

3rd & 4th Grade Basketball League Rules

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. A Technical Foul on a coach results in a minimum of a one game suspension plus the coach will have to sit down during the game it was issued and will not have the right to stand in the coaches boxes.

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.
- C. Uniforms: Game T-Shirts will be handed out before the first game. All players are required to wear their T-Shirt and black shorts.
- D. No jewelry can be worn. This includes earrings, bracelets, bobby pins or anything hard used to clip hair back.
- E. Each player must check into the game with the official scorekeeper every time they enter the game. All players must report in at the beginning of each quarter, regardless if they played the previous quarter or not.

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 – 3rd/4th Grade

- A. There will be a jump ball to start the game. Afterwards, the ball will alternate possession.
- B. Officials may call time outs to explain violations or problems to the players.
- C. All baskets will be lowered to 9 feet for all games.
- D. Free throws will be shot from a marked line approx. 12 inches in front of the existing foul line.
- E. Players will use a 27.5" junior size basketball.
- F. Three-point line will be used

- G. An offensive player controlling the basketball must be allowed to cross the yellow line on the court before the defense is allowed to put pressure on him. No full court press. The player with the ball has 5 seconds to cross the yellow line. Once the line is crossed the ball is live and the player cannot go back behind the yellow line expecting another 5 seconds.
- H. If a defensive player fouls or presses, the first time the referee will wave them away and he may add time back on the clock at his discretion. If the infraction occurs again the referee will call a technical foul on the bench. The offensive team will be awarded two free throws and possession of the ball out of bounds. Each successive foul/press of the same nature will result in a bench technical foul.
- I. No zone defenses allowed. Man to man defense must be played – no exceptions.
- J. There will be no double-teaming on a player with or without the ball. "Help" defense is permitted. When the defensive player is beaten a player guarding off the ball may step in and help prevent an open shot. When the beaten player catches up, players must go back to their original positions. The officials will distinguish between double teaming, zone defenses and help defense and make the appropriate call.
- K. If a coach encourages players to foul close to the end of the game they must ensure players understand they must go after the ball and not the player. A hard foul on a player may result in an intentional foul.