



## 4th and 5th Grade Basketball League Rules

1. This youth basketball league will emphasize skill development, sportsmanship, team play, and friendly competition. It is very important that each individual athlete participating must play a minimum of two quarters per game. Exception: Players are subject to less playing time if exhibiting conduct that is unfair to their team .

*Any player fighting will be removed from the team and all fees forfeited.*

2. Coaches are voluntary for this league. Please respect the fact they are volunteering their time to coach your child. If you have questions about the game or playing time please contact them via email to schedule a meeting. Confronting coaches after games or practice will not be tolerated. Questions on this policy should be directed to Athletic Coordinator, Lesley Sheffield, [lesley@oregonpark.org](mailto:lesley@oregonpark.org) or 815-732-3101.

3. Teams will be split through an evaluation process and draft to make them as evenly as possible. Coaches will be involved in the evaluating process and drafting their team.

4. First team listed on the schedule is the home team.

5. There will be 4 (four) 10 minute quarters with a running clock. During the last minute of each quarter, the clock will stop each time the official's whistle is blown. Three minutes between halves and one minute between the quarters..

6. Baskets will be ten feet in height and 28.5 size basketballs will be used. The free throw line will be placed at 12 feet.

7. Teams may play either man to man or zone defense.

8. A jump ball will be used to start the game with the alternate possession rule used at the beginning of each quarter as well as for tie-ups called by an official.

9. Each team is allowed three 1 minute time-outs per game.

10. Individual fouls will be kept. A player will foul out of the game on his fifth foul.
11. Shooting fouls will be shot as two free throws unless the player who was fouled on the shot makes the basket, then they will be awarded (1) free throw only. Other fouls will result in the ball being taken out of bounds except on the seventh team foul of the half, the opposing team is awarded a 1 and 1.
12. Full court press can be done ONLY the last two minutes of the 4<sup>th</sup> quarter. If a team is winning by 10 or more points they are not allowed to press.
13. Substitutions should go to the scorer's table and enter on dead balls only!
14. 3-point shots will be counted as 3 points.
15. Official rules governing traveling and double dribble should be taught and followed during the game. The official will use discretion in making these calls.
16. One or two officials will be hired to officiate each game. The scorekeeper will take care of recording time outs as well as keeping the running score on the scoreboard.
17. Each team member will have a colored, numbered jersey provided by the Oregon Park District.
18. No flagrant remarks by players in defiance of a referee's decision will be tolerated. Excessive bickering at an official by coaches, players, or team followers will result in a technical foul. Abuse to referees and scorekeepers will not be tolerated before, during or after a game. For any technical foul an automatic 2 points and possession of the ball will be awarded to the opponents.
19. One flagrant technical foul on any coach, player or non-player in a game will cause the player/coach or non-player to be automatically ejected from the game.
  - A. This rule applies to flagrant technical fouls involving display of poor sportsmanship or serious infractions of league rules and use of profanity.
20. Overtime: 3 minutes. Clock will stop the last minute of overtime play each time the official's whistle is blown. Each team will be given 1 time out only for overtime play. Possession determined by a jump ball. Games will be limited to two overtimes. The 2<sup>nd</sup> overtime (if necessary) will be sudden death, with the first team to score as the winner.

# Games and Practices

Games will be held at Nash Recreation Center and Byron PE Center.

Practices will be held at both Nash Recreation Center and Oregon Elementary School.

Coaches will provide a practice schedule.