



**VERNON HILLS PARK DISTRICT  
2020 BOY'S 7<sup>TH</sup> - 8<sup>TH</sup> GRADE  
YOUTH BASKETBALL LEAGUE RULES**



1. Players are to wear jerseys provided by the Park District and gym shoes while in the gym. Players are to bring a change of shoes during inclement weather, no street shoes are allowed on the gym floor.
2. Absolutely no food or drinks except water bottles are to be brought into the gymnasium by players or spectators.
3. All teams **MUST** have a certified coach or assistant coach present at the gym during practices or games. If a certified coach is not available for a game, the head coach must notify the Park District in advance so other arrangement can be made.
4. Official IHSA basketball rules will be followed unless otherwise stated.
5. The 7<sup>th</sup>/8<sup>th</sup> league will use an official size men's basketball.
6. Nine-minute quarters with a running clock will be used. The clock will stop in the last minute of the second and fourth quarters.
7. Each team has 1 one-minute timeout and 1 thirty-second timeout per half. The timeouts do not carry over into the 2<sup>nd</sup> half. There are two minutes between halves and one minute between quarters.
8. Official score will be kept by the parent scorekeepers. Scores will be displayed on an electronic scoreboard (when available). Each team must supply 1 person to work the score table. One will run the clock and 1 will keep the scoresheet.
9. Games tied at the end of the 4<sup>th</sup> quarter will play a three-minute running clock overtime period. The clock will stop for the last minute of the overtime period. A jump ball will be used to start the overtime period. Each team will be allowed 1 thirty-second timeout in the overtime period. No timeouts may be carried over from regulation game.
10. Games tied at the end of the three-minute overtime period will have a 5 person free throw shootout. Each team will designate 5 different players to shoot 1 free throw. Each team will alternate shooting free throws at opposing baskets. The team with the most total free throws wins the game. If it is still tied after the first 5, additional new players will shoot until the tie is broken. A player may not shoot an additional free throw until all other players on the team have had a chance to shoot. The winning team will be given a 1 point win in final score.
11. Standings will be kept. If two (or more) teams have identical records, the following tie-breakers will be used:
  - a. Record in head-to-head competition
  - b. Fewest points allowed in head-to-head competition
  - c. Fewest points allowed during season
12. Anytime a player gets fouled in the act of shooting, the clock will stop for the first free throw, and will start again when the referee signals after handing the ball to the shooter for the second shot.
13. Pressing will be allowed in the 2<sup>nd</sup> and 4<sup>th</sup> quarter only. Double teams will be allowed in the front court. Once the offense crosses half court the defense will fall back into man to man with regular defense rules. The team ahead may only press if there is a 10 point difference or less.
14. No jump balls except at the beginning of the game. We will use the alternating possession rule. In all jump ball situations, other than the start of the game and additional period, the team will alternate taking

the ball out of bounds. The team not obtaining the jump ball will start the alternating possession procedure. Control also may be established as a result of a violation or foul.

15. The 3-second lane violation will be played.
16. The 10-second half court line rule will be played during the 2<sup>nd</sup> and 4<sup>th</sup> quarter. During the 1<sup>st</sup> and 3<sup>rd</sup> quarter the team on offense has 5 seconds to initiate the offense across half court.
17. Five fouls on any one player will cause that player to foul out of the game. A technical foul counts as a personal foul.
18. 3-point shots will be allowed.
19. All teams must play man-to-man defense. During pick situations, players may play help and recover or use switches so long as a double team does not occur. The intent of this rule is to help players develop good defensive fundamentals. Certain types (or continued use) of isolation plays by offensive teams designed to take advantage of this rule will not be tolerated.
20. Substitutions can only occur at the first dead ball after there are 5 minutes left on the clock (coaches should send substitutes to the scorer's table prior to the 5 minute mark). The clock will stop to allow for the substitution, but players will not be allowed to "line-up" with opponents. This substitution should not take more than 10 seconds to complete.
21. If a team will have 5 or fewer players for their scheduled game, they may borrow a player(s) from other teams in order to bring their game day line-up to 6 total players.
  - a. Borrowed players must be a registered player from another team in the same league (players are not allowed to play up or down an age level).
  - b. Borrowed players will not be eligible to start the game (unless there are 4 or fewer players from the team).
  - c. Borrowed players must play the minimum segments available to players at your game.
  - d. When possible, the Athletic Supervisor should be notified of missing/borrowed players.
22. For the purpose of tracking playing time, the game will be divided into 8 "game segments". Each segment is approximately  $\frac{1}{2}$  of a quarter. Players must be allotted "equal" playing time based on the following:
  - a. 10 players present at the game: each player must play 4 game segments
  - b. 9 players present at the game: 4 players must play 5 game segments & 5 players must play 4 game segments
  - c. 8 players present at the game: each player must play 5 game segments
  - d. 7 players present at the game: 5 players must play 6 game segments & 2 players must play 5 game segments
  - e. 6 players present at the game: 4 players must play 7 game segments & 2 players must play 6 game segments
  - f. 5 players present at the game: each player must play 8 game segments
23. No spectators are allowed on the playing floor before, during, or after scheduled games, except for parents at the time of an injury.
24. Coaches are not allowed on the playing floor during games except during injuries.
25. Any player or coach exhibiting unsportsmanlike conduct will be warned by the official. Any repeated acts by the player or coach will be called for a technical foul. A player called for a technical foul will be assessed a personal foul and sat immediately. The player may not enter again until the next half. If the game is in the second half, the player will be done playing for the rest of the game.

26. A coach or player receiving two technical fouls in a game will be required to leave the game and building. The coach or player will also be suspended from their next game.
27. Foul language will not be permitted by players, coaches or parents.
28. Coaches are not allowed to practice outside of Vernon Hills and not more than twice per week as scheduled by the Park District.
29. A player who misses practice without notifying the coach will have reduced playing time in the following game. Coach must notify the Athletic Supervisor, scorekeeper and opposing coach of this situation prior to the beginning of the game.