftime	

League	Game Clock
KDG	Game clock will not stop throughout the game except for substitutions, timeouts, or injuries.
1st - 3rd	Game clock will be a running clock with the exception of the last minute of the game and for substitutions. During the last minute of the game, the clock will stop on all referee whistles.
4th	Game clock will be a running clock with the exception of the last minute of the first half and the last minute of the game and for substitutions. During the last minute of the first half and last minute of the game, the clock will stop on all referee whistles.
5th-8th	Game clock will be a running clock with the exception of the last minute of the first half, last two (2) minutes of the game, and during free throw attempts. During that time, the clock will stop on all referee whistles. During free throw attempts, the clock will stop when the player receives the ball for his first attempt.

League	Overtime
KDG - 4th	No overtime will be played.
5th - 8th	In the case of a tie, a two (2) minute overtime period will be played. A jump ball will start the overtime. If the score is still even after two (2) minutes, the game will be considered a tie. One (1) timeout in the overtime period.

League	Timeouts
KDG - 3rd	One (1) timeout will be allowed to each team per half and may be called by the coach. All timeouts will be one (1) minute in length.
4th - 8th	Two (2) timeouts will be allowed to each team per half and may be called by the coach. All timeouts will be one (1) minute in length.

<b>League</b>	<b>Jump Balls</b>
All Leagues	Games will start with a jump ball and then will alternate possessions.

<b>League</b>	<b>Minimum/Maximum Number of Players</b>
All Leagues	The minimum number of players on the court at one time is four (4). The maximum number of players on the court at one time is five (5).

<b>League</b>	<b>Wristbands</b>
KDG - 2nd	Prior to the start of each quarter, players will match up with their opposing player at half-court. <b>* Players will be matched up based on the player's height.*</b> Each player will wear a different color wristband and guard the player on the other team with the same color wristband. Wristbands can only be switched at substitutions, timeouts, or player injury. All wristbands must be returned to the score table after games.
3rd - 8th	No colored wristbands will be used.

<b>League</b>	<b>Coaches Allowed on Court</b>
KDG - 2nd	Coaches are allowed on the court to assist players during game play. Coaches are encouraged to positively instruct their players during games along with the game official. <b>*KDG League - Coaches will be on the court and will officiate the game as well (no referee present for KDG games)*</b>
3rd - 8th	Coaches are not allowed on the court and should stay on the sidelines next to their team bench during the game.

<b>League</b>	<b>Scoring, Standings &amp; Team Records</b>
All Leagues	Game scores will be kept throughout the game on scoreboard and official scorebook (5th-8th Grades). No season standings or records will be kept.

<b>League</b>	<b>Slaughter Rule</b>
All Leagues	If a team is leading by 15 or more points at any point, no fast breaks or full court press will be allowed. The defense must only play behind the 3-point line at all times. When the score differential becomes 15+ points, the game clock will run through all stoppages and referee whistles.

<b>League</b>	<b>Substitutions</b>
KDG - 4th	Substitutions can be made at the <b>4:30 minute mark of each quarter</b> , except for injury situations. The scorekeeper and referee will stop play as close to each mark as possible and give both teams the opportunity to substitute. <b>The clock will stop at this time for substitutions. Substitution time is not a timeout.</b>
5th - 8th	Substitutions must report to the score table. Only the referee will call for substitutions to enter the game. Substitutions may be made on any dead ball situation.

<b>League</b>	<b>Player Fouls*</b>
KDG - 1st	Player fouls will be called, but will not be recorded.
2nd	A player cannot foul out of games, but may be given a "timeout" by the official for excessive fouling. If a player is fouled in the act of shooting, the offense team will keep possession of the ball for a throw-in on the endline, regardless of if the basket was successful.
3rd - 4th	Fouls will be recorded. On the sixth (6th) personal foul, the player will be removed from the game. If a player is fouled in the act of shooting, the offense team will keep possession of the ball for a throw-in on the endline, regardless of if the basket was successful.
5th - 8th	Fouls will be recorded and free throws will be taken. Shooting fouls will automatically result in free throws. On the sixth (6th) personal foul, the player will be removed from the game.

*\*The following acts will constitute a foul when committed against a ball handler/dribbler: a) placing two hands on the player; b) placing an extended arm bar on the player; c) placing and keeping a hand on a player; d) contacting the player more than once with the same hand or alternating hands.*

<b>League</b>	<b>Team Fouls</b>
KDG - 4th	Team fouls will not be recorded.
5th - 8th	When a team commits the seventh (7th) team foul, the opposing team will shoot bonus (1-&-1) free throws; when the tenth (10th) team foul is committed, the opposing team will shoot double bonus (2 shots) free throws.

<b>League</b>	<b>Free Throws</b>
KDG - 4th	No free throws will be taken.
5th - 8th	Players in the marked lane may move into position as soon as the ball is released from foul shooter's hand. Shooter or those beyond the arc can't pursue the ball until it has hit the rim.

<b>League</b>	<b>Traveling &amp; Double Dribbles</b>
KDG - 1st	<b>Violations are not called. Coaches and official on court should warn, instruct, and resume play</b> . Coaches and officials are encouraged to positively instruct during games.
2nd - 3rd	<b>Violations are called loosely at the official's discretion</b> . If violation occurs, official should warn first and if violations continue should call turnovers.
4th - 8th	<b>Violations are called normally by officials on the court.</b>

<b>League</b>	<b>Offense</b>
All Leagues	Isolation plays will not be allowed. Some kind of offense must be run. An isolation play is defined as clearing the court to create a one-on-one opportunity. <u>On-ball picks are <b>not</b> considered an isolation play.</u>

<b>League</b>	<b>Defense</b>
KDG - 2nd	<b><u>Man-to-man defense must be played.</u></b> The defensive team must return behind their defensive line (a blue or red volleyball marking on the court) before guarding their man. No double teaming.
3rd - 4th	<b><u>Man-to-man defense must be played.</u></b> The defensive team must return behind the <b><u>half court line</u></b> before guarding their man. No double teaming.
5th - 8th	Both man-to-man and zone defense can be played.

<b>League</b>	<b>Steals</b>
KDG - 2nd	<b>No steals will be allowed.</b> Players are not allowed to steal from a player holding, dribbling, or passing the basketball.
3rd - 4th	<b>Steals are allowed - but can only happen once the player with possession passes the half court line.</b>
5th - 8th	<b>Steals are allowed both off the dribble or pass.</b>

<b>League</b>	<b>Picks</b>
KDG - 2nd	Picks will not be allowed.
3rd-4th	<b>Only on-ball picks will be allowed.</b> Defensive players are allowed to make defensive switches on on-ball picks, but defensive players must switch back to the original offensive player they were defending at the next opportunity. <u>No double team defense will be allowed.</u>
5th - 8th	Picks will be allowed.

<b>League</b>	<b>Lane Violations</b>
KDG - 4th	No lane violations will be enforced, except when players are abusing the liberty ("camping out").
5th - 8th	A three (3) second lane violation rule will be enforced.

<b>League</b>	<b>Fast Breaks</b>
KDG - 2nd	<u>No Fast Breaks are allowed.</u> When a rebound is grabbed the defense and offense should drop back into their position. This will allow for both sides to be ready for the next play. It is the Coach's responsibility to slow their team and allow the defense to get back into position.
3rd	Fast breaks will be allowed, however, the player with the ball must dribble across the division line (half court). No long passes . If a team is winning by 15 points or more, the winning team cannot fast break.
4th - 8th	Fast breaks of all types will be allowed. If a team is winning by 15 points or more, the winning team cannot fast break.

<b>League</b>	<b>Defensive Pressing*</b>
KDG - 2nd	No full court or half court pressure is allowed.
3rd - 4th	No full court press will be allowed. Half court pressure is allowed unless a team is winning by 15 or more points.
5th - 6th	Full court pressure will be allowed only in the last two (2) minutes of the game. The defense must allow the opposing team's players to cross the division line before defensive pressure can be applied, except in the last two (2) minutes.
7th - 8th	Full court and half court press will be allowed unless a team is winning by 15 or more points.
<i>*If a team is winning by 15 or more points, the winning team cannot press. At that point, all defensive players must play behind the 3-point line.</i>	

<b>League</b>	<b>Half Court Rule</b>
KDG - 4th	A ten (10) second half-court rule will be enforced. The ball must pass the centerline or possession will be lost. No backcourt violation will be enforced unless a team is attempting to run out the clock.
5th - 8th	A ten (10) second half-court rule will be enforced. The ball must pass the centerline or possession will be lost. Backcourt violation will be enforced.

<b>League</b>	<b>5-Second Closely Guarded</b>
KDG - 1st	No five-second holding the ball rule will be enforced.
2nd - 8th	The five-second rule involving holding the ball will apply and result in a loss of possession.

<b>League</b>	<b>Player Benches</b>
KDG-6th	Only the head coach, assistant coach and players in jersey should be seated on or standing near the player bench. All others should be seated in the bleachers.
7th/8th	At least one adult (18+) must be on the team bench at all times during games. A maximum of two other coaches (younger than 18) are allowed on the team bench at one time.
KDG Only	<b>*One (1) coach from each team will be allowed on the court during the game to officiate and supervise the game and their team. The on-court coach will be allowed to roam from endline to the midcourt line on the sideline nearest their bench.</b>

<b>League</b>	<b>Good Sportsmanship</b>
All Leagues	The use of profanity, obscene gestures, and/or taunting are strictly prohibited by any player, coach, official, spectator, parent, or family member on and off the court. Coaches and parents must make sure their conduct is proper in every respect and must make sure that their players and spectators do the same.

<b>League</b>	<b>Officiating</b>
All Leagues	<ul style="list-style-type: none"> <li>&gt; Only the coach can request an explanation of a call or rule - requests must be made during timeouts only.</li> <li>&gt; No one is allowed to argue judgement calls with officials.</li> <li>&gt; Persons who choose to argue with officials shall be subject to a technical foul or possible ejection.</li> <li>&gt; Each official has the authority to rule on any point not specifically covered in the DGPD or IHSA rules.</li> <li>&gt; Physical contact with an official is not permitted and will not be tolerated. Anyone making contact with an official will be immediately ejected and suspended from further participation in the DGPD basketball league.</li> <li>&gt; <b>All technical fouls will result in an automatic two (2) points for the opposing team and possession of the ball for a throw-in.</b></li> </ul>

<b>League</b>	<b>Jewelry</b>
All Leagues	<ul style="list-style-type: none"> <li>&gt; Jewelry includes but is not limited to earrings, bracelets, and necklaces.</li> <li>&gt; Players who cannot remove jewelry may cover them with bandages for games.</li> <li>&gt; Medical alert jewelry such as bracelets or necklaces are not considered jewelry but must be secured to the body.</li> <li>&gt; Officials can instruct a player to remove jewelry or the player will not be allowed to play.</li> </ul>

<b>League</b>	<b>Tobacco &amp; Alcohol Prohibited</b>
All Leagues	The use of tobacco and alcoholic beverages in any form are strictly prohibited within the confines of the facility.

<b>League</b>	<b>Noisemakers Prohibited</b>
All Leagues	The use of artificial noisemakers such as cow bells, whistles, etc. during youth basketball games is prohibited.

<b>League</b>	<b>Spectator Areas</b>
All Leagues	All spectators must sit in the designated spectator areas. Spectators cannot sit on the basketball court sidelines, the score table, the player bench area, and spectators cannot block the entrances to the courts.