

Hampshire Township Park District
3rd & 4th Grade Boys/Girls Basketball League
Rules and Regulations

GENERAL RULES

1. A 28.5" basketball shall be used for all practices and games.
2. Playing time should be allocated as equally as possible. (Example: No player should play in 3 quarters until every other player has played in at least 2 quarters.)
3. Teams must start with 5 players. After a 5 minute grace period the game will be considered a forfeit, however we will still play a scrimmage game. The scrimmage will be 4 on 4 or the team which is short player(s) will be given player(s) from the opposing team. The scrimmage will consist of (4) 6 minute quarters and subs will be done at the conclusion of the quarters
4. Substitutions can be made only at the following times: Between quarters, at halftime, and at the designated substitution (4 minute mark). No subs will be allowed in the final 4 minutes of the 4th quarter. Only exceptions are a physical or emotional distressed player.
5. A player will be ejected from the game automatically on the first flagrant foul or after their second technical foul.
6. A coach will be ejected from the game automatically on his/her second technical foul. Coaches may be suspended from coaching if the site supervisor and/or athletic supervisor deem the behavior unacceptable.
7. Coaches are responsible for their players in the schools before, after and during the games and practices. Please instruct your players to go directly to the gym and remain in the gym until practice or the game is completed. No child, coach, or spectator is allowed in any other part of the building.
8. Food is prohibited in the gym
9. All rules not specified will be referred to in the current IHSA/NFHS Rule Book.

TIME

1. Each basketball game will consist of four (4) eight minute quarters with a running clock. The clock will run until approximately the 4 minute sub time. The clock will then run until 1 minute remaining in each quarter. The clock will be stopped on a dead ball for the remaining minute. A made basket will NOT count as a dead ball and the clock will continue to run.
2. In case of a tie at the end of regulation there will be no overtimes. Tie games will remain a tie.
4. (2) one minute time outs are allowed per half with no carry over.

OFFENSE

1. Each game will begin with a jump ball.
2. A basket height of 9' will be used.
3. The free throw line will be the red line in front of the standard free throw line.
4. Players positioned in marked lane spaces during the taking of a free throw may now enter the lane as soon as the shooter releases the ball.
5. The free throw shooter may jump over the free throw line on their attempt. However, they may not be the first to make contact with the basketball on a missed shot.
6. There will be a six second violation when a dribble is picked up(closely guarded rule).
7. Ten-second backcourt violation will be enforced.
8. Five-second lane violations will be enforced.
9. Traveling, double dribbling, offensive charging will be enforced.
10. No offensive plays that evacuate 4 out of the 5 players to create 1v1 isolation will be allowed. Violation to this will be an automatic turnover. The ball will be given to the other team at the nearest sideline. IF it happens again, it will be a technical foul on the coach.

DEFENSE

1. Man-to-man defense is only permitted. No zone defense will be allowed.
2. Switching players while defending is allowed, as will proper “help side” man-to-man defensive principles. (Defender is within 5 feet of their man)
3. Defense may pick up the offensive team inside their blue volleyball line. The defense may not cross the blue line until the ball handler crosses it. The defense may pick up the offensive team at the half court line at the start of the 4th quarter.
4. When the defensive player has possession of a rebound, or any other change in possession, the former offensive team must retreat to their defensive blue volleyball line. The ball may not be stolen until the offensive player crosses that line.
5. Double teaming is allowed **HOWEVER**, if a turnover occurs due to the double team. The play will be called dead, and the ball will be given back to team who had the ball taken away. The ball will not be rewarded back on missed shot attempt.
6. All other fouls will be called.
7. Each player is allowed five personal fouls per game. On the fifth (or more) foul the player can remain in the game, but the opposing team will get 1 free throw and possession of the ball. In the case of a shooting foul on a fifth foul (or more) the player that was fouled will shoot 2 free throws. After the 2 free throws, everyone except for the shooter must leave the lane and stand behind the blue volleyball line. The coach may pick who shoots the technical free throw. After the 1 technical free throw, the shooting team will be awarded the basketball behind the baseline.