

1st and 2nd Grade Co-Ed Rules-2017

I. The League

- A. All league play will be governed by the IHSA (Illinois High School Association) rules unless otherwise stated in these Bartlett Park District rules and regulations.
- B. The official park district representative has the power to issue a technical foul on a coach, player, or fan for unsportsmanlike conduct. Grounds for this action could include such things as verbal criticism or unsportsmanlike gestures.
- C. There **will not** be official referees during league games. Instead, coaches will act as referees and give each other the opportunity to teach on the floor and explain the rules. Please discuss the rules prior to each game so each coach is on the same page.

II. General Information

- A. Please come no earlier than 20 minutes before your game time. Court 2 may be available for warm up but is not guaranteed and it will be shared by the next four teams about to play.
- B. Uniforms: Game T-Shirts will be handed out before the first game. All players are required to wear their T-Shirt and black shorts.
- C. Colored wristbands (supplied by the Scorekeeper) must be used every game to help the players understand the concept of man-to-man marking.

III. Playing Time

- A. Every player that shows up for the game must play two full quarters start to finish. **There are 3 exceptions:**
 - 1) Illness - be sure to tell opposing coach and the score keeper
 - 2) Discipline problems - after speaking to the player's parents ahead of time
 - 3) Injury
- B. If a team has 7 players or more, each player must sit out one full quarter start to finish. If either team has 6 players or less, no player from either team has to sit out, but everyone still has to play two full quarters start to finish. If a team starts out with 7 players, and one of them fouls out leaving them with 6, each player must sit out one full quarter.
- C. Substitutions - All players must play their full 2 quarters. Substitutions can only be made at the start and end of each quarter. The only other instance is in the case of injury. At this time both players will be charged with playing that quarter.

IV. Timing

- A. 4 x six minute stop time quarters
- B. 3 x three minute overtimes followed by a sudden death overtime
- C. 2 minutes between quarters and 4 minutes between halves.
- D. 2 x one minute time outs per half
- E. 1 time out per overtime.

V. Special Rules

- A. There will be a jump ball to start the game. Afterwards, the ball will alternate possession.
- B. Coaches may call time outs to explain violations or problems to the players.
- C. All baskets will be lowered to 8 feet for all games.

- D. A youth basketball will be used (27.5").
- E. There are no penalty foul shots. If an infraction occurs, the offending team loses possession of ball.
- F. Teams cannot press.
- G. Each player on defense must play defense, hands-off the opponent with the basketball. No offensive player can dribble the ball for more than 5 seconds without making a move to the basket or passing to a teammate.
- H. Players with the ball cannot be tied up by defensive players.
- I. Man to man defense should be taught (use colored wristbands to help).