

Pleasant Dale Park District Girl'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:

- Grades 1-2: 6 minute quarters | 27.5" ball | 8' Hoops | Walker Recreation Center gym
- Grades 3-4: 7 minute quarters | 28.5" ball | 9' Hoops | Walker Recreation Center gym
- Grades 5-6: 8 minute quarters | 28.5" ball | 10' Hoops | Pleasandale Middle Gym
- 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.
 - On shooting fouls, the referee will have the clock stopped to let the players get in position. When they have their position set, the game clock will resume. Stop time will decrease as the season progresses

Time Commitments

- 1st-6th Grade: Teams are expected to practice once a week.
- Players 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:**
 - **1st/2nd** - NO PRESS at any time. No defender can actively defend outside of the **yellow tape line**.
 - **3rd/4th** - NO PRESS at any time. No defender can actively defend outside of the **yellow tape line** extended.
 - **5th/6th** - No press outside of the **3-point arc** UNLESS
 - It is inside the final minute of the 2nd & 4th quarter while tied or losing
 - A team is down by 12+ points
 - **All:**
 - *Players must retreat to the press line when there is a change of possession*
 - *(5th/6th grade press exceptions apply)*
 - Officials may institute a countdown clock if they feel a team is using the press rule to withhold the ball from the field of play.

- **FOULS:**
 - 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.
 - *If a player commits repeated fouls or is constantly disrupting the game, the referee reserves the right to have that player sit out the remainder of that period. That player may return to the game once it is their turn to play again. All other fouls will be under the referee's discretion.*
 - **TECHNICAL FOULS:**
 - Any coach or player that receives a technical foul will be immediately ejected from the game.
 - TECHNICAL FOULS MAY BE GIVEN FOR ANY INAPPROPRIATE LANGUAGE!
 - In the event of an ejection, coaches must leave the gym and players must sit out at the end of the bench. League administration reserves the right to determine if further action is necessary, including, but not limited to, suspension and/or expulsion from the league.
 - **PLAYER SAFETY**
 - Officials are instructed to stop and reset gameplay if they believe player safety is in question, even if there is no specific rule violation.
 - *As coaches, parents, and role models for the athletes in our leagues, we appreciate your support in this.*

- **GRADES 1-4 RULE EXCEPTIONS**

- **FREE THROWS:** The shooter may go over the free throw line after releasing the ball
 - **Grades 1-2:** Free throws will be taken from the black line (10ft)
 - **Grades 3-4:** Free throws will be taken from the black line (10ft)*
- **THE LANE:** The lane under the basket will be a five count rather than a three count
- **DEFENSE (WRISTBANDS):** Man-to-man defense ONLY. No zones or double teams!
 - Referee discretion will be used to determine a double team.
 - All players on the court MUST wear a colored wristband to help identify matchups.
 - Matchups should be defined before play is initiated at the beginning of each possession.
 - Specific matchups will be dictated by coaches UNLESS said matchup is becoming a safety concern
 - Players may not switch wristbands during play
- **VIOLATIONS (Grades 1-2)**
 - If a violation occurs, officials should blow the whistle, stop the action, quickly explain the rule, and then continue play from the point of action, or have the offensive team take the ball out of bounds to resume play
 - Depending on the situation, the official may begin awarding the opposing team possession AFTER giving notice to the coaches.

- **EACH CHILD MUST PLAY EQUAL TIME!!!**

- This will be closely monitored every game to ensure all players are receiving fair playing time.
- No player may play more than 1.5 quarters more than any other player unless there are extenuating circumstances
 - Eg. If one player plays the full game, no other player should play LESS than 2.5 quarters.
 - This is about exposure to the sport, NOT the scoreboard.

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 frequently 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.

General Gameplay:

- **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 TWO, one-minute time-outs per half.
 - One additional time-out will be given in the event of overtime.
- **Overtime:** The overtime period will be three minutes. The clock will run the first two minutes.
 - The clock in the last minute will stop on all whistles.
 - There will be one overtime period, and then the game will be considered a tie.
- **Forfeits:** As we do not keep track of wins/losses, there will be no forfeits in this league. If a team has less than 4 players, players from the opposing team switch over so the kids can play.
 - Teams may start the game with four players.
 - If a team only has 4 players, coaches and officials are encouraged to work together to determine the most productive game format.
- Parents are encouraged to be active supporters of the team and help with treat schedules, etc.
- **This is a recreational league- There will be NO team standings and NO playoffs!**
- **Any coach, spectator, or spectator that is unable to behave in a respectful, sportsmanlike manner may be ejected from the facility.**
 - League administration reserves the right to determine if further action is necessary, including, but not limited to, suspension and/or expulsion from the league

SUGGESTIONS:

- If your team is up by more than 10-15 points, we strongly encourage coaches to implement a "No stealing" policy. This affords your team an opportunity to continue to play hard, focus on defensive footwork and positioning, and build game vision while also allowing the other team a chance to work on running an offense.
- Can every player on your team score at least 1 point this season?
- Who has not had a chance to bring the ball up the court?

