

Palos Heights Parks and Recreation Youth Basketball League
2020 Playing Rules and Procedures
5th - 8th Grade Girls
5th - 8th Grade Boys

Updated 12/10/18

General Information:

Palos Heights Recreation 6601 West 127th Street
Palos Heights, IL 60463

Office Hours: Monday-Friday
8:30 a.m.-5:00 p.m.

Program Administrator: Eric Sloyan
(708) 361-1807 – Office
(708) 480-3057 – Direct Office
esloyan@palosheights.org

Facilities:

Palos Heights Recreation Center 6601 West 127th Street
Palos Heights

Palos East Elementary School 7700 W 127th St
Palos Heights

Navajo Elementary School 12401 S Oak Park Ave
Palos Heights

Program Rules and Guidelines:

Playing Rules:

All league play will be governed by IHSA Basketball rules with the following exceptions and interpretations:

A. Equipment

The Official Game Ball will be:

- Intermediate Size (28.5) for Girls League.
- Regulation Size for Boys and Girls 5th - 8th Grade Leagues.

B. Time of Game

1. Length of Games

A regulation game shall consist of four quarters. Quarters shall be **8** minutes in length.

2. Stoppage of the Clock

The clock will stop only for time outs, shooting fouls, and substitutions. Otherwise it is a “Running Clock”.

Exception: The last two minutes of the fourth quarter will operate with a “Regulation Clock”. During a regulation clock, the timer/scorekeeper will operate the clock in accordance with IHSB rules.

3. Halftime

Halftime will be three minutes in length. Halftime will begin immediately after the completion of the first half.

4. Overtime

There will be one 4 minute running clock overtime. The clock will stop on a dead ball during the last minute of overtime. If the score is still tied after the overtime period the game will end in a tie.

5. Timeouts

- Two per team, per game.
- Thirty seconds in length.
- Timeouts may be called by a player on the court or one of the team’s coaches.

C. Mandatory Playing Rule

All participants present will be guaranteed the opportunity to participate in a pre-determined minimal amount of minutes per game. Below are the guidelines that will govern the minimal amount of playing time, players on the bench must be subbed in at beginning of a quarter or the 4 minute substitutions; no player should sit on the bench for 8 consecutive minutes:

1. 10 Players

- Everyone must start two (2) quarters (one per half).
- No substitutions may occur during the first four (4) minutes of any quarter except in the case of an injury.

2. 7 to 9 Players

- Everyone must start two (2) quarters (one per half).
- No player may start more than three (3) quarters.
- No substitutions are allowed during the first four minutes of each quarter except in the case of an injury.

3. 5 to 6 Players

- Everyone must start at least three (3) quarters.
- No substitutions are allowed during the first four minutes of each quarter except in the case of an injury.

Free substitutions are allowed following the four minute mark. Substitutes must check in at the scorer's table and be waved on the court by the referee.

Exceptions:

- Any player becoming sick or injured may be substituted out and is exempt from the minimal amount of playing time.
- Any player who becomes sick or injured, but later feels better, may be reinserted into the game provided he/she is able.

D. Pressing/Defense

Teams may not defend opponent until offensive player or ball crosses the half court line.

Backcourt Pressing is allowed only:

- During 4th Quarter of the game if a team is trailing by 12 or more points, trailing team can press.
- If the score is within 12 points in the 4th Quarter both teams can press.

E. Additional Information

- Please allow only team members to shoot during pre-game and halftime. Only players and coaches are allowed on playing floor before, during, and after games.
- Rules are subject to amendment or clarification by program administrators (refer to page 1) at any time during the season. Any rule changes will be made known to all coaches in writing.

F. Sportsmanship

- Please demonstrate Good Sportsmanship in coaching and expect your players to also demonstrate good sportsmanship. Remember this is a recreation league so emphasize improving skills, strategies, playing as a team, and having fun.
- It is not seen as good sportsmanship if teams continually press and foul the opposing team while up by 10 or more points.
- **At no time** during or after game play shall any coach dispute the game with the officials, opposing teams, coach, or scorekeepers. All disputes need to be made to the league coordinator.

- All coaches are responsible for the conduct of their players on and off the court. Also, all coaches are responsible for the conduct of their team's parents/supporters. Any problems regarding player/parent/supporter conduct should be reported to the league coordinator.