



OPD Youth Basketball General Rules (Kindergarten-8th Grade)

I. League Description

Oswegoland Park District Youth Basketball is a recreational league designed to provide participants with a safe, fun environment in which to learn and play the game of basketball. This league is designed to be instructional and help teach children the rules of the sport and also many other life lessons that can be learned from a team sport environment. Our league is intended to keep children active and engaged. The coaches should enforce the OPD values of fair play, sportsmanship, and teamwork.

II. 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.

Co-ed: Kindergarten (Session I)
Girls: 1st/2nd Grade (Session I)
Girls: 3rd/4th Grade (Session I)
Girls: 5th/6th Grade (Session I)
Girls: 7th/8th Grade (Session I)
Boys: 1st/2nd Grade (Session I)
Boys: 3rd/4th Grade (Session II)
Boys: 5th/6th Grade (Session II)
Boys: 7th/8th Grade (Session II)

III. Teams/Rosters

1. Teams will be created by the OPD staff based on registration numbers. Number of teams per division and roster size will vary based on registration numbers and multiple other factors. The number of teams and roster sizes are designed to provide quality participation time and maximum benefits to all players.

IV. Schedules

1. Game schedules 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. Practice and game schedules can be viewed at www.teamsideline.com/oswego

V. Games

1. Each game consists of four eight minute quarters. 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. **(Please note this rule has been amended for 1st/2nd grade boys 2016. Please see 1st/2nd grade rules for details).**
2. Between each of the quarters there will be a one-minute timeout. Half time will be four minutes.
3. Each team is allowed to call a one minute time out per half.
4. Substitutions may only be made at the designated minute mark of the quarter or when a player is injured.
5. Playing time should be distributed as evenly as possible by the coaches.

VI. General Playing Rules (All Divisions)

1. A jump ball shall be used to start all games Kindergarten through 8th grade. For all other jump ball situations, teams will use alternating possession, kept by the referees, with the ball restarting out of bounds.
2. When a foul/infracton is called, play is resumed by inboundng from the sideline, nearest to the point of the foul/infracton.
3. Full court presses are not allowed in Kindergarten through 6th grade divisions. 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. 7th/8th grade division is allowed to press only during the last two minutes of each half (2nd & 4th quarters).
4. Fast breaks are not allowed in Kindergarten and 1st/2nd grade divisions. The offensive team must allow the defensive team to retreat to their defending half and get in defensive position. The 3rd/4th grade division is allowed to fast break the last two minutes of the 2nd and 4th quarter of each game. During the rest of the game, the offensive team must allow the defense to retreat to their defending half and get in defensive position. The 5th-8th grade divisions are allowed to fast break at any time. However, fast breaks should be limited.
5. 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.

6. Coaches must stay on their side line and not be under the basket along the end line. For Kindergarten 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.

VII. Kindergarten Rules

1. Infractions will be called loosely at the discretion of the court monitor assigned to your game. Coaches are responsible for assisting players with transition, substitutions, etc. but the court monitor will be making violation calls. Violations do not result in a turnover: the violating team retains possession of the ball.
2. In jump ball situations, possession will alternate. The court monitor will keep track of which team gets possession.
3. Court monitors will not keep track of individual fouls for Kindergarten. A player cannot foul out. However, if a player is being overly aggressive and perpetually fouling, the coaches and court monitor have the authority to sit that player from the game for an appropriate amount of time and provide an explanation for the child. Free throws will not be taken.
4. When the ball goes out of bounds, the court monitor will rule 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 may play defense out to the free throw line, extended from sideline to sideline. Defensive players cannot guard offensive players beyond this area.
6. Man to man defense must be played. Players will match up according to wrist band color. Players may "show and help" if an offensive player moves past their defender, but once the original defender returns, the help defender must go back to their own player. Players should practice hands up defense emphasizing moving their feet without "hugging" their opponent.
7. Defenders may not steal the ball from an offensive player who is dribbling or holding the ball outside of the lane. Once a player has one foot inside the lane area, the ball can be stolen. Focus on defensive fundamentals.
8. Loose balls can be "stolen" by the defending team. Focus on defensive fundamentals.
9. Players may not intercept passes that are being made from one offensive player to another outside of the lane. If a pass goes into the lane or across the lane it may be intercepted.

10. Blocked shots are only allowed when a defensive player is between their player and the basket, in proper defensive position with both feet on the ground and their hands extended straight up above their head. No blocks from behind or the side are allowed. Defenders are not allowed to leave their feet to block a shot.
11. All defensive violations will result in a stoppage in play and the ball being returned to the offense with a restart out of bounds adjacent to where the violation took place. The defensive restrictions are put in place to emphasize the importance of moving your feet on defense.
12. No fast breaks are allowed at this level.
13. 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.
14. Kindergarten will play with a junior size ball and the rim is set at 8', playing a 3 v 3 format.

VIII. 1st/2nd Grade Rules

1. Infractions will be called loosely at the discretion of the referee assigned to your court. Coaches are responsible for assisting players with transition, substitutions, etc. but the referee will be making violation calls. Violations may not always result in a turnover and will be determined by the official.
2. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.
3. Referees will not keep track of individual fouls for 1st/2nd grade. A player cannot foul out. However, if a player is being overly aggressive and perpetually fouling the coaches and referee have the authority to sit that player from the game for an appropriate amount of time and provide an explanation for the child. Free throws will not be taken.
4. When the ball goes out of bounds, the referee will rule 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 may play defense out to the free throw line, extended from sideline to sideline. Defensive players cannot guard offensive players beyond this area.
6. Man to man defense must be played. Players will match up according to wrist band color. Players may "show and help" if an offensive player moves past their defender, but once the original defender returns, the help defender must go back to their own player. Players should practice hands up defense emphasizing moving their feet without "hugging" their opponent.

7. Defenders may not steal the ball from an offensive player who is dribbling or holding the ball outside of the lane. Once a player has one foot inside the lane area, the ball can be stolen. Focus on defensive fundamentals.
8. Loose balls can be “stolen” by the defending team. Focus on defensive fundamentals.
9. Players may not intercept passes that are being made from one offensive player to another outside of the lane. If a pass goes into the lane or across the lane it may be intercepted.
10. Blocked shots are only allowed when a defensive player is between their player and the basket, in proper defensive position with both feet on the ground and their hands extended straight up above their head. No blocks from behind or the side are allowed. Defenders are not allowed to leave their feet to block a shot.
11. All defensive violations will result in a stoppage in play and the ball being returned to the offense with a restart out of bounds adjacent to where the violation took place. The defensive restrictions are put in place to emphasize the importance of moving your feet on defense.
12. No fast breaks are allowed at this level.
13. 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.
14. 1st/2nd Grade will play with a junior size ball and the rim is set at 9’, playing a 4 v 4 format
15. Each game consists of four 9 minute quarters. The clock will be stopped and substitutions will be made every three minutes throughout the 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 three minute mark.

IX. 3rd/4th Grade Rules

1. Officials will call infractions for traveling and double dribbling which will result in a loss of possession.
2. 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. Fouls will be tracked by OPD Staff. The free throw line will be at 13.5’ for this age division with 3 players lined up on each side of the lane. Players will begin lining up below the block.
3. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.

4. Teams must play man-to-man defense at all times. Players may “show and help” if an offensive player moves past their defender, but once the original defender returns to position, the help defender must return to their own player.
5. Defenders must wait to pick up the offense until they advance past half court. Please allow offensive player to reach top of the key extended before applying defense.
6. Defenders may steal the ball from an offensive player who is dribbling or holding the ball, or any pass to another offensive player. Players should be taught to not reach in or swipe for the ball and should be taught to move their feet and play fundamental defense.
7. Fast breaks are only allowed during the last 2 minutes of the second and fourth quarter. 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.
9. 3rd/4th Grade Girls will play with a junior size ball and the rim is set at 9’. Boys will play with an intermediate size ball and the rim set at 9’.

IV. 5th/6th & 7th/8th Grade

1. Officials will call infractions for traveling, double dribbling, 3 seconds in the lane, and five second violation which will result in a loss of possession.
2. 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. Fouls will be tracked by OPD Staff. Players will not use space below the block.
3. In jump ball situations, possession will alternate. The referee will keep track of which team gets possession.
4. 5th/6th grade players will play man-to-man defense. 7th/8th grade players can play man-to-man or zone defense. Please note, if playing zone, players cannot trap or double team.
5. Defenders may steal the ball from an offensive player who is dribbling or holding the ball, or any pass to another offensive player. Players should be taught to not reach in or swipe for the ball. Players should be taught to move their feet and play fundamental defense.
6. Fast breaking is allowed at this level during any part of the game. However, fast breaks should be limited.
7. Full court pressure is not allowed in the 5th/6th grade division. Defensive players may pick up their opponent once they are 5’ beyond half court. No double teaming is allowed. Players may “show and

help” if an offensive player moves past their defender, but once the original defender returns, the help defender must go back to their own player.

8. For 7th/8th grade, full court pressure is allowed during the last two minutes of each half. Players must play man-to-man defense when applying full court pressure. No double teaming is allowed. Players may “show and help” if an offensive player moves past their defender, but once the original defender returns, the help defender must go back to their own player.
9. The offensive team has ten seconds to move the ball across half court line.
10. 5th/6th & 7th/8th Grade Girls will play with an intermediate size ball. 5th/6th will play with the rim set at 9’ and 7th/8th at 10’. 5th/6th Grade Boys will play with an intermediate size ball and the rim set at 10’. 7th/8th Grade Boys will play with an official size basketball and the rim set at 10’.

V. Equipment

1. All players will be given a team shirt as their uniform.
2. Players are expected to wear non- marking rubber soled gym shoes.
3. No jeans, pants, or shorts with belt loops are permitted.
4. No player can participate while wearing a hard cast/brace with metal or hard plastic components.
5. Players should not wear any equipment or apparel that is considered dangerous to them or other players. This includes: any type of jewelry not medically issued, barrettes (ponytail holders must be rubber coated), or casts.
6. Players are allowed to wear jewelry that is either medical or religious in nature. They are advised to tuck this in to avoid any potential of injury.
7. No hooded garments are allowed under team shirt.
8. Players are advised to tuck in their team shirts to their pants or shorts.

VI. Officiating / Referees

1. All officials will be assigned by the OPD Athletics staff.
2. All interpretations of the rules during the game made by the officials are final. Officials do reserve the right to remove any participant or coach from the game if such disciplinary action is warranted. Actions that may be deemed inappropriate or warrant ejection or removal include but are not limited to: player safety concerns, foul language, over aggressive or physical play, taunting, bad sportsmanship, etc.

VII. Playoffs

1. There are no playoffs or postseason play for OPD Youth Basketball.

VIII. Player Conduct / Sportsmanship

1. Any conduct determined to be unsportsmanlike or unruly by either the officials or any OPD staff will result in a warning.
2. The second instance of misconduct shall result in an ejection. Any player removed from a game for any reason may not be allowed to participate in that team's next scheduled game if deemed so by the OPD staff. The Park District reserves the right to extend the suspension period if the reason for the ejection in their opinion is severe enough.

