

1st Grade - 4th Grade Rules

The following are modifications made within the Plainfield Park District Youth Basketball Leagues. All other rules will be governed by the National Federation of High School Basketball Rules. All players must be registered with a signed release form by his/her parent or guardian before being eligible to participate. **The Plainfield Park District reserves the right to modify any rule as deemed necessary.**

A. Games and Times

1. **Schedule:** Games are to be played as scheduled. All teams will be scheduled for one weekly practice and one weekly game.
2. **Cancellations:** Should questionable weather develop, call the Weather Hotline, **779.252.2715**.
3. **Start Times:** All game times are played as scheduled.
4. **Forfeits: There will be no forfeits in this league.** If a team has less than 4 players, the coaches will make the necessary moves so that each team has enough on the floor.
5. **Game Length:** Games will consist of **two halves of 18 minutes each**. Coaches/officials will keep track of the time and will **sub every 6 minutes**. It will be a **running clock**, with the exception of the clock stopping in the following situations:
 - i. **Final one (1) minute of the first half**
 - ii. **Final two (2) minutes of the second half**
 - iii. **Timeouts**
 - iv. **Injuries**
 - v. **Referee Discretion**
6. **End of Half:** Teams will be given 3-minutes at half time. Half time may be shortened if needed.
7. **Timeouts:** Each team will have **three (3) thirty second timeouts per GAME**.
8. **Scores:** Game scores will be kept for this league, but **standings/records will not be posted**. In the event of a tie at the end of regulation, there will be **NO overtime**. The game is declared a tie.
9. **Pregame Meeting:** A pre-game meeting will be held before every game to go over information such as the rules with the coaches and the officials.

B. Uniform and Jewelry

1. **Uniform:** All players are to wear the provided uniform tops by the Plainfield Park District.
2. **Shoes:** Athletic shoes must be worn for all games and practices.
3. **Jewelry:** For the safety of all involved, participants will not be permitted to wear any sort of jewelry, including earrings, rings, necklaces, watches, bracelets, hard hair barrettes or accessories. These items may NOT be taped. They must be removed in order to participate. Medical Bracelets are OK.

C. Playing Time and Substitution

1. Each participant must play a minimum of 8 minutes per half. This should be monitored by the coaches.
2. Substitutions – Teams should designate a set group of players to start both the 1st & 2nd half. Mandatory subs will be called into the game **every 6 minutes** (2 times per half). **Substitutions should not take longer than 30 seconds**.

- D. Free Throw Line (3rd/4th Grade Only):** Players will shoot free throws from the inside circle of the lane or closest marked line. Players can shoot from regular free throw line if they like. All free throws will be 1, 2 or 3 shots (Based on situation). There are NO 1-and-1 in this level.

- E. **Fast Break: 1/2 Grade Co-Ed** should not be fast breaking. **3/4 Grade Levels** are allowed to fast break, but if the offense brings up the ball slow, the defense needs to drop back and set up below the red line.
- F. **Time in the Lane:** The length of time to be in the lane while the ball is in the front court will be 8 seconds. If a player is in the lane for longer than 8 seconds, coaches will encourage players to vacate the lane.
- G. **Wristbands:** Each player must be wearing a wristband at all times if coaches agreed to wear them in the pre-gaming meeting. If one team wants to wear the wristbands the other team has to wear them as well. There is no switching of wristbands during the game unless it is a substitution.

H. Defense

- 1. All teams are required to play man to man defense the entire game. Defense has to stay below the top of the key which should allow the offensive team to “set-up” (imagine a straight-line sideline to sideline extended from the top of the 3-point arc). Once a team has entered the top of the key with the ball, defense anywhere on the floor is permitted for remainder of the possession.
- 2. Zone defense or sagging in the middle is not allowed
- 3. Double teaming is not allowed.
- 4. Switching is allowed if a defensive player is screened
- 5. Enforcement of the defensive rules will be at the discretion of the referee. The referee will issue a warning for illegal defense rules when deemed appropriate. Coaches are required to work with the referee to get their team in compliance with the defensive rules.
- 6. Stealing:
 - i. **1/2 Grade Co-Ed:** Stealing is NOT allowed when a player is dribbling or has the ball in their possession. The ball CAN be stolen on a pass
 - ii. **3-4 Grade Levels:** Stealing is allowed at any time.

I. Fouls

- 1. **Personal Fouls:** Fouls will be kept by the scorekeeper. Each player is entitled to **5 personal fouls per game** before being disqualified.

J. Sportsmanship:

Good sportsmanship is required. It is expected that all team personnel (coaches, assistant coaches, team attendants, and players) and spectators will conform to sportsmanlike behavior at all times. Violations such as the following will not be tolerated and will result in immediate ejection from the game and premises by Park District staff or officials:

- 1. Verbal or physical abuse towards officials, Park District staff, coaches, participants, or spectators.
- 2. Foul, profane or obscene language or gestures.
- 3. Violation of Coaches’ Code of Ethics.

K. Bench:

Each team is permitted to have only 1 head coach, 1 assistant coach, and their players on the team bench. Both the 1 head coach and 1 assistant coach on the bench must have a completed background check.

L. Miscellaneous:

- 1. At no time should the score differential be more than 15 points. Once a 15-point gap is reached, the leading team score should not be advanced on the scoreboard until the differential again falls below 15 points.

2. Violations such as traveling, double dribbling and 5 seconds in the lane will normally be called loosely but are always at the discretion of the referee.