

Pleasant Dale Park District Girl's Basketball Rules

Equipment/Uniforms

1. The Park District will supply game jerseys that must be worn on Saturdays.
2. Eyeglass straps are required.
3. 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.**
4. No jewelry, bracelets, necklaces or watches may be worn during games.
Exception—Medical alert bracelets
5. The Park District provides game balls. We ask participants to bring their own ball for practice. Game ball sizes are as follows:
 - 1st/2nd Grade will use a junior size ball (27.5)
 - 3rd/4th Grade will use an intermediate size ball (28.5)
 - 5th/6th Grade will use an official size ball (28.5)
 - 7th/8th Grade will use an official size ball (28.5)

Time Commitments

Girl's basketball teams are expected to practice once a week. Girls 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

1. **Before, during and after each game, only players who are registered in the program will be allowed to use the basketballs.**
2. Only two coaches are allowed per team and only those two coaches will be allowed to sit on the bench.
3. Each team will have a minimum of five minutes for warm-up before the start of the game, as long as time allows.

4. The game clock will be the following:
 - 6 minute quarters for 1st/2nd grade
 - 6 minute quarters for 3rd/4th grade
 - 7 minute quarters for 5th/6th grade
 - 8 minute quarters for 7th/8th grade
5. The game clock stops ONLY for fouls during the last minute of each quarter.

*****1st/2nd & 3rd/4th GRADE ONLY***** On shooting fouls that occur before the last minute of the half, the referee will have the clock stopped to let the girls get in position. When they have their position set, the game clock will resume.

6. 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. (No OT 1st-4th)
7. 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. (No OT 1st-4th)
8. 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.

ANY COACH THAT DOES NOT COOPERATE WITH THIS RULE WILL BE SUBJECT TO SUSPENSION, OR REMOVAL FROM HIS OR HER POSITION!

9. **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.
10. Forfeit time will be five minutes after the scheduled game time.
11. Teams may start the game with four players.
12. Press Rule is as follows:

1st/2nd – May not press at any time. No defenders are allowed past the free throw line extended.

3rd/4th – May not press at any time. No defenders are allowed past the free throw line extended.

5th/6th – May half-court trap 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. All other defenders must stay within the three-point line.

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.

13. 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 WILL BE GIVEN FOR ANY INAPPROPRIATE LANGUAGE!
14. Parents are encouraged to be active supporters of the team and help with treat schedules, etc.
15. 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.
16. There are NO team standings.

1st/2nd & 3rd/4th Grade Only:

1. On free throws, the player may go over the free throw line after releasing the ball.
2. The lane under the basket will be a five count rather than a three count.
3. The baskets will be at 8.5 feet for 3rd/4th graders for the first four weeks, after that they will be moved up to 9 feet.
4. Starting week 3, 3rd/4th grade will be calling official games (traveling, double dribble, 5 seconds).
5. Starting week 5, 1st/2nd grade will be calling official games (traveling, double dribble, 5 seconds).
6. Games will be played on North and South courts.