

**Waukegan Park District  
10-12 Year Old Jr. Bulldogs  
Basketball League  
Rules and Regulations**

**League Website:** [http://www.allprosoftware.net/bulldogs6\\_7\\_age\\_division/](http://www.allprosoftware.net/bulldogs6_7_age_division/)

- I. Team Rules
  - A. Volunteer coaches and the Recreation Specialist-Youth Athletics will conduct a draft immediately following the player evaluations. Draft order will be determined by the drawing of numbers. No Player will be added to the roster after the first game of the season unless approved by the Park District Personal.
  - B. Team rosters must have a minimum of 6 players and a maximum of 10 players.
  - C. All players must be in the age range of 10-12 as of the first game date. Anyone younger the 10 must have approval from the league supervisor.
  - D. All players must be registered for the basketball program. Coaches who violate this rule will be ejected along with the ineligible player. Any coach in violation of this rule will also be suspended for one game.
  - E. If a player is hurt during play, an official time-out is called and a player substitution must be made. The injured player may report back into the game after the next whistle. If a player is the fourth player on the team (due to forfeit rules) and unable to play after a 3 minute official time-out, then the short handed team will forfeit.
    - i. Exception to rule 6: The fourth quarter can be completed with 3 players, but not less than 3 players.
  - F. A team will forfeit a game if the team does not show up or does not have the proper number of players to start the game.
    - i. A team must have 4 players to start the game. In the event that a player fouls out or is injured, the team cannot play with only 3 players and will forfeit the game.
    - ii. There will be NO make up games.
- II. Game Rules
  - A. Timing, Overtime and Timeouts
    - i. Games will consist of 4 quarters of 8-minutes.

- ii. It will be a running clock, only stopping at timeouts and for the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters. For the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters the clock will stop for timeouts and at every whistle.
- iii. If time allows there will be a 5-minute pre-game warm-up. There will also be a 1-minute timeout between quarters and 3-minute timeout at the half, if time allows.
- iv. Overtime will be 3 minutes. The clock will continuously run for the first minute and stop on all whistles in the last 2 minutes. If after the first overtime the game is still tie the teams will enter into a sudden death over time. The sudden death over time will begin with a jump ball and will end when a team scores.
- v. Each team has two 1-minute timeouts per half. Timeouts do NOT carry over to the next half. In overtime each team will have 1 timeout.
- vi. A player or coach may call time-outs provided their team has possession of the ball. If either a player or a coach calls a time-out when the team has used all time-outs up, a technical foul will be assessed to that team. After the free throw shots, the same team that shot the free throws will retain possession of the ball.

#### B. Defense

- i. Man-to-man or zone defense is allowed.
- ii. Full court press is allowed in the 10-12 year old league within the final 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters.
- iii. 15-point rule
  - a. When a team is leading by 15 points or more they may only play man-to-man.
  - b. The leading team must remain in man-to-man defense until the opposing team reduces the deficit to 10 points or less.
  - c. Failure to follow this rule will result in an illegal defense call and be counted as a team foul.
- iv. Defense must be played behind the half court line, unless the game is in the final two minutes of the 2<sup>nd</sup> or 4<sup>th</sup> quarters.

C. All players must wear uniform shirts, provided by the Waukegan Park District.

D. Playing Time and Substitutions

i. It is part of our philosophy as an organization that participation is essential to the development of athletes at this level, therefore, substitution and playing time rules will be among the most strictly enforced rules. In addition, it is the expectation of the league that coaches allow each player throughout the course of the season be given at least an opportunity to participate in key plays and as a key player.

ii. Playing time breaks down as follows:

a. 10 players: every player must sit out half of the game.

b. 9 players: every player must sit out at least 12 minutes.

c. 8 players: every player must sit out at least 12 minutes.

d. 7 players: every player must sit out at least 8 minutes.

e. 6 players: every player must sit out at least 4 minutes.

iii. Exceptions to the playing time rule are as follows.

a. If a player becomes injured.

b. If a player is ejected.

c. If a player is physically exhausted and cannot continue to play.

d. If a player fouls out.

e. At the discretion of the official or supervisor.

E. Fouls

i. Players are allowed to accumulate 5 personal fouls per game before they are disqualified.

ii. Teams with 7-9 fouls in a half will cause the opposing team to be in bonus, which allows the opposing team to shoot 1& 1 free

throws. Teams with 10 or more fouls will cause the opposing team to be in double bonus and the opposing team will shoot 2 free throws.

- iii. Technical fouls are generally unsportsmanlike conduct and will result in 2 free throws and loss of possession of the ball.
    - a. Technical fouls are not counted as team fouls, but will be counted as personal foul.
    - b. Technical fouls can be called on a player, coach, team, or SPECTATOR.
    - c. Two technical fouls on one player, coach, or spectator will result in ejection from the game and **SUPENSION FOR THE ENTIRE SEASON.**
  - iv. Flagrant fouls are deliberate attempts, by physical contact, to prevent a score or stop the clock. Flagrant fouls will be recorded as a team and personal foul. Ejection may result if the foul is unusually hard.
- F. During free throws the shooter may not enter the lane until the ball hits the rim. Players guarding the lane may enter once the ball hits the rim.
- G. Loss of possession will occur for traveling, double-dribble, stepping or dribbling out-of-bounds, over-and-back, 3 seconds in the lane, 10 seconds in the back court, and 5 seconds closely guarded or to inbound the ball.
- H. All games are final.
- i. All game decisions are final and will be made by the officials and the site supervisor.