



**VERNON HILLS PARK DISTRICT
2022 3rd and 4th 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 while in the gym, no street shoes are allowed on the gym floor.
2. Absolutely no food or drinks are to be brought into the gymnasium by players or spectators. Water bottles are allowed.
3. All teams **MUST** have a certified coach present at the gym during all 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 3rd and 4th grade leagues will use a junior size basketball.
6. The 3rd and 4th grade leagues will play on the smaller cross-courts at the Sullivan Center or a similar court.
7. The 3rd and 4th grade leagues will use a 10-foot free throw line. Due to the shortened free throw line the first defensive player will line up below the block. This alignment will allow 3 rebounders per side.
8. All 3rd & 4th Grade leagues will use 8 1/2 foot baskets.
9. **Game Length:** Each game will consist of four 8 minute quarters with a running clock. Substitutions shall be made every 4 minutes. A whistle will be blown by the scorer's table to stop play and add substitutes. The last two minutes of the fourth quarter will be stop clock unless one team is up by more than 15 points.
10. Each team has 1 one-minute timeout and 1 thirty-second timeout per half. The timeouts do not carry over into the 2nd half. There are two minutes between halves and one minute between quarters.
11. Official score will be kept by the parent scorekeepers. Scores will be displayed on the gym scoreboard. If a team is leading by more than 15 points, score will continue to be tracked, but the displayed score will not show more than a 15 point differential. One parent from each team will be required to run the clock and keep the scoresheet.
12. If the score is tied at the end of the game, a 3 free throw shoot out will take place. 3 different players from each team will each shoot one free throw. If no free throws are made, the game will end in a tie.
13. 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.
14. Pressing will **NOT** be allowed. Teams must retreat behind the red volleyball line before starting their defense.
15. 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, the teams 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.
16. The 3-second lane violation, 5-second closely-guarded and 10-second half-court line rule will **NOT** be in effect during the game. However, the team on offense has 5 seconds to get the ball across half court.

17. On a free throw a player may not enter the lane until the ball hits the rim.
18. Five fouls on any one player will cause that player to foul out of the game.
19. The 3rd & 4th grade leagues must play man-to-man defense the entire game. No traps or zones are allowed. Each player will wear a colored band on their left wrist and must guard the opposing player with the matching color band. The defensive team may not double-team. Following a screen, a defender can “shut the door”; meaning another defender can impede the path to the hoop. The helping defender will be given a 2 second grace period to help and then must return to the appropriate color band. On a fast-break, a defender may guard a different color band.
20. Substitutions can only occur at the 4-minute mark of each quarter. A whistle will be blown by the scorer’s table to stop play and add substitutes. This is not a timeout. Players need to be subbed in and out quickly.
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.
22. For the purpose of tracking playing time, the game will be divided into 8 “game segments”. Each segment is approximately ½ 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 allowed on the playing floor during stopped play to help position players on jump balls at the start of the game, or in the case of an injury.
25. Any player or coach exhibiting unsportsmanlike conduct will be warned by the official. Any repeated acts and the player or coach will be called for a technical foul.
26. A coach receiving two technical fouls in a game will be required to leave the game and building. This coach 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 a week as scheduled by the Park District.

29. A player who misses practice/game without notifying the coach will have reduced playing time in the following game. Coaches must notify the athletic supervisor, scorekeeper and opposing coach of this situation prior to the beginning of the game.