

Game Length
Games will consist of 4 eight minute quarters. The clock will only stop on the referee whistles, extended delays & at the four minute mark of each quarter to allow for substitutions (Substitutions are not a time-out, get your players in & out). The team with possession of the ball at the four minute mark of each quarter will retain possession of the ball when play continues. If the end of a period comes during a shooting foul situation, the free throws will be attempted with the rebound determining possession. The start of each new quarter will be determined by the possession arrow. A five minute break will occur at the half of each game if actual time allows. Games without overtime should end at least 10 minutes before the top of the hour. Depending upon completion of the previous game, warm up time may be minimal.
Play Clock
A continuous play clock will be used with the clock stopping for the following: injury, official's time out, personal fouls, and time outs. On a non-shooting foul, the clock will resume when the ball is put into play. On a shooting foul, the clock will resume with rim contact of the first attempt (1 and 1) or second attempt (2 shots). Also, the clock will stop on all whistles during the last minute of each half.
Overtime
Teams tied at the end of regulation can play 1 additional 4 minute quarter if started at least 5 minutes before the top of the hour. Games will end in a tie if there is less than 5 minutes before the top of the hour. If the teams are tied at the end of the overtime period, the game will end in a tie. However, if the game is a tournament game, a second overtime period can be played with the winner being the first team to score a point.
Time-outs
2 time-outs are permitted per game. 1 additional time-out per team if game goes to overtime.
Rim Height
Rim height will be 9-foot for 2 nd -3 rd Grade Boys & Girls Leagues
Ball Size
A 28.5 inch basketball will be used for 2 nd -3 rd Grade Boys & Girls Leagues
Team Shirts
Players must wear team shirts in order to play.
Jewelry
No watches or jewelry of any kind will be allowed on the court.

Wrist Bands
<p>Since the primary goal of this league is to teach man to man defense, wrist bands must be worn on both wrists to enforce this policy. The host facility will provide a set of five different colored wrist bands (10 total wrist bands) for every game. Prior to the start of the game, coaches should meet to determine the color sequence based on ability & height. League officials and league representatives will monitor wrist band placement and will make changes if necessary. Because of the wrist band rule, open switching of any kind is not allowed. See Man-to-Man Defense section for exceptions to this rule.</p>

of Players
<p>A team should have 5 players to start the game but may finish with less than 5 in the event of an ejection, foul outs, injuries, etc. In the event of one team playing with less than 5 players, coaches will decide if they want to match up with the same number of players for the remaining game.</p>
Player Minutes
<p>Because the intent of this program is one of instruction, an equal play rule will be enforced. No player can play more than 1 four minute period than any other player & a strong effort should be made by coaches to rotate all players through all the various playing positions. Player substitutions (outside of the normal four minute mark of each quarter) are allowed only in the event of an injury, but this partial period does not count towards the replacement player's total number of periods played. A player not present or ready to play at the start of the game must sit the remainder of the eight minute quarter they arrived in. Player may play in the following eight minute quarter provided that player is ready & is entered into the officials score book.</p>
Possession Violations
<p>Initially, possession changing violations (e.g. traveling, double-dribble, etc.) should not result in a possession change. The referees will blow the whistle, stopping play and communicate to the player the violation. The offensive team will get the ball back at half court. After 3-4 games, possession changing violations (e.g. traveling, double-dribbling, etc.) will be treated as turnovers with the other team taking possession of the ball.</p>
One Pass Rule
<p>We are doing away with the one pass rule this year. It causes too much confusion on fast breaks. We will not be enforcing the one pass rule, but instead, we will leave it up to the coaches to make sure each team is distributing the ball and getting everyone involved throughout the game. Coaches should ensure each player gets opportunities to bring the ball up the court throughout the game.</p>
Ball Handling
<p>Since this league is meant to be instructional, all players must be given a decent number of opportunities to be the "point guard" during each game. This rule is designed for "dead ball" situations such as when the ball needs to inbound. It is up to the coaches discretion how they determine who will be the point guard as long as all players get multiple chances to bring the ball up the court each game. If this rule is not followed, the coach will be warned by the building supervisor and if it happens again, it will result in a turnover with the defensive team taking possession of the ball. The exception to this rule is during fast break situations.</p>

Scoring
Team scores may be displayed during each game, and win/loss standings will be maintained in the event an end of season tournament is planned.
3 Second Rule
Lane violations can be called after a minimum of 5 seconds. The referee will attempt to avoid calling this violation by encouraging the player to move out of the lane during play.
Screens/Picks
Double screens are not allowed on or off the ball. A defensive player must be allowed to work through or around a screen set by the offensive player. A violation of this rule will result in the ball being awarded to the defensive team. Single, staggered screens are allowed.

Free Throws
Free throws will be shot from 2 feet in front of the regulation line. However, the shooter may not go after the rebound before it hits the rim. Standard IESA rules apply on entering the lane.
Defense
Defenders may not initiate Man-to-Man defense until the offensive player has crossed the "defensive line" (volleyball line). Defenders are required to fall back beyond the defensive line after a defensive rebound, made basket, or when the ball changes possession (possession is defined in this example as controlling the ball).
Man-to-Man Defense
<p>Man-to-man defense will be strictly called. Double-teaming is only allowed when the offensive player in possession of the ball enters the lane. In Man-to-Man defense, a defensive player must be no more than two steps away from their offensive player when on the ball side of the court (Strong side). The exception to this rule is as follows: defensive players are not required to play defense outside the perimeter of the 3-point line but they must remain in the area adjacent to their offensive player until an offensive player with possession of the ball enters the lane or their offensive player moves inside the 3-point line on the ball side of the court (Strong side). After a team violation of guarding the wrong offensive player or "sagging" too far off their offensive player, play will be stop to explain what they did wrong & the offensive team will maintain possession of the ball at half court. No zone defenses of any kind are allowed.</p> <p>*When a pick is set, the defensive player guarding the screener is allowed to hedge / temporarily switch who they are guarding until the original defender can recover. Once the original defender recovers, the defensive player who switched must return to guarding the player with the matching wristband. No double teamed is allowed in this situation unless the ballhandler is in the lane.</p>

Double Teaming
Double-teaming and guarding a player with a different colored wristband is only allowed when the offensive player controlling the ball is in the lane. After each team violation of double-teaming outside of the lane, play will be stopped & the offensive team will maintain possession of the ball at half court.
Stealing
A defensive player is not allowed to steal the ball from the offensive player who is dribbling the ball. Stealing a pass is allowed. If the player with the ball loses control of the ball on their own accord while they are dribbling (dribbled the ball off of their own foot, etc.), then the defensive player can grab it as they would any loose ball.
Conduct
Technical fouls can be assessed by the referees if needed. A technical foul will result in the ball being awarded to the opposing team at half court. A coach receiving a technical foul must remain in their chair on the bench the remainder of the game. A player receiving a technical foul must sit out the remaining time in the half. A coach or player receiving 2 technical fouls will be automatically removed from the game & will be subject to review. Any unsportsmanlike conduct by players, coaches, or spectators will result in that individual being removed from the current game; such conduct to be determined by the referees and facility supervisor. The first removal from a game for technical fouls or unsportsmanlike conduct by a player, coach, or spectator will result in a 2-game minimum suspension. A second violation will require the individual to a board review which could lead to the removal of the individual from the program with no refund of fees.

Referee Calls
All calls or decisions made by the referees during the course of the game are final. Disputes regarding rules interpretation will first be directed to the facility supervisor & then to the League Director. If needed, the League Director will consult with the Board President. Unless otherwise noted in this document, normal "IESA" rules regarding game play will apply.
Coaches
The head coach & the assistance coach(s) will be allowed on the bench during a game. Coaches are allowed to stand at each end of the court to help coach their team but shall remain off the floor during the game. It is the responsibility of each coach to see that each team member present for the game is entered into the official book prior to the start of the game, when applicable. It is the responsibility of each player to register with the official book prior to entering the game, when applicable. The players must report to the scorer at the beginning of each period, when applicable.
Youth Basketball Rules
Unless otherwise noted in this document, normal "IESA" rules regarding game play will apply.