

Pleasant Dale Park District

7th - 8th Grade Boy's Basketball Rules



Equipment/Uniforms

- The Park District will supply game jerseys that must be worn on Saturdays.
- Eyeglass straps are required.
- Gym shoes must be worn. No black-soled shoes will be allowed.
- Please carry ALL game shoes into the building; this will prevent getting the floors slippery.
- No jewelry, bracelets, necklaces or watches may be worn during games.
 - ***Exception—Medical alert bracelets***

Format:

- 8 minute quarters | Official size ball | 10' Hoops
- All games/practices at Pleasantdale Middle School gym unless otherwise stated
- The Park District provides game balls and practice balls.
- Each team will have a minimum of five minutes for warm-up before the start of the game, as long as time allows.
- The game clock stops ONLY for fouls during the last minute of each quarter.
- Overtime periods will be three minutes. The clock will run two minutes.
 - The clock in the last minute will stop on all whistles. There will be a maximum of two overtime periods, and then the game will be considered a tie.
- Forfeit time will be five minutes after the scheduled game time.
- Teams may start the game with four players.

Time Commitments

- Boy's basketball teams are expected to practice once a week.
- Boys are asked and encouraged to attend their weekly practice.
- Practices are restricted to the dates, locations and times that are assigned by the Park District.
- **Please drop off and pick up your child on time. The coach's schedules are greatly affected if this does not occur.**

League Rules

IHSA rules apply except for specific in-house changes

- Before, during and after each game, only players who are registered in the program will be allowed to use the basketballs.
- **Only two coaches are allowed per team and only those two coaches will be allowed to sit on the bench.**
- **Press Rule:**
 - 7th/8th – May half-court trap or full court press the last three minutes of the third and fourth quarters.
 - During the whole game, one defender is allowed to be outside the three-point line putting pressure on the ball after it has been advanced past the half-court line.
 - When full court pressing after the ball has crossed the center, defenders must fall back behind the three-point line.

If at any time your team leads by 10 points, NO PRESS IS ALLOWED.
- **Fouls:**
 - Any coach or player that receives a technical foul will be immediately ejected from the game.
 - In the event of an ejection, coaches must leave the gym and players must sit out at the end of the bench. TECHNICAL FOULS MAY BE GIVEN FOR ANY INAPPROPRIATE LANGUAGE!
 - On the seventh foul of each half for either team, a bonus shot (one and one) will be awarded. On the tenth foul of each half for either team, a double bonus (two shots) will be awarded.
 - The lane under the basket will be a three count
 - Referee's may enact a 10 second count if they feel a team is deliberately withholding the ball in the no press area
- **EACH CHILD MUST PLAY EQUAL TIME!!!** This will be closely monitored every game.

As a recreational league, it is important to have fun and enjoy playing. To better achieve this, we ask that all coaches be aware of their player's abilities. At any time when a team is up by 10 or more points, we recommend rotating players more frequent allowing the less strong players to continue in the stronger players place. Because this is a recreational league, this rule will help keep play on a more fair and equitable level.

- **All players must check in at the scorer's table to go in on a substitution.** They may enter the game only after being buzzed in.
- **Time-outs:** Each team will be allowed four, one-minute time-outs per game.
 - No more than three can be used in a half. One additional time-out will be given in the event of overtime and time-outs will carry over from regulation.
- Parents are encouraged to be active supporters of the team and help with treat schedules, etc.
- There are NO team Standings