



**VERNON HILLS PARK DISTRICT
2021-22 5TH/6TH 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 present at the gym during practices or games. If a certified coach is not available for a game, the Park District must be notified in advance so other arrangement can be made.
4. Official IHSA basketball rules will be followed unless otherwise stated.
5. The 5th and 6th grade boys and girls league will use an official 28.5" intermediate 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 2nd 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). 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. Each team will supply one parent to work at the score table. One to run the clock, the other to keep the scoresheet.
9. Games tied at the end of regulation will have a 3 player free throw shootout. 3 different players from each team will shoot one free throw. Teams will alternate shooting at opposing baskets starting with the designated visiting team. The team with the most total free throws will win the game. If it is tied at the end of the 3 free throws, the game will end in a tie.
10. 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.
11. Pressing will be allowed in the final minute of the 2nd and 4th quarter. At all other times, teams must retreat inside the 3 point arc before starting their defense. Teams ahead by 10 points or more may not press.
12. 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 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.
13. The 3-second lane violation will be enforced.
14. The 10-second half court line rule will be enforced when teams are allowed to press. All other times, the offensive team has 5 seconds to initiate their offense across half court.
15. Five fouls on any one player will cause that player to foul out of the game. Technical fouls count as a personal foul.

16. 3-point shots will be allowed.
17. All teams must play man-to-man defense the entire game. On pick plays, players may help and recover or switch as long as no double team occurs. The intent of this rule is to help players develop good defensive fundamentals. Certain types (or continued use) of isolation plays by the offensive team designed to take advantage of this rule will not be tolerated.
18. 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.
19. 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.
20. 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
21. No spectators are allowed on the playing floor before, during, or after scheduled games, except for parents at the time of an injury.
22. Coaches are not allowed on the playing floor during games except during injuries.
23. 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 sat immediately and may not enter the game again until the next half. If it is the second half, they must sit for the remainder of the game.
24. 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.
25. Foul language will not be permitted by players, coaches or parents.
26. Coaches are not allowed to practice outside of Vernon Hills and not more than twice per week as scheduled by the Park District.

27. A player who misses practice without notifying the coach may 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.