

# Niles Park District Youth Basketball League Rules (Fall)

1. **SPORTSMANSHIP:** All coaches, players, parents, and fans must follow our Zero Tolerance Policy. Yelling, arguing, or confronting another parent/coach/player/referee is not allowed. Cheering is allowed but must be positive and only for your team. Parents and spectators should sit in the bleachers on the same side or directly across from their team.
2. **SCORE DIFFERENTIAL:** Points will stop being added to the scoreboard if the differential is 15 or more. In the event of a lopsided game, the winning team should take into consideration the use of non-regular positions for their players to still make the game fun as well as completing multiple passes prior to taking shots.
  - a. When a game is lopsided which is 15 points or more, we will STOP putting additional points for the winning team on the board. If the losing team cuts into the lead, scorekeepers will monitor the score on paper and update the board at the end of the period.
3. **GAME LENGTH:** Games will be four (8) minute quarters with a 1-minute half time.
4. **CLOCK STOPPAGE:**
  - The clock will stop on all whistles in the last 15 seconds of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter.
  - The clock will stop on all whistles in the last 1 minute of the 4<sup>th</sup> quarter.
  - The clock will stop on all shooting fouls.
    - **2 Shots:** The clock will re-start after any subs enter & the referee gives shooter the ball for the 2<sup>nd</sup> shot.
    - **1 Shot:** clock will start once the ball hits the rim on a miss or inbounded on a made shot.
5. **PLAYING TIME:** Our goal is to have all participants play an equal amount of time. Coaches are allowed to substitute freely throughout the game but should get players on the court for at least (6) minutes in the 1<sup>st</sup> half and (6) minutes in the 2<sup>nd</sup> half. All subs must report to the score table before entering the game.
6. **SUDDEN DEATH OVERTIME:** The first point scored wins. 2-minute max with the clock stopping only the last 1 minute on all whistles. If nobody scores after 2-minutes, then the final score will be marked as a tie.
7. **TIME OUTS:** (2) 30 second time-out per game.
8. **UNIFORMS:** All players must be registered and wearing their Official Niles Park District reversible jersey. Players will not be allowed to play in the game unless they are wearing an official Niles Park District issued jersey. Players can NOT swap jerseys with a player who does not have a jersey. **(A)** Players who become injured and get blood on their jersey should either remove the jersey or the blood. Players cannot play with a jersey with blood **(B)**. If a player cannot remove the blood and has already played in the game, they may re-enter without a jersey. If the player without the jersey fouls, referees should refer to the number on jersey worn to start.
9. **# OF PLAYERS TO PLAY:** Games can be played with (4) players. We will allow teams to call-up registered players from a younger grade to play a game and not forfeit. Teams can borrow to give themselves up to (6) total players.
10. **TECHNICAL FOULS:** Technical fouls for a coach or player will result in two (2) points to opposing team and loss of possession. If a player is issued a technical foul, they must sit out for (5) minutes of game time.

	2 <sup>nd</sup> & 3 <sup>rd</sup> Grade	4 <sup>th</sup> & 5 <sup>th</sup> Grade	6 <sup>th</sup> , 7 <sup>th</sup> & 8 <sup>th</sup> Grade
<b>Ball Size</b>	Boys & Girls 27.5"	Boys & Girls 28.5"	Boys 29" / Girls 28.5"
<b>Court Dimensions</b>	Mini Court (sideline to sideline)	Full Court	Full Court
<b>Basket Height</b>	2 <sup>nd</sup> gr. (8ft.) & 3 <sup>rd</sup> (9ft.)	10ft. hoop	10ft. hoop
<b>Free Throw Line</b>	9 feet	12 feet	15 feet
<b>Personal Fouls</b>	7 fouls	6 fouls	6 fouls
<b>Bonus</b>	Teams shoot 1& 1 on 10 <sup>th</sup> team foul of each half. No super bonus	Teams shoot 1& 1 on 10 <sup>th</sup> team foul of each half. No super bonus	Teams shoot 1& 1 on 10 <sup>th</sup> team foul of each half. No super bonus
<b>Lane Violations</b>	5 seconds	5 seconds	3 seconds
<b>3 pointers</b>	No	Yes	Yes
<b>Defensive Limitations &amp; Pressing</b>	Teams can play man to man or zone defense. In both instances, the defender can't put on-ball pressure until the offensive player is at the top of the key. <b>(NOT AT HALFCOURT).</b>  Coaches should teach hands up defense and not encourage players to reach in for steals.  <b>No pressing at any point of the game.</b>	If there is a 15-point lead or more, defenders on leading team must stay inside the 3-point arc and play hands up defense with no stealing.  During the last 2 minutes of the game, both teams can full court press if the point differential is 6 points or less. If there is a 7 point lead or more then neither team can press.	If there is a 15-point lead or more, defenders on leading team must stay inside the 3-point arc and play hands up defense with no stealing.  Both teams can press until there is a 9 point lead. Once there is a 9 point lead, the winning team can't press but the losing team can <u>except in the last 2 minutes of the game.</u> At the 2-min mark, if there is 10 point lead or more then neither team can press.



## 2<sup>nd</sup> & 3<sup>rd</sup> Grade Half-Court Games

### Expanded Rules



### CONSISTENCY FROM WEEK TO WEEK IS WHAT IS EXPECTED.

- Court boundaries at LoVerde Center are the **ORANGE** lines.
- Court boundaries at Golf View are the **RED** lines (not the curtain).
- All reach-in and shooting fouls should be called and reported to the score table.

*Players get 7 fouls before they foul out.*

- Coaches should teach and promote hands-up defense.

*\*When a player picks up their dribble and/or has a pivot foot, defenders should not reach in for steals and try to rip the ball away.*

*\*There should be no “JUMP BALL” calls when a player is standing upright and picks up their dribble because kids should not be reaching in to try and rip it away. 99.9% of the time the defender is going to make excessive contact with the offensive player and if so, a foul should be called.*

*\*Defenders can steal or block the ball when a player is actively dribbling or when it leaves the offensive player's hands for a shot or pass.*

- There is no press and defenders can't pick up or apply pressure to a dribbler until they get to the top of the key.
- Offensive players should be moving in and out of the lane.

*The tallest player(s) should not be able to just stand under the hoop and wait for a pass or rebound during a team's entire possession. Warn and then call a 5 second violation.*

- Coaches must send players to the score table when substituting.
- Referees should call all double dribbles and travels starting with game 1 and throughout the whole season.

## **Niles Park District Zero Tolerance Policy**

Recreational leagues across the country have seen a dramatic change in issues dealing with parents, coaches, spectators, umpires, players, and league officials' conduct at sporting events.

With this in mind, the Niles Park District Board of Commissioners have taken a "Zero Tolerance" stance in handling severe situations occurring on and within leagues operating on Park District facilities. The Zero Tolerance Policy regarding behavior is as follows:

### **A. General Unsportsmanlike conduct:**

- a. No spectator, adult, parent, coach, player, or umpire shall verbally confront or argue with an official, coach, player or other fans before, during, or after a game.
  - i. Penalties for such unsportsmanlike conduct will be at the discretion of the Niles Park District at a minimum of:
    - 1. General Unsportsmanlike Conduct: 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
      - a. The suspension must include at least one missed game.
    - 2. Second Offense: suspension for the remainder of the current season, plus probation for the following season.
- b. No spectator, adult, parent, coach, player, or umpire shall use profanity at an Niles Park District Facility.
  - i. Penalties for Profanity will be at the discretion of the Niles Park District at a minimum of:
    - 1. Profanity: 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
      - a. The suspension must include at least one missed game.
    - 2. Second Offense: Suspension for the remainder of the current season, plus probation for the following season

### **B. Drinking/ Possession of Alcohol:**

- a. No spectator, adult, parent, coach, player, or umpire shall consume or possess alcohol at any Niles Park District Facilities except at Park District liquor permitted events.
  - i. Penalties for Drinking will be at the discretion of the Niles Park District at a minimum of:
    - 1. Drinking/Possession of Alcohol: Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
    - 2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by the Board of Commissioners.

### **C. Fighting/Physical Abuse/Sexual Abuse:**

- b. No spectator, adult, parent, coach, player, or umpire shall engage in any type of behavior that could constitute physical assault. The term physical assault includes but is not limited to: Hitting, slapping, pushing, spitting, kicking, or striking in any way any part of the body or any physical implement <sup>1</sup>.
  - i. Penalties for Fighting/physical Abuse will be at the discretion of the Niles Park District at a minimum of:
    - 1. Fighting/Physical Abuse: Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
    - 2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by

the Board of Commissioners.

ii. Penalties for Sexual Abuse:

1. Sexual Abuse: Offender will be permanently suspended from all Niles Park District Facilities and activities. Offender will not be eligible for reinstatement.

D. Possession of Weapon:

- a. No spectator, adult, parent, coach, board member, player or umpire shall possess a weapon of any kind at any Niles Park District Facilities.

- i. Penalties for Possession of Weapon will be at the discretion of the Niles Park District at a minimum of:

1. Possession of Weapon: Offender will be permanently suspended from all Niles Park District Facilities and activities for one year from the date of the offense. A final decision will be made by the Board of Commissioners. <sup>2</sup>
2. Concealed Weapon Permit Holders will not be allowed to carry a weapon at Niles Park District facilities.

E. Social-Media

- a. No spectator, adult, parent, coach, player or umpire shall engage in any type of written or implied social media posts (to include Facebook, twitter, text message or email, etc.) deemed detrimental to the Niles Park District or its programs.

- i. Penalties for written or implied posts detrimental to a program/league will be at the discretion of the Niles Park District at a minimum of

1. 1 calendar week suspension from all activities including practices and games, plus probation for the remainder of the current season.
  - a. The suspension must include at least one missed game.
2. Second Offense: Suspension for the remainder of the current season, plus probation for the following season.

- ii. Penalties for written or implied threats will be at the discretion of the Niles Park District at a minimum of

1. Suspension for the remainder of the current season, plus probation for the following season. This will also include a ban from all Niles Park District Facilities and activities.
2. Second Offense: permanent suspension from all Niles Park District Facilities and activities for one year from the date of the offense A final decision will be made by the Board of Commissioners.

Any person who has been suspended pursuant to the above may, within 7 days of receipt of the suspension, seek a hearing with the Park Board Commissioners provided they timely submit said request in writing and include a brief explanation as to why he/she disputes the suspension or whether he/she believes mitigating circumstances exist.

The Park Board will consider the appeal and may sustain, amend, or revise the previous suspension in its sole discretion.

It is the goal of the Niles Park District that participation in recreational programs be individually and cooperatively a wholesome, fun, and personally rewarding experience. Each participant, along with the coaches and parents should try to achieve a more positive attitude for the sport or program so it is a more enjoyable experience.

<sup>1</sup> Any person who physically attacks officials, coaches, fans, or players may be subject to criminal prosecution as well as a civil suit for money damages.

<sup>2</sup> Licensed Law Enforcement Officers on duty or while on call will be allowed to carry a Department issued service weapon.