



2025-2026
Youth Basketball Leagues
Rules Manual

Updated 12.1.25

GOAL OF THE PROGRAM:

This program is developed to teach the players the basics of basketball. This includes passing, dribbling, shooting, offensive strategies, defensive strategies, teamwork, sportsmanship, physical fitness, and to have fun while participating in sports. It is our goal to introduce a new phase of the game each year to enhance the playing experience within our league. We stress that player development is a priority over wins & losses!

While some levels are “competitive” (with standings & playoffs), it is expected that coaches do not run up the score during games.

CODE OF CONDUCT - click link for additional policies

Teams & Coaches are expected to line up at the end of the game to shake hands with opposing players & coaches. Any acts of unsportsmanlike conduct at this time or any time throughout the game will be dealt with by the Athletic Department. This applies to players, coaches, and spectators.

Any negative cheering heard or seen by an official or park district employee by a spectator will be penalized.

- 1st offense - will result in a team warning.
- 2nd offense - will result in the team receiving a technical foul.

Any manager, coach or player ejected from a game will receive a minimum 1 game suspension, in effect for the next scheduled game. Any manager, coach or player ejected twice in the same season will be suspended for the remainder of the season.

Managers, coaches, players or spectators will be ejected if:

- They verbally or physically harass an official in a threatening manner or display unsportsmanlike conduct, as determined by the official or coordinator.
- They physically assault any other person.
- They intentionally collide with another manager, coach or player
- They leave their designated area in a hostile manner.
- They use foul language.
- Technical or Flagrant fouls.

EQUAL PLAYING TIME:

Coaches are responsible for providing each player with equal playing time. As a guide, there are [substitution charts](#) available to coaches on Team Sideline. **Every player must play at least a portion of each quarter.**

PLAYER SHARING RULE:

Teams are allowed to borrow player(s) if they are unable to field a team (less than 5 players) with their existing roster for a given game. **They cannot be borrowed as additional substitutes.**

For playoff levels (3rd-8th grade), borrowed players must be from the next lowest grade division. Players may NOT be borrowed during playoffs. Coaches should be aware of how many players they will have for playoff games and if it's less than minimum, please inform the league coordinator ASAP.

For Kindergarten - 2nd grade players, borrowed players can be from the opposing team.

SCHEDULING - PRACTICES & GAMES

Teams will be scheduled to practice once a week for 1 hour only. We can not provide additional time due to gym availability. **There will be no practices scheduled over Winter Break (12/22-1/2).**

With the number of participants/teams our program has, games can not always be rescheduled due to limited gym space so we encourage coaches to adhere to the game schedule once it is posted. Please reach out to the league coordinator if there is an issue.

EQUIPMENT:

Each player will need to provide their own gym shoes. Players will receive a game jersey & shorts as part of their league fee. Jeans are not acceptable. It is recommended that players bring their own basketball (labeled with their name) and a water bottle to practice each time.

No jewelry is allowed on any player for their safety and the safety of others.

During snowy conditions, participants should change from their boots to their gym shoes outside of the gymnasium to prevent water from getting on the playing surface.

Each team will be provided with an equipment bag to bring to practice and games. Referees will select a game ball from a team's ball bag.

- Kindergarten - 2nd grade teams: Any teams practicing at a MPPD facility (CCC or Lions Rec Center) will need to "check in/out" equipment with front desk staff. Teams practicing at a District 57 or 59 school will be provided with their own equipment bag to keep for the season.
- Kindergarten & 1st grade teams will be provided a bag of colored wristbands (2 sets per bag) to keep for the season.

UNIFORMS:

Players will be issued a uniform as part of their registration fee. Once uniforms are received, coaches will be notified to pick up and distribute to their team accordingly based on size ordered.

For games, all players must have their jersey tucked into their shorts when entering the game.

Teams listed as "HOME" team will wear "light color (white)".

Teams listed as "AWAY" team will wear "dark color (royal blue)".

Illinois High School Association (I.H.S.A.) rules will apply with the following exceptions:

Kindergarten & 1st grade boys & girls

GAME RULES

1. Ball Size: Elementary/Rookie (25.5"), size 4 ball
2. Hoop Height: 8 feet
3. Length of Games: 4 – 8 minute quarters (running time)
 - Before the game begins the clock will be set for 5 – 10 minutes to allow for warm-ups.
 - The clock will stop at the 4-minute mark of each quarter to allow for substitutions
 - Please remember at the end of the period to have your next five ready to go onto the floor. This is not a time out!! Because we are on a 1-hour time limit for games, try to match up quickly.
 - Change baskets at half time. (2 quarters)
4. Possession: The away team will have the first possession of the game and will alternate at the start of each quarter. At the 4-minute mark of each quarter, possession will be retained by the team who had possession before the break. Any tie-ups during the game will result in "jump ball" alternating possession.
5. Defensive pick-up: The defense must pick-up their offensive player NO earlier than the line marked with floor tape before half court on the defensive side.
6. Defense allowed: Man – To – Man defense only, teams will use colored wristbands for defensive man-to-man matchups. No double teaming allowed. ***No Stealing*** There is no direct stealing allowed. Every player is given space to dribble and ability to stand with the ball without a defensive player attempting a steal. If a player loses control of the ball by themselves, the loose ball may be gathered by the defensive team. Emphasis is placed on playing defense with your feet, not your hands.
7. Full Court Press & Fast Break: Not allowed at these levels.
8. Fouls: Nobody fouls out. However 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. Possession will be awarded to the non-offending team for all fouls committed.
9. Time outs: No time-outs will be given due to the fact that 2 games are going on simultaneously.
10. Substitutions: At the end of each period every player on the bench must come into the game (if attendance permits). It is the intent that a player not play more than 2 consecutive periods during the game.
11. The score will not be tracked for this division. Scoreboards will be used for time purposes only.
12. One (1) coach per team will be allowed on the court. Coaches should stay out of the way of game play as much as possible.

13. No Screens

2nd grade boys & girls

GAME RULES

1. Ball Size: Junior (27.5") size 5 ball
2. Hoop Height: 9 ft.
3. Length of Games: 4 – 8 minute quarters (running time)
 - The clock will stop at the 4 minute mark of each quarter to allow for substitutions
 - Please remember at the end of each 4 minute mark to have your next five ready to go onto the floor. This is not a time-out!! Because we are on 1-hour time slots for games, try to match up as quickly as possible.
 - The clock stops only for time-outs, shooting fouls, or player injuries
 - Change baskets at half-time
4. Time outs - Each team will be given four (4) time-outs/ game – Time-outs will be 1 minute in length
5. Overtime – In the event of a tie game at the end of regulation a three (3) minute overtime period will be played using running time. Each team will be given 1 time out. Personal fouls carry over into overtime. Timeouts do not. Because of time constraints only 1 overtime period will be played. If the game is still tied after 1 overtime the game will end in a tie.
6. Substitutions: At the end of each period, every player on the bench must come into the game (if attendance permits). It is the intent that a player does not play more than 2 consecutive periods during the game.
7. Fouls: All fouls are under the referees' discretion.
 - 5 personal fouls/game. On the 5th personal foul that player must sit out the rest of the game.
 - Technical and flagrant fouls count as 1 personal foul. – The referee reserves the right to eliminate a player for the rest of the game if he/she believes the foul is severe. All decisions by the referee(s) are final
 - On the 5th team foul in a quarter, a "double" bonus free throws will be awarded – 2 foul shots will be awarded. Team fouls reset each quarter.
 - If a team is unable to field 5 players for the game due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for their team to field 5 players for the court.
8. Free Throws: Free throws will be shot on shooting fouls only.
 - We will shoot from a foul line closer than regulation (indicated by floor tape) - **approximately 14 ft from the baseline.**
 - Players cannot move until the ball contacts the rim.
9. Possession: Jump Balls will begin each game.
 - The team obtaining control from the jump ball establishes the alternating possession procedure, and the arrow is set toward the opponent's basket.
 - An official timeout will be called at the 4 minute mark to allow for substitutes. The team in possession of the ball at that time will keep the ball, and a throw in will occur at half court. The possession arrow does not change at this point.
 - In the event a shot is taken at the 4 minute mark, possession will be determined after a team gains control of the ball. Once the ball is obtained, gameplay will stop.

Examples:

 - Team A shoots and scores, possession goes to Team B following substitutions.

- Team A shoots and misses, ball is rebounded by Team A, gameplay stops, and Team A retains possession following substitutions.
- Team A shoots and Team B gains possession after the shot is missed, Team B retains possession following substitutions.
- For all other jump ball situations, including beginning of the remaining quarters, the alternate possession rule will be in effect.

10. Defense Rules: The defense may switch on screens set by the offense throughout the game.

- Man to Man defense must be played throughout the season.
- No double-teaming is allowed - help defense is NOT considered a double team
- Defensive pick-up - After crossing over half court, the defensive pick-up line will be enforced for 5 seconds (signaled by the referee) allowing the offense to set up. Once the 5 second count is up, the defensive pick-up line is no longer in play and the defender may cross over it.
- Full Court Press – No full court press will be allowed.
- Stealing of Dribbles will not be allowed

11. Fast breaks are defined as when a team attempts to move the ball up court and into scoring position as quickly as possible, so that the defense is outnumbered and/or does not have time to set up. Fast Breaks will be allowed ONLY during the last 2 minutes of the 4th quarter, up to a 10-point lead. It is up to the coaches to make sure that each player has an opportunity to play during fast breaks throughout the season.

3rd grade Boys, 3rd/4th grade Girls & 4th grade Boys

GAME RULES

1. Ball Size:
 - a. 3rd/4th grade girls & 3rd grade boys: Junior (27.5") size 5 ball
 - b. 4th grade boys: Intermediate (28.5"), size 6 ball
2. Hoop Height: 10 feet
3. Length of Games: 4 – 8 minute quarters (running time)
 - In the final minute of the 4th quarter the clock will stop on all whistles if the lead is less than 10 points.
 - The clock will stop at the 4 minute mark of each quarter to allow for substitutions
 - Please remember at the end of each 4 minute mark to have your next five ready to go onto the floor. This is not a time-out!! Because we are on 1-hour time slots for games, try to match up as quickly as possible.
 - The clock stops only for time-outs, shooting fouls, or player injuries
 - Change baskets at half-time
4. Time outs: Each team will be given four (4) time-outs per game. Time-outs are 1 minute in length
5. Overtime: In the event of a tie game at the end of regulation a three (3) minute overtime period will be played using running time. Each team will be given 1 time out. Personal fouls carry over into overtime. Timeouts do not. Because of time constraints only 1 overtime period will be played. If the game is still tied after 1 overtime the game will end in a tie. During the playoffs, overtime will be played until there is a winning team. **For overtime, there is no equal playing time requirement.**
6. Substitutions – At the 4 minute mark of each quarter, every player on the bench must come into the game (if attendance permits).
 - The only other time substitutions can be made is if a player has 3 fouls in the first half, if a player has an injury/illness, or if the coach/ referee believes a player is disruptive to the game.
 - If there is ever a discrepancy regarding playing time of players please notify the scorekeeper and/or referee(s). Also notify the other coach before the game begins if any of your players must sit out for certain lengths of time for any reason.
7. Fouls – All fouls are under the referees' discretion.
 - 5 personal fouls/game. On the 5th personal foul that player must sit out the rest of the game.
 - Technical and flagrant fouls count as 1 personal foul. – The referee reserves the right to eliminate a player for the rest of the game if he/she believes the foul is severe. All decisions by the referee(s) are final.
 - On the 5th team foul in a quarter, a "double" bonus free throws will be awarded – 2 foul shots will be awarded. Team fouls reset each quarter.
 - If a team is unable to field 5 players for the game due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for their team to field 5 players for the court.
8. Free Throws – Free throws will be shot on shooting fouls only.
 - Players will shoot from a foul line closer than regulation (indicated by floor tape) **which is 16 ft from the baseline.**

- **3rd Boys, 4th grade Boys, and 3rd/4th Girls:** Players in the lane can move at the release of the ball. The shooter & players outside of the 3 point arc will be able to leave once the ball hits the rim.
9. Possession – Jump Balls will begin each game.
- The team obtaining control from the jump ball establishes the alternating possession procedure, and the arrow is set toward the opponent's basket.
 - An official timeout will be called at the 4 minute mark to allow for substitutes. The team in possession of the ball at that time will keep the ball, and a throw in will occur at half court. The possession arrow does not change at this point.
 - In the event a shot is taken at the 4 minute mark, possession will be determined after a team gains control of the ball. Once the ball is obtained, gameplay will stop.
- Examples:
- Team A shoots and scores, possession goes to Team B following substitutions.
 - Team A shoots and misses, ball is rebounded by Team A, gameplay stops, and Team A retains possession following substitutions.
 - Team A shoots and Team B gains possession after the shot is missed, Team B retains possession following substitutions.
 - For all other jump ball situations, including beginning of the remaining quarters, the alternate possession rule will be in effect.
10. Defensive Rules: .
- Man to Man defense must be played throughout the season. The defense may switch on screens set by the offense throughout the game
 - No double-teaming is allowed - help defense is NOT considered double teaming
 - Defensive pick-up: After crossing over half court, the defensive pick-up line will be enforced for 5 seconds (signaled by the referee) allowing the offense to set up for **3rd/4th Girls and 4th grade Boys ONLY**. Once the 5 second count is up, the defensive pick-up line is no longer in play and the defender may cross over it. **There will be no 5 second count for 3rd grade Boys.**
11. Full Court Press
- **3rd grade Boys:** No full court press will be allowed.
 - **3rd/4th Grade Girls:** There will be NO PRESS for the first three games of the season. Starting in the 4th game, teams will be able to press in the last 2 minutes of the 2nd & 4th quarters ONLY up to a 10-point lead.
 - **4th grade Boys:** Full court press will be allowed for the last 2 minutes of the 2nd & 4th quarters ONLY up to a 10-point lead. Press must be man-to man-No double teaming allowed. If the defensive team violates this rule 2 or more times during a game a technical foul will be issued.
12. Fast Breaks are defined as when a team attempts to move the ball up court and into scoring position as quickly as possible, so that the defense is outnumbered and/or does not have time to set up. Fast Breaks will be allowed:
- **3rd grade Boys:** Only during the last 2 minutes of the 2nd & 4th quarter only, up to a 10-point lead. It is up to the coaches to make sure that each player has an opportunity to play during fast breaks throughout the season.
 - **3rd/4th grade Girls & 4th grade Boys:** Allowed for the entire game up to a 10-point lead.

5th/6th grade Boys & Girls

GAME RULES

1. Ball Size: Intermediate (28.5"), size 6 ball
2. Hoop Height: 10 feet
3. Length of Games: 4 – 7 minute quarters (stopped clock)
 - It will be the coaches responsibility to make sure every player has as close to equal playing time as possible – Playing time will be monitored by our scorekeepers & reported to the athletic department after each game
 - Change baskets at half-time
4. Time outs - Each team will be given four (4) time-outs per game. Time-outs will be 1 minute in length.
5. Overtime – In the event of a tie game at the end of regulation a three (3) minute overtime period will be played using a stopped clock. Each team will be given 1 time out. Personal fouls carry over into overtime. Timeouts do not. Because of time constraints for the regular season - only 1 overtime period will be played. If the game is still tied after 1 overtime the game will end in a tie. During the playoffs, overtime will be played until there is a winning team. **For overtime, there is no equal playing time requirement.**
6. Substitutions – Substitutions can be made at any dead ball situation. The player(s) looking to check into the game must do so at the scorer's table in order to be eligible to come into the game. It is up to the coach to play every player on their roster as equally as possible. Our scorekeepers will keep track of playing time at every game.
 - Coaches - If there is ever a discrepancy regarding playing time of players please notify the referee. Also notify the other coach before the game begins if any of your players must sit out for certain lengths of time for any reason.
7. Fouls – All fouls are under the referees' discretion.
 - 5 personal fouls/game. On the 5th personal foul that player must sit out the rest of the game.
 - Technical and flagrant fouls count as 1 personal foul. – The referee reserves the right to eliminate a player for the rest of the game if he/she believes the foul is severe. All decisions by the referee(s) are final.
 - On the 5th team foul in a quarter, a "double" bonus free throws will be awarded – 2 foul shots will be awarded. Team fouls reset each quarter.
 - If a team is unable to field 5 players for the game due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for their team to field 5 players for the court.
8. Free Throws – Free throws will be shot on shooting fouls only.
 - 5th/6th Grade will shoot free throws from the regulation foul line during shooting fouls.
 - **Players in the lane can move at the release of the ball. The shooter & players outside of the 3 point arc will be able to leave once the ball hits the rim.**
9. Possession – Jump Balls will begin each game.
 - The team obtaining control from the jump ball establishes the alternating possession procedure, and the arrow is set toward the opponent's basket.

- For all other jump ball situations, including beginning of the remaining quarters, the alternate possession rule will be in effect.
10. Type of defense allowed – The defense may switch on screens set by the offense throughout the game.
- Teams may play man-to-man or zone defense for the entire game (coach's decision)
 - Double teaming defense is allowed up to a 10-point lead.
11. Full Court Press –
- Full court press will be allowed for the last 2 minutes of 2nd & 4th quarters ONLY up to a 10-point lead. If the defensive team violates this rule a warning will be issued for the 1st offense and a technical foul will be awarded for every offense after that.
12. Fast Breaks – Fast breaks will be allowed for the entire game up to a 10-point lead.

NORTHWEST SUBURBAN PARK DISTRICT BASKETBALL CONFERENCE (7th/8th GRADE)

Illinois High School Association (I.H.S.A.) rules will apply with the following exceptions

GAME PLAY:

1. An official will select a game ball:
 - “Official” size (size 7, 29.5 inch) will be used for Boys.
 - “Intermediate” size (size 6, 28.5 inch) will be used for Girls.
2. The hoop will be at 10 feet high.
3. Games will be four (4), six (6) minute quarters with a one minute break between quarters and a three minute half time.
4. Teams will be given two (2) timeouts per half.
5. There will be one, three (3) minute overtime period if needed after regulation time.
 - No additional fouls will be given.
 - Teams will receive (1) one, thirty second timeout for overtime; timeouts will not roll over from regulation.
 - If the overtime period ends in tie, the game will end.
6. The clock will stop at ALL whistles. In the 4th quarter ONLY, the clock will NOT stop when a team is leading by more than 15 points or more.
 - In the Over Time - the clock will stop on all whistles.
7. Teams will have 10 seconds to advance the ball beyond the mid-court line. Failure to do so will result in loss of the ball.
8. The three-second (3) rule will apply in the free throw lane.

SUBSTITUTIONS:

1. MANDATORY PLAY RULE: EACH PLAYER MUST PLAY EQUAL TIME.
 - Substitutions may only be made when the ball is not in play. This is at a dead ball or whistle. The player must check in with the scorekeeper and wait for the official to wave players into the game.
2. Five is the maximum number of players on the court at one time. A team may start with four players, but not less. If a team shows up for a game, but does not have enough players, the team has 3 options:
 - Ask players from previous game to stay and play
 - Borrow players from opposing team OR
 - Notify your district’s supervisor/coordinator to ask for assistance.

DEFENSIVE RULES:

1. Zone defense or man-to-man defense can be played.
2. Press Rule: Press is only allowed in the last two (2) minutes of the 2nd quarter and 4th quarter.
 - Pressing is not allowed by a team that is winning by 10 points or more.

FOULS:

1. Each player will be allowed five (5) fouls per game. The player will foul out on the 5th personal foul.
2. On the 5th team foul in a quarter, a “double” bonus free throws will be awarded – 2 foul shots will be awarded. Team fouls reset each quarter.
3. Shooting Fouls:
 - a. Players in the lane may leave on the release of the ball from the free throw shooter.

- b. The shooter may not leave the free throw line and may not be touched until the ball has hit the rim.
- 4. Technical Foul - A technical foul will be called on a player, coach or spectator who is trash talking, swearing or commits an intentional foul that is beyond the “normal” spectrum of the game. A player who is called for a technical foul will be taken out of the game and not allowed back in for one quarter’s length of time, a second technical foul in the same game will be an automatic ejection. Any player, coach who is ejected from a game must leave the property and is subject to receive a suspension of 1-3 games.
- 5. Flagrant Foul - A flagrant foul will be called when a player commits an intentional foul which causes immediate harm to another participant (i.e. a punch thrown, a push, shove or kick). It doesn’t matter whether it could lead to a fight or not. A player who receives a flagrant foul in a game will be immediately ejected from the game and is subject to receive a suspension of 1-3 games.