

Pleasant Dale Park District Girls Basketball Rules 2020

Equipment/Uniforms

1. The Park District will supply game jerseys that must be worn on Saturdays.
2. Eyeglass straps are required.
3. Gym shoes must be worn. No black-soled shoes will be allowed. **Please have players carry ALL game shoes into the building; this will help prevent the floors from getting slippery.**
4. No jewelry, bracelets, necklaces or watches may be worn during games.
Exception—Medical alert bracelets
5. The Park District provides game balls and practice balls. Game ball sizes are as follows:
 - 1st/2nd Grade will use a junior size ball (27.5)
 - 3rd/4th Grade will use a girl's official size ball (28.5)
 - 5th/6th Grade will use a girl's official size ball (28.5)
 - 7th/8th Grade will use a girl's official size ball (28.5)

Time Commitments

Girl's basketball teams are expected to practice once a week Monday-Friday. Girls are asked and encouraged to attend their weekly practice. Practices are restricted to the dates, locations and times that are assigned by the Park District. Games will be held on Saturdays.

League Rules

IHSA rules apply except for specific in-house changes

1. **Before, during and after each game, only players who are registered in the program will be allowed to use the basketballs.**
2. Team members may only show up for their game 15 minutes before game time. The exception is if they are watching a sibling play.
3. Only two coaches are allowed per team and only those two coaches will be allowed to sit on the bench.
4. Each team will have a minimum of five minutes for warm-up before the start of the game.
5. The game clock will be the following:
 - 6 minute quarters for 1st/2nd grade
 - 6 minute quarters for 3rd/4th grade
 - 7 minute quarters for 5th/6th grade
 - 8 minute quarters for 7th/8th grade

6. The game clock stops for all whistles during the last minute of each quarter.
7. Each team will be allowed four, one-minute time-outs per game. No more than three can be used in a half. One additional time-out will be given in the event of overtime and time-outs will carry over from regulation) 5th/6th and 7th/8th grade only)
8. Overtime periods will be two minutes. The clock will stop on all whistles in the last minute. There will be a maximum of two overtime periods, and then the game will be considered a tie. There is no overtime for 1st/2nd grade or 3rd/4th grade.
9. EACH CHILD MUST PLAY EQUAL TIME!!! This will be closely monitored every game.
As a recreational league, it is important to have fun and enjoy playing. To better achieve this, we ask that all coaches be aware of their player's abilities. At any time when a team is up by 10 or more points, we recommend rotating players more frequently allowing the less strong players to continue in the stronger players place. Because this is a recreational league, this rule will help keep play on a more fair and equitable level.

ANY COACH THAT DOES NOT COOPERATE WITH THIS RULE WILL BE SUBJECT TO SUSPENSION, OR REMOVAL FROM HIS OR HER POSITION!

10. **All players must check in at the scorer's table to go in on a substitution.** They may enter the game only after being buzzed in.
11. Teams may play either man-to-man or zone defense
12. An alternate possession arrow will be used for jump ball situations as well as deciding possession at the beginning of the quarters (Excluding 1st).
13. Teams may start the game with four players
14. Games will not be forfeited or rescheduled. If a team is short players, an attempt will be made to fill in rosters by other members who are part of the league. For liability reasons, players who have not signed the waiver and registered for the league will not be allowed to participate.
15. Press Rule is as follows:
1st/2nd – May not press at any time. No defenders are allowed past the free throw line extended.
3rd/4th – May not press at any time. No defenders are allowed past the free throw line extended.

5th/6th – May half-court trap the last three minutes of the third and fourth quarters. During the whole game, one defender is allowed to be outside the three-point line putting pressure on the ball after it has been advanced past the half-court line. All other defenders must stay within the three-point line. If at any time your team leads by 10 points, NO PRESS IS ALLOWED.

7th/8th – May half-court trap or full court press the last three minutes of the third and fourth quarters. During the whole game, one defender is allowed to be outside the three-point line putting pressure on the ball after it has been advanced past the half-court line. If at any time your team leads by 10 points, NO PRESS IS ALLOWED.

16. Any coach or player that receives a technical foul will be immediately ejected from the game. In the event of an ejection, coaches must leave the gym and players must sit out at the end of the bench. **TECHNICAL FOULS WILL BE GIVEN FOR ANY INAPPROPRIATE LANGUAGE!**
17. On the seventh foul of each half for either team, a bonus shot (one and one) will be awarded. On the tenth foul of each half for either team, a double bonus (two shots) will be awarded.
18. There are NO team standings.
19. Parents are encouraged to be active supporters of the team and help with treat schedules, etc.

1st/2nd & 3rd/4th Grade Only:

1. On free throws, the player may go over the free throw line after releasing the ball.
2. On shooting fouls that occur before the last minute of the half, the referee will have the clock stopped to let the girls get in position. When they have their position set, the game clock will resume.
3. The lane under the basket will be a five count rather than a three count.
4. Teams will have 10 seconds to advance the ball into the defensive zone.
5. The baskets will be at 8 feet for 1st/2nd graders for the entire season.
6. The baskets will be at 8.5 feet for 3rd/4th graders for the first four weeks, after that they will be moved up to 9 feet.
7. 1st/2nd Grade- Official games will be called starting in week 5 (traveling, double dribble, 5 seconds, etc.)
8. 3rd/4th Grade-Official games will be called starting in week 3.

Miscellaneous Items

-Buddy Request Rules:

-You **MUST** have matching buddies. Your child must put down the name of his/her buddy and his/her buddy must put down your child's name.

Exceptions:

*If you volunteer and request to coach with another parent, your child automatically becomes buddies with the child of the coach you requested to coach with. You may not choose another buddy.

*If you have more than one child who will be playing in the same league (1/2nd, 3/4th, etc.) your children automatically become buddies unless specifically noted.

*If you sign up late, you will not have the option to use the Buddy Request

*If you write down more than one name for a buddy, your buddy request will not be honored.

-As previously mentioned, we will not reschedule or have teams forfeit due to a lack of player attendance. We will use players from other teams in our league to field a team of 5 so that the game can be played as scheduled. (Example-If you know that your team will only have 3 players attend a game, you can find 2 other players from the league to fill in. We do not allow a team to recruit 4 players so that team would have 7 for the day.) We want the original team players to receive as much playing time as possible. This is also a way to discourage recruitment of an advanced player to play with another team more often than needed. If a game is started using players from other teams and then players from that original team show up, the substitute players will not be allowed to continue playing. If both coaches agree, the substitute players may be from that day's opponent.

-We do not accept any registrations after the evening of the Meet and Greet. Players on the waitlist will be added to teams in order to balance the rosters out as best as we can. We cannot control people from dropping out of the league. If a player drops out after all the waitlist players have been added, you will not receive an additional player.

-When a player cannot attend their assigned practice time, we do not move the player to another team. We offer them the opportunity to practice with another team at a more convenient time and they will play their games with their original team.