

## 2025 Hampshire Township Park District 5th & 6th Grade Basketball League Rules and Regulations

### GENERAL RULES

1. A 28.5" basketball shall be used for all practices and games.
2. Every player that is dressed and attends practice on a regular basis must play at least one half of each game. 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. No less than four (4) players per team must be present on the floor and ready to play at the start of the game.
4. Coaches can substitute players at any time throughout the game. The player who is subbing into the game must report to the scorer's table first.
5. A player will be ejected from the game automatically on the first flagrant foul or after their second technical foul. If a player receives a technical foul they must come out of the game.
6. One head coach and one assistant coach is allowed on the bench. Only the head coach may stand. An issue will be warned if an assistant is standing, then they will receive a technical foul if they continue to stand.
7. TECHNICAL FOULS ARE UNACCEPTABLE!! 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 deems the behavior unacceptable.
8. If a player or coach receives a technical foul, the opposing team will automatically get 2 points and receive the ball out of bounds near the location where the infraction happened. The player who received a technical foul, must come out of the game and sit on the bench for the remainder of the quarter. If the team only has 5 players and a player receives a technical foul, may remain in the game. If a coach receives one technical foul, they will not be allowed to stand for the remainder of the game.
9. Coaches are responsible for their players in the school 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.
10. 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) 10 minute quarters. Running clock. 2 minute halftime.
2. The clock will only stop for timeouts, injuries, or referee discretion. (The clock will not stop for substations, free throws, etc. Unless in the final minute of the 2<sup>nd</sup> and 4<sup>th</sup> quarter.) The clock will NEVER stop on a made basket.
3. In case of a tie at the end of regulation one two (2) minute overtime will be played using stopped clock.

4. Two (2) time outs are allowed per half with no carry over. One time out is allowed in each overtime period. Unused 2nd half timeouts do not carry over into overtime.

## OFFENSE

1. Double bonus free throws will be in effect on the 5th team foul of each quarter. Team fouls reset at the end of each quarter.
2. Players positioned in marked lane spaces during the taking of a free throw may enter the lane as soon as the shooter releases the ball. The shooter and any players positioned behind the three point line may go for a rebound, but remain behind their respective restraining lines until the ball touches the rim.
3. Five-second violation in the front court (closely guarded rule) will be enforced.
4. Ten-second backcourt violation will be enforced.
5. Three-second lane violations will be enforced.
6. Traveling, double dribbling, offensive charging will be enforced.
7. Each game will begin with a jump ball.
8. Shots made from beyond the 3 point line will only count for 2 points in the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarter. 3 point shots will only be counted in the 4<sup>th</sup> quarter and overtime.

## 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. Players must return to their person they are guarding
3. No full court defense is allowed.
4. Each player is allowed five personal fouls per game. On the fifth foul the player is out of the game unless there is only five total players on the team. At that point, the team can decide to play with 4 players or play the player who fouled out; however, every foul that player commits will be treated as a technical foul.
5. No double teaming is allowed; double teaming is considered when more than one player is guarding the ball for over 3 consecutive seconds. If this happens, the play will be blown dead, and the ball will be inbounded underneath the offenses' basket.

## FAST BREAK

1. Teams will not be able to utilize a fast break when they have a lead of 20 or more points. A fast break is at the referee's discretion.