

## **Burr Ridge Park District** **3<sup>rd</sup> & 4<sup>th</sup> Grade Basketball League**

**League Website:** [www.brpdhoops.com](http://www.brpdhoops.com)

### **GENERAL RULES**

- The objective of this league is to provide a fun, positive basketball environment. To meet this objective, some rules are adjusted so the players will get equal playing time and have an opportunity to learn basic basketball skills and strategies. Scores and standings will be kept; however, if these items interfere with the quality and objective of the league, then they will be eliminated from the program.
- Program Dates: January 12 – March 15
- Games: Sunday and Wednesday as scheduled. Team practices are scheduled for Monday & Wednesday nights on the games schedules
- Game balls will be intermediate size basketballs.
- Food and drinks are not allowed in the gymnasium or the fieldhouse. The schools allow non-breakable water bottles and parents are responsible for their child's bottle at the end of a game or practice.
- A parent must escort ALL children whenever they leave the gymnasium or fieldhouse-NO EXCEPTIONS!
- A parent must supervise siblings of players at all times.
- Basketballs are only allowed in the gymnasiums or fieldhouse. Please do not bounce basketballs in the hallways.

### **UNIFORMS**

- All players will receive a team jersey.
- All players must wear their game jersey or they will be not be allowed to play. If a player loses his/her jersey a replacement (if available) may be purchased for \$15 payable to Burr Ridge Park District
- **Shirts must be tucked in.**
- All players must wear the appropriate shoes. Casual/formal shoes and boots are not allowed.
- Jewelry is not allowed during games unless it is for medical purposes.

### **SPORTSMANSHIP AND BEHAVIOR**

- This program is intended to be a fun recreation league. Winning and losing are NOT the most important part of our league.
- Intentional contact, fighting, swearing, inappropriate gestures, taunting, and unsportsmanlike conduct will be penalized and in severe cases dealt with on an individual basis according to the situation.
- Players will be subject to one or more of the following for conduct violations; ejected from the game, suspended from participating in multiple games, or ejected from the league.
- Parents will be contacted in cases of severe conduct violations.
- Parents are encouraged to cheer for all players and are not allowed to speak to coaches and officials during the game. Please wait until the completion of the game to speak with the coach or an official. You may also contact the program coordinator during normal Park District hours if you have any concerns.
- Parents/friends/spectators may be asked to leave the facility if their behavior becomes aggressive, violent, vulgar, or not conducive to a safe atmosphere for the players, coaches or officials. If necessary, local police authorities will be contacted.

### **TEAMS**

- Each team will have 8-10 players. Attendance is important.
- Players will rotate according to a guide throughout the entire game.
- Each team is allowed 1 head coach and 1 assistant coach on the bench during games. All other coaches must sit in the stands.

### **GAMES**

- Each game will consist to two 16-minute halves.
- The game clock will stop on player rotations, time-outs, and during the final minute of each half.
- Each team has two thirty-second time outs per half.
- Defense must play half court "man-to-man." Defense must cover their opponent once they cross the 3-point arc
  - Illegal defense counts as a team foul on each rotation.
  - Defensive player s must cover their opponent inside of the 3-point arc otherwise a foul for zone defense will be called.
- Double teams are allowed in the lane.
- Pressing (full court press)
  - **Not** allowed
  - EXCEPTION 1: During the final minute of each half by the team that is losing.
  - EXCEPTION 2: If a team is losing by 10 or more points
- No overtime during the regular season.
- Playoff overtime:
  - 4-minute period with a running clock.
  - Rotations continue in order
- Free throws will be shot during the last rotation of each half. The shooter is allowed to cross the line on the shot. All other shooting fouls will be 1-point and possession of the ball.
- Teams are allowed 4 personal fouls per 4 minute rotation.
  - Beginning on the 5<sup>th</sup> personal foul; the opposing team is awarded a point and possession of the ball
  - If the 5<sup>th</sup> personal foul occurs during the last 4 minutes of each half, the opposing team is awarded a point and possession of the ball or free throws depending on the foul
- Final Minute of the game – 5 second rule
  - During the final rotation of each game, the offensive player with the ball has 5-seconds to pass or shoot the ball once engaged by a defender.
  - The defensive player must attempt to cover the offensive player and approximately be within an arms length.
- Players are ejected from the game on a technical foul.
- No Dunking.
- 3 seconds in the lane will be called on the offense.
- Offensive team has 10 seconds to cross half-court.
- IHSA rules of basketball will be followed in all other situations not specified here.