

WHEATON PARK DISTRICT

Co-Rec & Girls Youth Basketball League Rules 2018-2019 Fall/Winter Seasons

1. Official League Ball Size

- a. K-4th Grade Junior size basketballs (27.5)
- b. 5th/6th Grade Intermediate size basketballs (28.5)
- c. 7th/8th Grade Regulation size basketballs

2. Rim Heights Corec

- a. K-2nd Grade 8 feet
- b. 3rd/4th Grade 9 feet
- c. 5th/8th Grade 10 feet

3. Rim Heights Girls

- a. K-3rd Grade 8 feet
- b. 4th/5th Grade 9 feet
- c. 6th-8th Grade 10 feet

4. Score Keeping

- a. No scores or standings will be kept or published for any grade level.
- b. K-1st Grade
 - i. Score will not be kept
- c. 2nd Grade
 - i. Score will be kept but reset after each quarter
- d. 3rd-8th
 - i. Normal scoring will be kept

5. Team Formation

- a. Teams will be formed by schools and then coach/friend requests. Non park district residents are welcome to participate at the non-resident rate.

6. Quarter/Half Length

- a. K-2nd Grade 20 minute practice followed by Two 15 minute halves, running clock
- b. 3rd-5th Grades Four 8 minute quarters, running clock.
- c. 6th-8th Grades Four 6 minute quarters, stopped clock.
- d. Halftime will be 3 minutes.
- e. Warm-up before game will be 3 minutes, if time permits.

7. Stoppage of Clock

- a. K-5th
 - i. Free Throws
 - ii. Time outs
 - iii. Under 1 minute of each quarter for any dead ball situations.
 - iv. Clock does **NOT** stop after a basket is made.

8. Playing Time/Exceptions

- a. Every player must play a minimum of two quarters or half of each game for every grade level.
 - i. Exceptions:
 1. Players who show up late or fail to attend practice may have altered playing time during games.
 2. A parent talks to the coach about the child being in trouble with school and the parent is requesting them to not play the minimum requirement. Play must still play during the game but can be less than the minimum requirement.
 3. Coaches must communicate to the Athletic Manager any player who will play less than the minimum required length before the game starts.
- b. Teams with less than 10 players.
- c. Injured players who cannot continue to play.
- d. If a player is in foul trouble
 - i. 2+ fouls in first quarter
 - ii. 3+ fouls in first half
 - iii. 4+ fouls in second half

9. Substitutions during the game

- a. Everyone must play at least 2 quarters or half of each game.
- b. K-2nd grade
 - i. Every 5 minutes of the half. (At the 10 and 5 minute mark of both halves)
 - ii. At the beginning of the second half.
 - iii. Injury
- c. 3rd grade level
 - i. At the half way mark of each quarter (At the 3:30 mark of each quarter)
 - ii. At the beginning of each quarter
 - iii. If a player is in foul trouble
 1. 2+ fouls in first quarter
 2. 3+ fouls in first half
 3. 4+ fouls in second half
 - iv. Injury
- d. 4th-8th grade level
 - i. Coach may substitute players at any dead ball, timeout or beginning of quarter BUT still has the responsibility to provide as equal playing time as possible for the ENTIRE TEAM.
 - ii. Injury

10. Game Time

- a. Games will be scheduled at one-hour intervals. Teams must be dressed and ready to play 15 minutes before scheduled game times. All players must take jewelry off prior to the game. Medical alert bracelets/necklaces or religious items are not considered to be jewelry but must be secured to the body. Athletic Manager, Referee's, Site Supervisors and score keepers have the final discretion.

- b. A team is allowed 5 minutes after the scheduled starting time to field a team with at least 4 roster players. If a team only has 4 roster players at game time, the opposing team will only be allowed to use 4 players also (no double-teaming is allowed).

11. Fast Break

- a. K-2nd Grade
 - i. No Fast Breaking.
 - ii. If fast break is attempted the referee will blow play dead and an inbounds from the sideline will occur with the same team retaining possession.
- b. 3rd-4th Grade
 - i. Allowed unless up by 15 points or more.
- c. 5-8th Grade
 - i. Allowed unless up by 20 points or more.

12. Defense

- a. K-1st Grade
 - i. Must play man to man
 - ii. No Double Teaming allowed
 - iii. No Help defense
 - iv. Must play defense behind the red volleyball line
- b. 2nd-3rd Grade
 - i. Must play man to man
 - ii. No Double Teaming allowed
 - iii. Help defense is allowed; if offensive player gets past his original defender, but once original defender gets back to the player he was guarding, the help defender needs to return to their original defender. If not, the play will be blown dead for double teaming and the team on offense will retain the ball with an out of bounds play.
 - iv. Must play defense behind the red volleyball line,
- c. 4th Grade
 - i. Same as 2nd-3rd grade except for rule below.
 - ii. Must play defense behind the red volleyball line,
 - 1. **ONLY** in the 4th quarter with 1 minute to go and your team is losing, may you play defense at half court.
- d. 5th/6th Grade
 - i. Must play man to man 1st half,
 - ii. Option of man or zone in 2nd half.
- e. 7th/8th Grade
 - i. Man to man or zone.

13. Stealing

- a. K-1st Grade (Red Volleyball Line)
 - i. Stealing is only allowed on the pass.
 - ii. No stealing allowed on the dribble or when holding the ball.
- b. 2nd-4th Grade
 - i. Stealing is only allowed between the front of the red volleyball line and the offensive team's basket.
 - ii. Any pass from behind the red line to a player in front of the line, may be stolen.
- c. 5th/6th Grade

- i. Only allowed to steal starting at half court unless the press rule is in effect.
- d. 7th/8th Grade
 - i. Anywhere on the court.

14. Press Rules

- a. K-2nd Grade
 - i. No Pressing
- b. 3rd/4th Grade
 - i. **ONLY** in **4th quarter with 1 minute to go and if your team is losing** may you press at **half court**.
- c. 5th/6th Grade
 - i. Teams are allowed to **full court press** in the **4th quarter only**. A team may not press if they are winning by 12 points or more.
- d. 7th/8th Grade
 - i. Pressing can occur any time during a game. A team may not press if they are winning by 15 points or more.

15. Free Throw Line

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|---|----------------|
| a. K-1 st Grade | No Free Throws |
| b. 2 nd Grade | 10 foot line |
| c. 3 rd /4 th Grade | 12 foot line |
| d. 5 th /8 th Grade | Regulation |

16. Fouls

- a. K-1st
 - i. Personal fouls will be called and but players cannot foul out at this age level.
- b. 2nd Grade
 - i. Players will only shoot free throws when they are fouled in the act of shooting. No 1&1 or double bonus free throws will be shot at this level.
- c. 3rd-8th Grade
 - i. Teams will shoot free throws when:
 1. A player is fouled in the act of shooting (no excessive continuation like in the NBA)
 2. When a team reaches 7 team fouls in a quarter or half, the other team will shoot 1&1.
 3. When a team reaches 10 team fouls in a quarter or half, the other team will shoot 2 free throws (double bonus) for the remainder of that half.
 4. Free throws are not shot on any offensive foul, even if a team is in the bonus.
 5. Team fouls reset at halftime.
- d. If a team has 6 players to start the game and one fouls out but the 6th player can't play in the game (injury), that team must play 4 on 5 until the 6th player is ready/able to reenter the game unless the opposing coach is willing to play four on four.
- e. If Team A has only 5 players to start the game and one fouls out, the opposing coach has the option to play 5 on 4 or can play 4 on 4 (grades 3rd-8th). If Team A, with 4 players has another player foul out, that player remains in game but Team B will receive 2 foul shots and the ball.

For each addition foul for **that player**, Team B will continue to receive 2 shots and the ball. If Team B that had more than 5 players to start the game has a player foul out, that player is **NOT** disqualified and may remain in the game, but the same rule applies that Team A will receive 2 shots and the ball if that player with 5 fouls has any more fouls.

17. Flagrant/Technical Fouls

- a. Flagrant 1
 - i. Excessive contact or pushing/holding a player from behind to prevent a score. (2 shots and the ball to offended team).
- b. Flagrant 2
 - i. Excessive severe or extreme contact with an opponent while ball is live. (2 shots, possession and ejection from game).
- c. Player Technical Foul(s)
 - i. Technical fouls accumulate during the season.
 1. 1st Technical
 - a. Player will sit the 1st half of next game.
 2. 2nd Technical
 - a. Player will sit the entire next game.
 - b. If 2nd in same game, player will be ejected from game and sit next game too.
 3. 3rd Technical
 - a. Will be ejected from league for remainder of season.
- d. Coach/Parent Technical Foul(s)
 - i. Any parent approaching the bench, staff or scores table in an inappropriate manor will be given a verbal warning and asked to return to the stands. The second incident will result in a team technical foul and may result in an ejection.
 1. Ejection based on language used and manor of the individual.
 - ii. If any team's bench has more than 1 Head coach and 1 Assistant coach, they will be given a warning and the Head Coach must take care of the situation. If caught a second time, the team will be given a technical foul. (Technical Foul can be enforced by scores table staff, Athletic Manager, or Referee).
 - iii. Technical fouls accumulate during the season.
 1. 1st Technical
 - a. Coach is required to sit the remainder of the game on the bench and may not get up at any point during a live ball.
 - b. Parent will be asked to leave the gym for the remainder of the game.
 2. 2nd Technical
 - a. Coach will not be allowed to coach or attend next game.
 - b. If 2nd in same game, Coach will be ejected from that game and may not attend/coach the following game. (Coaches kid must leave with coach if ejected).
 - c. Parent will not be allowed in the building for the next game.
 3. 3rd Technical
 - a. Coach will be ejected from league for remainder of season.

- b. Parent will not be allowed to attend any games for the remainder of the season.

18. Time Outs

- a. Teams are allowed 2 time outs per half and 1 time out for each overtime period (when applicable).
- b. Time outs are not carried over from regulation to overtime(s).

19. Injured player

- a. If a player is injured and the coach must go onto the court to tend to the player or a referee calls an injury timeout, then that player must be taken out of the game. The coach may substitute any bench player for the injured player. The earliest the injured player may reenter the game is at the next dead ball OR the coach may use a team timeout and the player may reenter right away.
- b. Players with Casts and/or splints are not allowed.

20. Overtime

- a. K-2nd Grade
 - i. No overtime due to not keeping score.
- b. 3rd-8th Grade
 - i. One 3 minute **STOPPED CLOCK** overtime quarter will be played for all levels

21. Offensive Lane Violations

- a. K-2nd Grade No violation
- b. 3rd/4th Grade 5 seconds.
- c. 5th/6th & 7th/8th Grades 3 seconds.

22. Approved Additional Player

- a. If a coach anticipates only having 4 roster players prior to game day, an additional player can be asked to participate. This player must already be registered in the WPD in-house youth basketball league and from the same grade level or below. Any player **MUST** be approved by the Athletic Manager by noon on the Friday before game day.

23. Coaching Presence

- a. There will be only **ONE** head coach and **ONE** assistant coach allowed per team.
- b. Each coach is required to have filled out a volunteering form so we can run background checks before the first practice starts. Any coach that has not signed one will not be allowed to coach or sit on the bench.
- c. If a team is caught with a coach on the bench that is not approved or more than 2 coaches, by Mark Dolphin the Athletic Supervisor, refer to rule 16D-ii for the consequences.

The Wheaton Park District appreciates the dedication of all players, coaches, parents, officials, spectators and Park District staff. We all must work together in order to make the most positive experience possible.

If you have any questions or concerns, please do not hesitate to contact Mark Dolphin, Athletic Manager at mdolphin@wheatonparks.org