



# Youth Hoops Rules



## 1. SPORTSMANSHIP (PLAYERS, COACHES AND SPECTATORS)

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- A. All facility policies should be followed by players, coaches and spectators. Any misuse of Champaign Park District or Unit 4 property is prohibited. No dunking will be allowed at any time by players, coaches, spectators, officials or staff.
- B. Profane or abusive language or obscene gestures by participants, coaches or spectators will not be accepted; whether directed at others or not. Such behavior will be grounds for immediate ejection.
- C. Language or actions not in keeping with the principles of sportsmanship or fair play may also be grounds for ejection.
- D. Any person ejected by OFFICIALS OR STAFF for behavior must leave the gym area immediately. (Behavior does not include a player “fouling out” of the game but does include a player or coach ejected for a second technical.)
- E. Any ejection of a player, coach or spectator will result in a minimum one game suspension for that person and review for possible longer suspension.

## 2. GYM

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- A. No food or beverages of any kind are allowed in any of the gyms. There are water fountains located inside the gym or just outside of the gym.

## 3. UNIFORM

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- A. All players must have two pairs of shoes; one to wear outside and one for the game. Players must carry their court shoes into the gymnasium and change there.
- B. All players must wear their Champaign Park District-issued jersey during the game.
- C. No inappropriate headgear, including hats, bandannas, skullcaps, etc will be allowed during warm-ups or competition, either on the floor or the players’ bench. Headbands will be allowed.
- D. During competition, players may not wear watches or jewelry (even if taped down); with the exception of medical or religious bracelets/necklaces. Medical or religious bracelets/necklaces must be taped down. Only rubber bands or hair scrunchies are allowed—no metal or plastic hair pieces please.

## 4. INJURY

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- A. Any player who is bleeding, or has an open wound, or has any blood on his/her uniform, must leave the game for appropriate treatment and may not return prior to the first opportunity for such player to return.

## 5. THE SCOREBOARD

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- A. **Scorekeepers are instructed not to display a margin of difference of more than twenty (20) points.**
- B. For 1st through 4th grade leagues no score will be displayed on the scoreboard.

## 6. THE GAME

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- A. At least fifteen (15) minutes prior to the scheduled game time, coaches will present the scorekeeper with a completed line-up card with the first and last names of the players and their uniform numbers. (It is recommended to coaches to prepare line-up card in advance.)
- B. Games will consist of four (4) quarters.
- C. A jump ball will be used to start the game. In all other jump ball situations, teams will use alternate possession.
- D. The clock is a running clock. It will stop for only for team time-outs, official time-outs or during the last two (2) minutes of the fourth quarter for all dead ball situations in close game—the margin of difference is less than 20 points.
- E. There will be a one (1) minute break between quarters and five (5) minutes at the half.
- F. There is no overtime. If a game ends in a tie, it remains a tie.
- G. Decisions by the officials are final.



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## 7. INDIVIDUAL PLAYING TIME

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- A. All players should play approximately equal amounts of time EACH GAME. Exceptions may occur for tardiness, injury, disqualification, etc.

NOTE: Any player who severely disrupts the team may not be entitled to equal playing time. In such cases the coach must contact the Youth Sports Coordinator at least one day before to discuss the issue.

## 8. FOULS, TECHNICAL FOULS AND FREE THROWS

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- A. Each player will be allowed five (5) personal fouls per game.  
B. Any technical foul called against a player will also be counted as a personal foul against that player.  
C. Any player committing a technical foul must exit the game, and may not re-enter the game until the next quarter.  
D. Any player receiving a second technical foul in the same game will be ejected from the game.  
E. Any coach receiving a second technical foul will be ejected from the game and automatically suspended from the next game. (*Coaches should not be getting any technical fouls!*)  
F. The seventh (7) team foul committed during each half will create a one-and-one bonus and the tenth (10) foul will be an automatic two (2) shots.  
G. On free throws, players cannot enter the free throw lane until the ball hits the rim.  
H. *On free throws, there will be four defensive players and two offensive players occupying the **top three marked-lane spaces\***, during free throws. In addition, the lane spaces closest to the free throw line (and the shooter) will remain vacant. All other players should stand no closer than the 3-pt line or top of the key extended.*  
***\*IESA/IHSA Change for this year.***

## 9. OTHER RULES

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- A. All other rules not mentioned will be enforced using NFHS rules.

**\*The following sections outline the differences in each league.**

## 10. MINI HOOPER'S (1st and 2nd GRADE) LEAGUE USE THE FOLLOWING SPECIFIC RULES

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- A. A quarter will be eight (8) minutes long.  
B. The Mini Hooper's League will use Junior size basketballs  
C. The Mini Hooper's League will play on eight (8) foot baskets.  
D. The Mini Hooper's League will use twelve (12) foot free throw line.  
E. The Mini Hooper's League will play on cross courts.  
F. **NO LANE VIOLATIONS** will be called.  
G. Substitutions may be made **ONLY** at the mid-quarter automatic timeouts, between periods or during Official Timeouts (injuries ejections, etc). The scorekeeper will stop the clock and sound the horn as close to the mid-quarter mark as possible for a brief official time-out to enable these substitutions.  
H. Coaches **MAY NOT** call timeouts.  
I. The Mini Hooper's League will play **MAN-TO-MAN DEFENSE. NO ZONE DEFENSES** will be allowed. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball.  
J. There will be **NO PRESSING** allowed for the Mini Hooper's League.  
K. The **GAME SCORE WILL NOT BE DISPLAYED** on the scoreboard.  
L. **NO DOUBLE-TEAMING** will be allowed. Double-teaming will be called when two (2) or more defensive players are guarding a person with the ball who is not attempting to score. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball.

**NOTE:** Because of the age, officials will be given a large amount of discretion in making calls. Coaches are encouraged to focus simply on coaching man to man.



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## 11. ALL 3RD AND 4TH GRADE LEAGUES USE THE FOLLOWING SPECIFIC RULES

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- A. A quarter will be eight (8) minutes long.
- B. All 3rd and 4th grade leagues will use Junior size basketballs
- C. All 3rd and 4th grade leagues will play on nine (9) foot baskets.
- D. All 3rd and 4th grade leagues will use twelve (12) foot free throw line.
- E. All 3rd and 4th grade leagues will play on cross courts.
- F. Five (5) second lane violations will be called.
- G. Substitutions may be made **ONLY** at the mid-quarter automatic timeouts, between periods or during Official Timeouts (injuries ejections, etc).The scorekeeper will stop the clock and sound the horn as close to the mid-quarter mark as possible for a brief officials time-out to enable these substitutions.
- H. Coaches **MAY NOT** call timeouts.
- I. All 3<sup>rd</sup> and 4<sup>th</sup> grade leagues will play **MAN-TO-MAN DEFENSE. NO ZONE DEFENSES** will be allowed. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball.
- J. There will be **NO PRESSING** allowed for the 3<sup>rd</sup> and 4<sup>th</sup> grade leagues.
- K. The **GAME SCORE WILL NOT BE DISPLAYED** on the scoreboard.
- L. **NO DOUBLE-TEAMING** will be allowed. Double-teaming will be called when two (2) or more defensive players are guarding a person with the ball who is not attempting to score. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball.

**NOTE:** A defensive team member may “help” his/her teammate in a one-on-one situation. This “help” defense will be a judgment call according to the official.

**NOTE:** Double-teaming will **NOT BE CALLED** 1) when players are in the “lane” area, or 2) when the player in possession of the ball is driving to the goal. The spirit of the rule is to prevent intentional double-teaming.

## 12. ALL 5TH AND 6TH GRADE LEAGUES USE THE FOLLOWING SPECIFIC RULES

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- A. A quarter will be ten (10) minutes long.
- B. All 5<sup>th</sup> and 6<sup>th</sup> grade leagues will use Intermediate size basketballs.
- C. All 5<sup>th</sup> and 6<sup>th</sup> grade leagues will play on ten (10) foot baskets.
- D. All 5<sup>th</sup> and 6<sup>th</sup> grade leagues will use the fifteen (15) foot free-throw line.
- E. All 5<sup>th</sup> and 6<sup>th</sup> grade leagues will play on full courts.
- F. Three (3) second lane violations will be called.
- G. Substitutions can be made at any dead ball.
- H. Each team will be allowed two (2) one minute time-outs per half. Note: Any time-outs not used in their designated half will be lost. Time-outs do not accumulate over the course of a game.
- I. 3-point baskets will be counted.
- J. All 5<sup>th</sup> and 6<sup>th</sup> grade leagues will play **MAN-TO-MAN DEFENSE. NO ZONE DEFENSES** will be allowed. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball.
- K. **(MAN-TO-MAN)** pressing in the backcourt **IS ALLOWED ONLY DURING THE LAST TWO (2) MINUTES** of the game. After the rebound, the defense must clear the court back to the mid-court line **EXCEPT** in situations where pressing is legal.

**NOTE:** The ball will be awarded out-of-bounds for infractions of this rule. The third (3rd) violation of this rule will result in the awarding of a two (2) shot technical foul plus possession of the ball to the offensive team. **THE TEAM THAT IS AHEAD BY TEN (10) OR MORE POINTS CANNOT PRESS.**



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- L. **NO DOUBLE-TEAMING** will be allowed. Double-teaming will be called when two (2) or more defensive players are guarding a person with the ball who is not attempting to score. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball.

**NOTE:** A defensive team member may “help” his/her teammate in a one-on-one situation. This “help” defense will be a judgment call according to the official.

**NOTE:** Double-teaming will **NOT BE CALLED** 1) when players are in the “lane” area, or 2) when the player in possession of the ball is driving to the goal. The spirit of the rule is to prevent intentional double-teaming.

## **13. ALL 7TH AND 8TH GRADE LEAGUES USE THE FOLLOWING SPECIFIC RULES.**

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- A. A quarter will be (10) minutes long.
- B. Girls 7<sup>th</sup>-8<sup>th</sup> grade leagues will use Intermediate size basketballs.  
Boys 7<sup>th</sup>-8<sup>th</sup> grade leagues will use Official size basketballs.
- C. All 7<sup>th</sup> and 8<sup>th</sup> grade leagues will play on ten (10) foot baskets.
- D. All 7<sup>th</sup> and 8<sup>th</sup> grade leagues will use the fifteen (15) foot free-throw line.
- E. All 7<sup>th</sup> and 8<sup>th</sup> grade leagues will play on full courts.
- F. Three (3) second lane violations will be called.
- G. Substitutions can be made at any dead ball.
- H. Each team will be allowed two (2) one minute time-outs per half. Note: Any time-outs not used in their designated half will be lost. Time-outs do not accumulate over the course of a game.
- I. 3-point baskets will be counted.
- J. **ZONE DEFENSES WILL BE ALLOWED.**
- K. **(MAN-TO-MAN) pressing in the backcourt IS ALLOWED.**

**NOTE: IF A TEAM IS AHEAD BY TEN (10) OR MORE POINTS THAT TEAM CANNOT PRESS.** The ball will be awarded out-of-bounds for infractions of this rule. The third (3rd) violation of this rule will result in the awarding of a two (2) shot technical foul plus possession of the ball to the offensive team..