



## **OPD Youth Basketball General Rules (for players of all ages)**

### Player Eligibility / Age Rules

1. All participants must be registered in the Park District basketball program based on their current grade. Coaches are not allowed to make any changes or additions to their rosters. All roster changes/additions/deletions must be done by OPD staff.
2. OPD uses the grade categories listed below. If participation is not great enough age groups may be combined at the discretion of the Park District.

Boys – Kindergarten  
Boys – 1<sup>st</sup> Grade  
Boys – 2<sup>nd</sup> / 3<sup>rd</sup> Grade  
Boys – 4<sup>th</sup> / 5<sup>th</sup> Grade  
Boys – 6<sup>th</sup> / 7<sup>th</sup> Grade  
Boys – 8<sup>th</sup> / 9<sup>th</sup> Grade  
Girls – Kindergarten / 1<sup>st</sup> Grade  
Girls – 2<sup>nd</sup> / 3<sup>rd</sup> Grade  
Girls – 4<sup>th</sup> / 5<sup>th</sup> Grade  
Girls – Jr. High

### Teams

1. Teams will be created by the OPD staff based on participation. Number of teams per age group will vary. Roster size will be between eight and twelve players based on participation levels.

### Schedules

1. Game schedule will be created and maintained by the OPD staff. There will be 2 weeks of practice prior to the season beginning, with practice continuing throughout the season.

### Games

1. Each game consists of four quarters eight minutes in length. The clock will be stopped and substitutions will be made at the four minute mark of each quarter. The game clock will run continuously, stopping only when a team calls timeout, when a player is injured, or when coaches make substitutions at the four minute mark.

3. Between each of the quarters there will be a one-minute timeout. At the half time break there will be a five minute timeout.
4. Each team is allowed to call a one minute time out per half.
5. Substitutions may only be made at the four minute mark of the quarter or when a player is injured.
6. Playing time should be distributed as evenly as possible by the coaches.
7. A coin flip determines possession to start each Kindergarten and 1<sup>st</sup> grade game. A jump ball shall be used to start all 2<sup>nd</sup> through 9<sup>th</sup> grade games. All other jump ball situations teams will use alternating possession as kept by the referees with the ball restarting out of bounds.
8. When a foul or infraction is called play is resumed by inbounding from the sideline nearest to the point of the foul or infraction.
9. Full court presses are not allowed for Kindergarten through 5<sup>th</sup> grade. Once the defensive team has control of a rebound or loose ball, the offensive team must drop back to their defensive half of the court. 6<sup>th</sup> through 9<sup>th</sup> grade are allowed to press only during the last two minutes of each half(quarters 2 and 4).
10. Fast breaks are not allowed in Kindergarten and 1<sup>st</sup> grade. The offensive team must allow the defensive team to retreat to their defending half and get in defensive position. 2<sup>nd</sup> and 3<sup>rd</sup> grade are only allowed to fast break in the 4<sup>th</sup> quarter of each game. In all other quarters the offensive team must allow the defensive team to retreat to their defending half and get in defensive position. 4<sup>th</sup> through 9<sup>th</sup> grade are allowed to fast break at any time.
11. If the referee calls a technical foul against a player or coach, the other team will be allowed two foul shots and will then retain possession of the ball from the sidelines. Any coach or player who receives two technical fouls during a game will be immediately dismissed from the current game and will not be permitted to participate in the next scheduled game. Coaches that are dismissed will be asked to leave the gym immediately. Players may stay in the gym till the game has ended but must be seated in the stands at a sufficient distance from the game and their team.
12. Coaches must stay on their side line. Coaches may not be under the basket along the end line. For kindergarten and 1<sup>st</sup> grade games, one coach from each team is allowed on the court to assist the players. The coaches are there to instruct and are not to touch the ball and should try to remain in a position so as not to interfere with the action on the court.

## **Kindergarten and 1<sup>st</sup> Grade Rules**

1. To allow the game to be played, double dribbling and traveling are left to the discretion of the official. If the official does call a violation the official will explain the violation. Violation does not result in a turnover: the violating team retains possession of the ball.
2. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.
3. Officials will not keep track of individual fouls for Kindergarten / 1<sup>st</sup> grade games. A player cannot foul out. If a player is being overly aggressive and perpetually fouling the officials have the authority to sit that player from the game for an appropriate amount of time.
4. When a ball goes out of bounds, the official will rule on who gets possession. The team takes possession of the ball out of bounds at the point of exit unless directly under the basket in the offensive zone. In this case the ball is moved to one side so as not to be impeded by the basket.
5. Defensive players must play defense within the lane. Defensive players cannot guard offensive players outside of the lane.
6. When an offensive player is dribbling or passing outside of the lane, defensive players cannot steal the ball. If an offensive player makes a pass within or across the lane, or if an offensive player is dribbling inside the lane, a defensive player may try to steal the ball. Anyone may attempt to recover a loose ball. If a defender does steal the ball outside of the lane the referee will re-start play out of bounds with the offensive team retaining possession.
7. No fast breaks is allowed at this level.
8. Teams may not full court press. Once the defending team gains control of a rebound the opposing team should retreat to the lane on their side of the court.
9. Kindergarten and 1<sup>st</sup> graders play with a junior size ball and the rim is set at 8ft.

## 2<sup>nd</sup> and 3<sup>rd</sup> Grade Rules

1. Officials will call infractions for traveling and double dribbling. If a violation is called in the first half of the game, it will not result in a turnover. The violating team will retain possession. If a violation is called in the second half of the game it will be a turnover and the other team will take possession.
2. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.
3. Players will be removed from the game after committing their fifth foul. There will be no foul shots taken at this age level. If a player is fouled while shooting play will begin with the offensive team inbounding the ball from the sideline nearest to the point of foul.
4. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.
5. Teams must play man-to-man defense at all times. Defensive players may “switch” players when picks are set. At no time can a player be double teamed. Defensive players should keep within an arm’s length of the player he/she is guarding. If a player is double teamed, the official will whistle the play dead and the offensive team will retain possession with an out of bounds throw.
6. When an offensive player is dribbling or passing outside of the lane, defensive players cannot steal the ball. If an offensive player makes a pass within or across the lane, or if an offensive player in dribbling inside the lane, a defensive player may try to steal the ball. Anyone may attempt to recover a loose ball. If a defender does steal the ball outside of the lane the referee will re-start play out of bounds with the offensive team retaining possession.
7. Fast breaks are only allowed during the fourth quarter of the game. In all other quarters the offensive team must allow the defensive team to retreat to their defending half and get in defensive position.
8. Teams may not full court press. Defenders should pick up their offensive player once they are five feet beyond center court into the offensive zone.
9. 2<sup>nd</sup> and 3<sup>rd</sup> graders play with a junior size ball and the rim is set at 9 ft.

### **4<sup>th</sup>/5<sup>th</sup>, 6<sup>th</sup>/ 7<sup>th</sup>, and 8<sup>th</sup>/9<sup>th</sup> Grade Rules**

1. Officials will call infractions for traveling, double dribbling, five seconds in the lane, and five second violation.
2. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.
3. Players will be removed if they commit five fouls during the course of a game. If an offensive player is fouled while shooting, the player fouled will get two free throws. If the player makes the basket while being fouled they will be given one free throw.
4. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.
5. In order to expose older players to different defensive strategies, we encourage teams to play man to man and zone defense. Defensive players may pick up their opponent once they cross the half court line except for the last two minutes of each half. For 6<sup>th</sup> through 9<sup>th</sup> grade, full court pressure is allowed only during the last two minutes of each half. No full court pressure is allowed for 4<sup>th</sup> and 5<sup>th</sup> graders.
6. Fast breaking is allowed at this level during any part of the game.
7. Full court pressure is not allowed for 4<sup>th</sup> and 5<sup>th</sup> graders. For 6<sup>th</sup> through 9<sup>th</sup> grade, full court pressure is allowed only during the last two minutes of each half.
8. 4<sup>th</sup>/5<sup>th</sup> graders will use an Intermediate size ball. 6<sup>th</sup> through 9<sup>th</sup> grade girls will use and Intermediate ball (same as official women's size). 6<sup>th</sup> through 9<sup>th</sup> grade boys will use an official size basketball. The rim for all of these age groups is set to 10 ft.
9. The offensive teams have ten seconds to move the ball across the half court line.

**Ball Sizing Chart**

<b>Grade Level</b>	<b>Girls</b>	<b>Boys</b>
Kindergarten & 1st Grade	Junior	Junior
2nd & 3rd Grade	Junior	Junior
4th & 5th Grade	Intermediate/Women's	Intermediate/Women's
6th & 7th Grade	Intermediate/Women's	Official/Men's
8th & 9th Grade	Intermediate/Women's	Official/Men's

**Industry Information**

<b>Basketball</b>	<b>Gender/Age</b>	<b>Size (circumference)</b>	<b>Weight</b>
Regulation Size (Size 7)	Boys & Men	29.5" - 30" (International size 7)	20-22 oz.
Official Women's / Intermediate Size (Size 6) Junior Size	Women / Boys	28.5" - 29.5" (International size 6)	18-20 oz.
	Boys & Girls	27.25" - 27.75" (International size 5)	16-18 oz.
Mini Basketball	Pop-a-Shot games and small children's play.	22" - 22.50" (International size 3)	10.5 -11.2 oz.

