

Intervillage Youth Basketball League Rules

(Co-ed, Girls, Boys)

2025 (Updated 5/6/2025)

Member organizations for 2025 season include: Addison Youth Sports, Addison Park District, Bartlett, Bensenville, Bloomingdale, Carol Stream, DuPage Basketball Alliance (Villa Park/Addison Park Dist/York Center), Elk Grove Village, Glen Ellyn Glendale Heights, Hanover Park, Itasca/Wood Dale (WIBA), Lombard, Medinah, Roselle, Schaumburg (SAA), WIBA (Itasca & Wood Dale) and Winfield.

Philosophy

The Intervillage Youth Basketball League is designed to provide healthy recreation in an environment where children can have fun along with the opportunity to develop physical skills and emotional maturity through interaction with other children and adults. Each player learns the basic skills of basketball or improves existing skills in an atmosphere of fun, teamwork, and good sportsmanship. Competition is a natural ingredient existing in all team sports. We simply do not stress competition as being the primary purpose of this program.

Competition Policy

The Intervillage Youth Basketball League promotes strong competition for the teams, but all competitors, coaches and players alike, will strive for a strong balance between competition and sportsmanship. The League also recognizes that participants exhibit a vast range of skill levels, and the League will do all that it can to accommodate these skill levels without putting a majority of the participants at a disadvantage.

Youth Basketball League Rules

Games will be officiated using the Illinois High School Association (IHSA) basketball Rules Book*. The following amended guidelines to the IHSA rules shall apply to all games played between park district basketball teams as identified as current participants.

1) General Information:

- a) Each team will play a minimum of 8 games. A playoff tournament will be provided at the end of the season for all teams Grades 3+. Summer League will consist of 8 games and no playoffs.**
- b) Ball Size:**
 - i) 1st-2nd Grade Co-ed:** Junior size basketball (27.5)
 - ii) 3rd-4th Grade Girls:** Junior size basketball (27.5)
 - iii) 3rd-4th Grade Boys:** Intermediate size basketball (28.5)
 - iv) 5th-8th Grade Girls:** Intermediate size basketball (28.5)
 - v) 5th-8th Grade Boys:** Official size basketball (29.5)
- c) Hoop Height.....**

	Height	Free Throw Distance:
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*All efforts will be made to play on this height except where facilities are not able to lower the hoops.

- d) The home team will always wear white, when possible.**
- e) There should be at least one referee scheduled for each game. It is preferred, but not required that the 7th-8th grade games have two referees scheduled for each game.**
- f) It is mandatory that each member team of the league provide a current copy of these rules and regulations to every head coach and league referee. These amended rules are expected to be adhered to uniformly at every game no matter what the venue. No "house rules" should be employed.**

2) Length of the game:

- a) **1st-2nd Grade Co-ed:** 8-minute running clock
 - i) Clock will stop on all whistles in the last minute of each quarter.
- b) **3rd-6th Grade Girls:** 6-minute stop clock
- c) **3rd-6th Grade Boys:** 6-minute stop clock
- d) **7th-8th Grade Girls:** 7-minute stop clock
- e) **7th-8th Grade Boys:** 7-minute stop clock
- f) For grades 1-4, if a team holds a lead of 15+ points at any point in the 4th quarter, the rest of the game will be played with a running clock, even if the deficit is reduced. For grades 5-8, the deficit must be 20+ points in order to trigger the running clock for the rest of the game.
- g) All levels play 4 quarters, and 8 periods.
 - i) A period is $\frac{1}{2}$ of a quarter. Play will be stopped by the officials for substitutions near the mid-way point of each quarter.
- h) There will be 1 minute between quarters
- i) Halftime will be 3 minutes.
- j) Overtime will consist of a two-minute period with a stopping clock. If the game is still tied, sudden victory overtime will be played.

3) Timeouts:

- a) Each team is allowed 2 timeouts per half. They do not carry over to the next half
- b) Each team is allowed 1 timeout for each overtime period.

4) Substitutions:

- a) Substitutions will be allowed at the mid-way point of each quarter at all levels.
- b) Coaches must submit a team roster to the scorekeeper prior to each game.
- c) Equal playing time requirement. Equal playing time guidelines are as follows:
 - i) A period is defined as half of a quarter.
 - ii) No player shall sit for more than two periods in a row.
 - (1) 11 players = 7 players play 4 periods, 4 players play 3 periods
 - (2) 10 players = 10 players play 4 periods
 - (3) 9 players = 4 players play 5 periods, 5 players play 4 periods
 - (4) 8 players = 8 players play 5 periods
 - (5) 7 players = 5 players play 6 periods, 2 players play 5 periods
 - (6) 6 players = 4 players play 7 periods, 2 players play 6 periods
 - (7) 5 players = 5 players play 8 periods
 - iii) Free substitutions (substitutions taking place outside of the start or midway point of a quarter) will only be granted in the following scenarios:
 - (1) Player injury or other medical reason
 - (2) Replacing a player who has fouled out
 - (3) Re-entry of an injured player who was removed earlier in the period.
 - iv) Coaches may revoke playing time for participants that have missed an excess of practice time and/or disciplinary problems. Before revoking playing time, the coach must inform Park District Staff and the player's parent prior to the game.
- d) If time is stopped for an injured player, that player must be taken out of the game. The next dead ball, the injured player may return to the game.
- e) Substitutions are NOT time outs. Players should check in at the scorers' table and play should resume quickly. No team huddles on the sidelines.

5) Defense:

- a) **1st-2nd Grade**, and **3rd-4th Grade** teams are **NOT** allowed to **press**. Defenses must set up inside of their own three-point arc and may begin defending outside of the arc once the basketball and both feet of the ballhandler are past the half court line.
- b) **5th-6th Grade** teams will be allowed to **press** in the last 2 minutes of the game only.
- c) **7th-8th Grade** teams will be allowed to **press** all game.
- d) **5th-8th Grade** teams may **NOT** **press** if they are up by 15 points or more.
- e) **1st-4th Grade** – man-to-man defense (no zone).

- f) **5th-8th Grade** – man-to-man defense or zone defense.
 - g) **1st-2nd Grade** screens and picks are allowed on offense, but no switching on defense.
 - i) Defense may only steal a ball on a pass.
 - h) **3rd-4th Grade** teams may only double team inside the foul lane or when pressing, but defensive switches are allowed all over the court.
 - i) **3rd-4th Grade**: If a team is winning by 15+ points they must only play defense inside the 3-point arc.
- 6) Fouls:**
- a) Bonus fouls will occur on or after the 5th foul of each quarter, and will result in 2 free throws.
 - i) Each quarter will restart at 0 team fouls.
- 7) Fast Break Rule:**
- a) No fast breaks for 1st-4th grade teams. Repeated violations will result in:
 - i) Stoppage of plays.
 - ii) Technical fouls on team (referee's discretion).
 - b) Fast breaks are allowed for grades 5th and up.
 - i) Offense will not be allowed to fast break if leading by 15+ points.
- 8) Offensive Lane Violations:**
- a) **1st-2nd Grade** - None
 - b) **3rd-4th Grade** – 5 seconds.
 - c) **5th-8th Grade** – 3 seconds.
- 9) Conduct:**
- a) The officials may remove any player or coach from a game for unsportsmanlike conduct including inappropriate language. In severe cases, the League Administrator may remove a player or coach from league play.
 - b) Team coaches are responsible for the conduct of their players, parents and visitors. If an official finds their conduct disruptive to the game, the following courses of action may be taken:
 - i) Warning to the team coach.
 - ii) A technical foul against the team.
 - iii) Forfeiture of the game.
 - c) Three (3) technical fouls on a team in a single game shall constitute a forfeit.
 - d) Two (2) technical fouls on a coach or player will result in a disqualification and the coach/player will be asked to leave the gym and not be allowed to attend the next game.
 - e) There will be a maximum of three coaches on the bench, and only the head coach is permitted to address the officials or stand up during the game.
 - f) All Technical Fouls will result in the opposing team receiving 2 points and possession of the ball at the half court line.
- 10) Courtesy/Sportsmanship:**
- a) Sportsmanship rules dictate that if a team is leading by a score of 15+ points at any point in a game, the coach in the lead should begin to use coaching tactics that allow the game to become closer in competition and score. The following are examples:
 - i) Defense can only guard players inside of the 3-point line for younger age groups.
 - ii) Defense cannot press.
 - iii) Offense will not be allowed to fast break.
 - b) Officials will stop game and the ball will be turned over to the defense if a team does not follow these rules.
 - c) This league will not be recognizing the changes to IHSA rule 4.49 “faking a foul” that were implemented for the 2024-25 season. Officials should use their discretion in addressing egregious examples of this, but should not assess a team technical foul.

11) Player Eligibility:

- a) Players are eligible to play if they are on a team's official roster. Players should play in the league at the grade level in which they are currently enrolled (Summer League grade level is the grade that the player just completed, NOT the grade they'll be entering in the Fall).
- i) League Supervisors may use their discretion in allowing a highly skilled player to be placed onto a team at the next grade level. If a player is rostered up, they may NOT also be rostered by a team at their own grade level. No player may be rostered by more than one team in the Intervillage League.

12) Guest Players / Player "call-ups"

- a) Players may be moved up one level to play in a higher division as a guest player when there is a shortage of players for a game. Guest players **MUST** be rostered on another team from the same organization (No non-registered players permitted).
- b) Calling up guest players should only be used when there are 6 or fewer rostered players available to play in a particular game.
- c) A guest player may never play more periods than any regular team member.
- d) Guest players may **NOT** be used from the same division.

13) Playing Time

- a) Each player **MUST** play one-half (1/2) of the game before any player may play the entire game. This ruling would not supersede any case where disciplinary action is needed against a player. If disciplinary action is needed, the coach may at his or her discretion, only allow one quarter of participation for the offending team member. The coach is required to notify his or her park district basketball supervisor before this disciplinary action is taken. See **Rule 4 – Substitutions** for more information.

- 14) All decisions of the referees are considered final and not subject to dispute by coaches, players, or spectators. There will be no "protests" or overturning of game results.

Parents' Responsibilities

- 1. It shall be the responsibility of all parents of the Intervillage Youth Basketball League of the various towns to support the program by coaching, assistant coaching, scorekeeping when needed, and/or just cheering on the players, coaches and teams involved.
- 2. Parents will ensure that players are in attendance and on time for all games and practices. Parents are advised to notify coaches of any anticipated absences.
- 3. Parents will ensure that players come prepared to participate, including proper attire with t-shirt (tucked in), shorts and gym shoes. Parents will be certain that players also have a positive attitude towards the program; this includes, but is not limited to, their teammates, coaches, referees, etc.
- 4. All parents are responsible for their own conduct during games. Parental misconduct may result in removal from the court and/or the building at the referee or park district staff's discretion. At no time shall a parent approach a coach, park district staff or player from another team before, during or after a game.
- 5. All parents shall not yell at nor offer coaching instructions to players during practices or games. Please remember that this league is recreational and the main purpose is to provide a fun, safe and learning atmosphere for all participants. Parents will be told to leave the gym and/or building if such action occurs.
- 6. Parents should report any injuries to the coach and the local park district basketball supervisor and the appropriate forms should be completed by the volunteer coach.
- 7. Local athletic supervisors are in charge of following up on cases of player misconduct.

Players' Responsibilities

- 1. It shall be the responsibility of the players to attend practices and games on time and with a positive attitude. Players will dress appropriately for practices and games.

2. It shall be the responsibility of the players to use good sportsmanship, to follow all rules of the game, and to display respect for all coaches, referees, teammates and opposing players. Negative gestures, profanity, and taunting will not be tolerated, and will be dealt with accordingly.

Coaches' Responsibilities

1. It shall be the responsibility of the coaches to maintain appropriate coaching certification if mandated by their local park district. It shall be the responsibility of the coaches to ensure the safety of all players at all times and to be responsible for his or her own conduct and the conduct of their team's players and spectators.
2. Coaches must display sportsmanship toward all players, coaches and referees. Any conduct unbecoming of a coach which involves violent behavior or language to a player, referee, other coach, parent or spectator will be reported to the local athletic supervisor and disciplinary action will be taken.
3. **It is mandatory that visiting coaches contact the home team coach during the week prior to the game. The coaches should verify the game date, the game time, the gym location, and the color of the jerseys.** In the event that both teams have the same color uniform, the home team must switch to an alternate color or provide pinnies. Home coaches are asked to contact the visiting coach in any case where the visiting coach has not completed the call.
4. All coaches must notify their respective park districts of any schedule changes that may be needed. Any changes from the official schedule handed out at the beginning of the season will only be accepted if space is available. If space is not available the change will not be permitted.

Referee Responsibilities

1. It shall be the responsibility of the referees to enforce the rules of the game, ensuring that both teams are treated fairly and that there is no bias toward or against either team. Referees will end a game if the players, coaches and/or spectators become, in the referee's judgment, unruly.
2. All referees are provided by and all referee fees are paid for by the local organization of the home team. Referees are expected (but not required) to be IHSA certified. As required by the local organizations, referees will fill out incident/suspension reports on any disciplinary problems that occur with players, coaches, or spectators. Reports should be filed within 24 hours.

Procedure for Playing a Game without a Referee

1. In rare cases where no referee appears for a game, the coaches should search for a volunteer to referee the game.
2. If a parent volunteers to officiate the game, both coaches must agree to allow the volunteer to referee the game. In such case, all parents must be reminded by the coaches, prior to the game, that no questioning of any calls made by the referee will be allowed or condoned.
3. If no acceptable volunteer is located, both coaches will co-referee the game.

Disciplinary Action Policy - Players

1. Any player that receives two technical fouls or is asked to leave the gym by any park district official will be automatically suspended a minimum of one game, which must be served the following scheduled game. Note: During any such suspension, the player will be allowed to practice with his or her team and will be allowed to attend the game as a spectator but will not be able to sit on the team bench.
2. Any player receiving two ejections in a season will be suspended for the remainder of the season.
3. The referee and scorekeeper are responsible for reporting to the local athletic supervisor in writing to discuss the events and details of each suspension issued. Unsportsmanlike behavior before, during, and after games is included. Suspensions issued as a result of unsportsmanlike behavior received before, during, and after games are not subject to appeal.

Disciplinary Action Policy - Coaches

1. Coaches are responsible for following the rules, policies, procedures and other guidelines outlined in this document. All coaches must communicate all rules, policies, and procedures to their players and all spectators.

2. All coaches should train their players to participate in clean, skillful, honest and sportsmanlike basketball. Any violation of these will result in disciplinary action.
3. Each coach is responsible for his/her own actions as well as the conduct of the players and the spectators. Coaches should not tolerate unsportsmanlike conduct by any of these parties. Coaches must be aware of the emotional pitch of the game in order to ensure that the conduct of players and coaches does not lead to deterioration of game control.
4. Any coach receiving two technical fouls will be automatically suspended a minimum of one game, which must be served the following scheduled game. Note: During any such suspension, the coach will be allowed to practice with his or her team but will NOT be allowed to attend the game.
5. Any coach who is ejected from two games will be suspended for the remainder of the season.
6. Coaches who knowingly violate the policies and procedures outlined in this handbook shall be subject to immediate suspension by their local basketball coordinator.

Equipment/Attire

1. All players must wear their game uniform to all games.
2. No jewelry (watches, necklaces, Fit Bits, etc.) may be worn during games except medical alert bracelets or religious emblems, which must be taped down.
3. All member teams of the Intervillage Youth Basketball League must provide first aid equipment at courtside during games.