The following are modifications made within the Park District of Oak Park Youth Basketball Leagues. All other rules will be governed by the National Federation of High School Basketball Rules. All players must be registered with a signed release form by his/her parent or guardian before being eligible to participate. The Park District of Oak Park reserves the right to modify any rule as deemed necessary.

A. Games and Times

1. **Schedule:** Games are to be played as scheduled.

2. **Cancellations:** Should questionable weather develop, call the PDOP Hotline, 725-2720 x2.

3. **Start Times:** All game times are played as scheduled. A 5-minute grace period will be allowed before a game is forfeited. If a team has 4 players or more available, games will start on time.

4. **Forfeits:** Teams must have a minimum of 4 players available to play at the time the game officials call for play to begin and throughout the course of the game. Failure to meet this requirement will result in a forfeit.

5. **Game Length:** **NEW:** Grades 3-8 will play (4) quarters of 8 minutes each. Games will be played with a running clock, the clock will be stopped for fouls, out of bounds in the final 2 minutes of the 4th Quarter & time outs. Overtime will be 2 minutes with a maximum of 2 overtimes if needed. Games will be finished even if both teams are tied after the end of 2 overtimes.

6. **End of Quarters:** Teams will be given 1-minute between quarters and 3-minutes at half time. Half time may be shortened if games are behind.

7. **Timeouts:** Teams will be allowed (3) thirty second timeouts per game. No timeouts may be carried over into overtime. Each team will be allowed (1) thirty-second timeout for each overtime.

B. Uniform and Jewelry

1. **Uniform:** All players are to wear the jersey provided by the Park District of Oak Park.

2. **Shoes:** Tennis shoes must be worn for all games and practices.

3. **Jewelry:** For the safety of all involved, participants will not be permitted to wear any sort of jewelry, including earrings, rings, necklaces, watched, bracelets, hard hair barrettes or accessories. These items may NOT be taped. They must be removed in order to participate. Medical bracelets are OK.
C. Playing Time and Substitution

1. Any team that has 7 players or more **MUST HAVE EACH PLAYER SIT OUT ONE FULL QUARTER**. Any team that has 6 players must substitute at the mid-way point of each quarter. Coaches and League Management will keep track of who is sitting so that all players are given time out of the game. Any team that has 5 players will not be able to sub. Teams that have 7 players or more but are facing a team with 6 players or less will still be required to follow the playing time requirement for the amount of players they have (not their opponent’s).

2. Substitutions – Teams may substitute freely at any dead ball. However, all players must check into the game at the scorer’s table and will be called in by the referees.

3. Overtime – Teams in all leagues may have free substitution during over time.

D. Equipment: *All Leagues will use a 28.5 size basketball except for the 7-8 Boys League, which will use a men’s size basketball.*

E. Free Throw Line: Grades 3-6 Leagues will shoot free throws from the inside circle of the lane or closest marked line. Players can shoot from regular free throw line if they like. Grades 7-8 will use the regular free throw line.

F. Time in the Lane: The length of time to be in the lane while the ball is in the front court will be 5 seconds for all 3rd-4th Grade Leagues and 3 seconds for all other Leagues (5th-6th Grade & 7th-8th Grade).

G. Defense

1. 3rd – 4th Grade Leagues: Teams are permitted to play zone or man to man defense at any time.
   
i. Help-side defense is permitted. If the ball is on one side of the court and the player being guarded is on the opposite side, the defensive player may move into a help-side position. S/He must still “shadow” the movement of the offensive player they are guarding (must be in a position to recover).
   
ii. Teams may only double team a player who has possession of the ball. Teams may NOT double-team players who do not have possession of the ball. In order to double-team, a player must be guarding another player then leave that player to double team once the ball has crossed half-court.

2. 5th-6th Grade Leagues & 7th – 8th Grade Leagues: Teams are permitted to play zone or man to man defense at any time.

3. All Leagues: Any team that has a 15 point lead or greater must set up their defense below the three point circle (i.e. -no half-court press). Teams leading by 15 points or greater cannot fast break and must bring the ball up slowly. Fast break is defined as pushing the ball up the floor quickly after a rebound or turn over.

4. Back Court Pressure
   
i. 3rd – 6th Grade Leagues: Defense may only be played in the back court the last 2 minutes of each half and overtime. Teams winning by 15 points or more may not play back court defense.
   
ii. 7th – 8th Grade Leagues: Teams winning by 15 points or more may not play back court defense.
H. Fouls and Ejections

1. **Personal Fouls**: Fouls will be kept by the scorekeeper. Each player is entitled to 5 personal fouls per game before being disqualified. Note: Technical fouls called on players count as personal fouls.

2. **Bonus and Double Bonus**: Bonus will apply on the 7th team foul in each half. Double bonus will apply on the 10th team foul in each half.

3. **Technical Fouls**
   i. **Players**: Any player receiving a technical foul will be disqualified for the remainder of that half. Should a player receive 2 technical fouls in the same game, s/he will be ejected and suspended a minimum of 1 game (the next scheduled or played game). The player must also meet with the League Manager before he or she is re-instated.
   
   ii. **Coaches**: Any coach (including the bench coach) who receives a technical foul will be given a one game suspension and must meet with the League Manager before being allowed to resume their coaching duties. Any coach who receives a 2nd technical foul will be suspended for the rest of the season and must meet with the League Manager a 2nd time to discuss any further involvement with the Park District of Oak Park Youth Sports Leagues.

4. **Ejections**: Any player, head coach, assistant coach, or spectator that has been ejected from a game must immediately leave the premises or the game will be forfeited. Ejections will result in a minimum 1 game suspension (cannot come to the gym) upon review of the League Manager.

I. **Sportsmanship**: Good sportsmanship is required. It is expected that all team personnel (coaches, assistant coaches, team attendants, and players) and spectators will conform to sportsmanlike behavior at all times. Violations such as the following will not be tolerated and will result in immediate ejection from the game and premises by Park District staff or officials:
   1. Verbal or physical abuse towards officials, Park District staff, coaches, participants, or spectators.
   2. Foul, profane or obscene language or gestures.
   3. Violation of Coaches’ Code of Ethics.

J. **Bench**: Each team is permitted to have only 1 head coach, 1 assistant coach, and their players on the team bench. Both the 1 head coach and 1 assistant coach on the bench must have a completed background check.

K. **Gym Rules**: Coaches are responsible for their teams and spectators whenever they are in the gyms. No one should be in the hallways or classrooms at any facility at any time. Due to the limited parking and space in the gyms, please do not arrive any earlier than 10 minutes before a game or practice.

   District 97 has been very generous providing us with gym time. Please make sure your players and their siblings respect the facilities in order to maintain a positive relationship. **Food and beverage is not permitted in any District 97 or District 200 gym**. Please help us keep school property in good order.

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Park District of Oak Park Weather Hotline: (708) 725-2720 ext. 2