

**Waukegan Park District  
6-7 Year Old Jr. Bulldogs  
Basketball League  
Rules and Regulations**

I. Team Rules

- A. This is an instructional league and there for no score will be kept.
- B. Teams are created by Park District Personal. No Player will be added to the roster after the first game of the season unless approved by the Park District Personal.
- C. 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.
- D. 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 and Timeouts

- i. Games will consist of 4 quarters of 8-minutes.
- ii. Teams will play short court at the hoops that can be lowered. The hoops will be set at 9 feet.
- iii. It will be a running clock; with the clock stopping only on time-outs or by the referee.**
- iv. 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.
- 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.

B. Defense

- i. Man-to-man defense ONLY.**

- ii. Defense can not be played until the offensive opponent crosses the half court line.
- iii. Press
  - a. No Press.

C. All players must wear uniforms.

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 to have 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 **SUSPENSION 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 upon the shooter's release.
- 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.