

Lindenhurst Park District Youth Basketball League Rules 2023

- **PARTICIPATION**

- All players must be officially registered through the Lindenhurst Park District.
- Players are placed on teams by the Athletic Program Manager
 - Requests for preferred coach or team placement and carpools are not accepted
- Teams are limited to one head coach and one assistant coach
- ALL players must play at least 2 full quarters
 - There will be no substituting allowed during the 1st quarter (except for injury)
 - Players who did not play the 1st quarter MUST play the entire 2nd quarter
 - Free substitutes will be allowed during the 3rd and 4th quarter
 - If it is determined this is NOT taking place, referees and staff will be allowed to step-in and force substitution, no questions asked
 - Exceptions to participation rule
 - If a player is removed due to an injury
 - If a player has fouled out
 - If a player has been ejected from the game
 - All substitutions must check in at the scorer's table
 - Substitutions will be allowed to replace a player who has fouled out, in injured/ill or has been ejected. When subs are made under this rule, the person playing the majority of the quarter will be charged the full quarter when applying the participation rules.

- **THE GAME**

- **Minimum Players**
 - If a team is unable to field 5 players at game time they will be allowed to start the game with 4 players to avoid a forfeit
 - A team may play with less than 5 players due to fouling out or injury
- **Warm-ups**
 - Pre-game warmup time will consist of a reasonable amount of time based upon the referee's discretion
- **Start of game**
 - Each game will start with a jump ball
 - A possession arrow will track alternating team possession after initial jump ball
- **Time**
 - All games will consist of four 8-minute quarters
 - A running clock will be in effect except for the last minute of the 2nd and 4th quarters which will then stop on each whistle
 - The clock will stop on all shooting fouls
 - On shooting fouls, the clock will start again when the ball is placed in the free throw shooter's hands on the second shot

- If the shooting foul occurs in the last minute of the 2nd or 4th quarter, the clock will start once the ball hits the rim or backboard
 - The clock will stop at the referees discretions
 - The clock will stop for injuries
 - The clock will stop for all time-outs
- **Time-outs**
 - Each team is allowed two time-outs per half
 - Offensive team time outs must be granted by the referee only if the ball is in play
 - After a made shot or a dead ball situation either coach may ask the referee for a time out if the team still has one left. The time out will be granted as long as the ball has not been put in play.
- **Game Ball**
 - 2nd/3rd Grade will use an intermediate size ball (28.5)
 - 4th-8th Grade will use a regulation size ball (29.5)
- **Rim Height**
 - 2nd/3rd Grade will play on a 9ft rim
 - 4th-8th Grade will play on a 10ft rim
- **Uniform & Equipment**
 - All teams are issued a set of team uniforms shirts
 - Shirts must be worn and tucked in for all games
 - Clean tennis shoes must be worn to practice and games
 - No jewelry is allowed
 - Medical or religious medals must be taped to body and underneath clothing at all times
- **Defense**
 - You must play a man-to-man defense
 - Double-teaming will be allowed
 - **2nd-5th Grade League-NO zone defense**
 - 6th-8th Grade League will be allowed to play man-to-man or zone defense at any time during the game
 - No press Rule
 - Once the defending team gains clear possession of the ball by rebound or steal in their own half of the court, the opposing team must back off to the other side of the half court line and let the offense freely bring the ball up
 - If a ball is passed in the backcourt, another team member in the frontcourt must touch it before a steal can take place
 - A press will be allowed only during the last minute of the 2nd and 4th quarters ONLY
 - 6th-8th Grade League will be allowed to press at any time during the 3rd and 4th quarters of the game (Including last minute of 2nd quarter)
 - Score differential

- When a team is up by fifteen (15) points or more during the game, the leading team must play a tight zone defense inside the 3 point line. They cannot steal or block the ball.
 - 6th-8th Grade League: when a team is up by ten (10) points or more during the game, the leading team will NOT be allowed to press AT ALL! Half-court defense only.
 - **Free Throws & Fouls**
 - 2nd/3rd Grade will shoot from approximately 12ft line
 - 4th-8th Grade will shoot from the foul line. (4th-5th grade will be allowed to jump on/over the foul line).
 - Any player fouled in the act of shooting will receive two free throws
 - A player is disqualified on his/her 5th personal foul
 - Bonus (1 and 1) will be in effect on a teams **10th foul** of each half
 - No super bonus
 - All players will shoot a free throw at half time
 - Each team will shoot an equal amount of free throws
 - If a team is short players the referee will choose the player(s) who will shoot additional free throw(s)
 - **Overtime**
 - In case of a tie game, sudden death overtime will be played
 - Overtime will begin with a jump ball
 - **Injury**
 - Players who experience a head injury are not permitted to return to the game. No exceptions
 - If play is stopped for an injury the player must leave the court until the next allowable substitution
 - **Bench Rule**
 - Only the head coach, assistant coach and the players involved in the game will be allowed to sit on the bench
 - **Miscellaneous**
 - A five second count will be used in the lane
 - The three point line will ONLY be used for 6th-8th grades
- **REFEREES**
 - All referees' decisions are Final
 - Coaches will not be allowed to harass the referee
 - Players will not be allowed to harass the referee
- *With the exception of the above rules, the I.H.S.A. governing rules will be used.*
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