



**VERNON HILLS PARK DISTRICT
2024 1st and 2nd 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.
3. All teams **MUST** have an approved coach present at the gym during all practices or games. If an approved coach is not available for a game, the head coach must notify the Park District in advance so other arrangements can be made.
4. **Official IHSA basketball rules will be followed unless otherwise stated.**
5. The 1st and 2nd grade leagues will use a junior size basketball.
6. The 1st and 2nd grade leagues will play on the smaller cross-courts at the Sullivan Center or a similar court.
7. The 1st and 2nd grade leagues will play full court 3 v 3.
8. All 1st and 2nd Grade leagues will use 8 1/2 foot baskets.
9. Games will be officiated by one coach from each team.
10. **Game Length:** Each game will consist of two 12 minute halves 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.
11. A volunteer parent is needed to run the scoreboard for the game. If the score differential becomes greater than 10 points, the scorekeeper should not continue to keep the score on the board.
12. No overtime. Games tied at the end of the 4th quarter will end tied.
13. Anytime a player gets fouled the ball will be taken out of bounds. There will be no free throws for shooting fouls.
14. Pressing will **NOT** be allowed. Teams must retreat past the red free throw line in Gym B and the red volleyball line in Gym A 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. Teams must cross half court line in 5 seconds.
17. The 1st and 2nd 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 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.

18. Substitutions can only occur at the 4 and 6 minute mark of each half. A whistle will be blown by the scorer's table to stop play and add substitutes.
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.
 - c. Borrowed players must play the minimum segments available to players at your game.
20. No spectators are allowed on the playing floor before, during, or after scheduled games, except for parents at the time of an injury.
21. Foul language will not be permitted by players, coaches or parents.