



Youth Basketball Rules

All games will be played according to the current edition of the National Federation of High Schools, with the exception of special rules which apply to DTPD Leagues. Girls 5th and 6th Grade will also adhere to the Huntley league rules. Girls 7th and 8th Grade will also adhere to the Inter-Village Basketball league rules.

League	Game Length	Overtime	Timeouts
1st/2nd	4 quarters of 7 minutes, running clock.	There will be no overtime at this level.	No timeouts. Coaches are on the floor helping the children.
3rd/4th	4 quarters of 10 minutes, running clock.*	Overtime will consist of 3 minutes; running clock for 2 minutes, regulation clock for the last one. If teams are still tied after the first overtime the game will be over and remain a tie.	Each team will receive one (1) timeout per half and one (1) in overtime. Timeouts DO NOT carry over from half to half or half to overtime.
5th/6th	4 quarters of 10 minutes, running clock.*	Overtime will consist of 3 minutes; running clock for 2 minutes, regulation clock for the last minute. If teams are still tied after the first overtime, a sudden death period will be played: jump ball, no clock, no time outs, and first basket wins.	
7th/8th	4 quarters of 10 minutes, running clock.*		

** Regulation clock will be used for the last minute of the 4th quarter unless a team is winning by 10 points or more. If the point difference goes below 10 points; the regulation clock will be used again.*

League	Basket Height
1st/2nd Through 3rd/4th	9' Foot Rim Heights
3rd/4th Through 7th/8th	10' Foot Rim Heights

League	Ball Size
1st/2nd Through 3rd/4th	Junior Size Basketball (27.5 Size)
5th/6th Boys & Girls	Woman Size Basketball (28.5 Size)
7th/8th Boys	Men Size Basketball (Official size)
7th/8th Girls	Woman Size Basketball (28.5 Size)

League	Free-Throw Line	Free-Throw Lane - During Foul Shot
1st/2nd Mix	No free throws will be taken. Team will possess the ball on a shooting foul.	Players in the 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 or backboard.
3rd/4th	Free throw line is 2 feet closer to the basket or the black line at the Rakow Center.	
5th/6th Through 7th/8th	Free throw line is the regulation length.	

League	Stealing (Defense)
1st-4th*	No stealing the ball off the dribble outside the 3 point line. Stealing on a pass or loose ball is allowed. <i>*For 3/4th, in the final 2 minutes of the 4th quarter defense may pick up at the half court line. Only if the score is within 10 points.</i>
5th/6th Through 7th/8th	Any kind of stealing is allowed.

League	Defense
1st/2nd Through 3rd/4th	Only Man-to-Man defense for the entire game. Defense must drop back and may pick up their player at the 3-point line to allow players to bring up the ball without pressure.
5th/6th	Only Man-to-Man defense for the entire game. Defense can pick up their players at half court but must allow the dribbler to cross half court line.
7th/8th	Man-to-Man defense is allowed.

All Leagues

Playing Time	All players will get equal playing time regardless of any factors. This is a recreational league and all will play when they are present. Each player should start at least two games of the season.
Player Fouls	Each player will receive 5 fouls per game. After the 5th foul, the player is removed from the game.
Team Fouls	"Bonus Situation" (2 Shots) begins on the 5th foul of each quarter.
Technical Fouls	When a technical foul is given points will be awarded to the opposing team along with possession of the ball; no foul shooting. One point for floor technical and 2 points for a bench technical.
Offense	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. Stalling will not be allowed. If a team is stalling, the referee can issue a warning. A second violation will result in loss of the ball.
Jump Balls	Jump ball will be used to start the game, overtime, and sudden death, otherwise, alternating possessions.
Player Benches	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.
20 Point Rule - Blowout Rule	If a team is up by 20 or more points, the scoreboard will remain a 20 point deficit. The score book will have the official score but the scoreboard will only show a 20 point difference. The scoreboard and score book will reflect each other if the score goes below a 20 point difference again.

Three Second Violation

League	Three Second Violation
1st/2nd Through 5th/6th Boys	Players on offense may not be in the lane for longer than 5 seconds. Referred as 3 second violation.
5th/6th Girls Through 7th/8th	Players on offense may not be in the lane for longer than 3 seconds.

Double-Teaming*

League	Double-Teaming*
All Leagues	Double-Teaming is not allowed. A player may play help side defense. Example: Player A is guarding player B. Player B beats player A to the basket. Player C may help defend Player B until Player A gets back into his position.

Fast Breaks*

League	Fast Breaks*
1st/2nd Through 3rd/4th	No Fast Breaks are allowed. 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.
5th/6th Through 7th/8th	Fast breaks are allowed, unless a team is winning by 10 points.

**Teams will be warned in the 1st half. If a team continues to fast break, a referee can penalize that team and it will result in a turnover.*

Defensive Pressing

League	Defensive Pressing
1st/2nd Through 5th/6th	No full court or half court pressure is allowed. See defense rule
7th/8th	Defensive Pressing is allowed anytime*

** If a team is up by 10 points or more they are not allowed to press. If the amount of points drops below 10 then they may continue to play press defense.*