

**8-9 Year Old**  
**WAUKEGAN PARK DISTRICT**  
**JR. BULLDOGS**  
**BASKETBALL LEAGUE RULES**

Team Rules:

1. Rosters must have a minimum of 5 players and a maximum of 10 players per team
2. A draft will be held to set rosters.
3. A team will be allowed to start the game with 4 players. A team with less than 4 players after 5 minutes past the scheduled starting time will constitute as a forfeit. The court will be available for the remainder of the game time for open gym and or practice. The open gym or practice will not be officiated by our referees.
4. Any team with enough players to play the game cannot willfully forfeit and continue in the league.
5. All players must be registered for the basketball program. Coaches who violate this rule will forfeit the game being played plus the next scheduled game.
6. 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 (do to forfeit rules) and unable to play after a 3 minute official time-out, then the shorthanded team will forfeit.
  - a.) Exception to rule 6: The fourth quarter can be completed with 3 players, but not less than 3 players

Length of Game and Time Factors:

1. Games will consist of four 8 minute quarters.
2. The clock will run continuously in the 1<sup>st</sup> and 3<sup>rd</sup> quarters, except for time-outs and necessary substitutions.
3. In the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters, the clock will stop on all whistles. The clock will restart when the basketball is put into play. The clock will run continuously prior to the last two minutes.
4. There will be a one-minute time-out between quarters.
5. There will be a three minute time-out at half if time permits
6. A five-minute pre-game warm-up is permissible if time permits.
7. Overtime will consist of one (3 minute) period, then a sudden death period.
8. Each team is entitled to **two** charged time outs (one minute a piece) per half.
9. After a time-out, the ball shall be taking out one the side, near the point where the play ended.
10. During each extra period, each team is entitled to one time-out. Unused time-outs do not accumulate from half to half or from the second half into overtime.

11. A coach or any player may call time-outs provided their team has possession of the ball. If either a player or 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 took the free throw will gain possession of the basketball.

## League Playing Rules

1. **Only defensive strategy allowed is man-to-man defense. All defenses must be played starting at the three point line. This rule allows the offensive to cross half court and attempt to set up an offensive play.**
2. Players must wear their team shirts or a like color
3. Participants playing time:
  - a.) In the spirit of the Recreational Basketball League, coaches must give players the opportunity to play an equal amount of time each game. The coach is responsible to give all participants an equal amount of playing time. Officials may question the coach as to the athletes playing time.
  - b.) Coaches are expected to include every player in the game plan. (This means that all players through the course of the season should be given the opportunities to handle the ball and participate in key positions or game situations.
  - c.) Mandatory playing time breakdown:
    - 10 players-every player must sit out a half of the game
    - 9 players-every player must sit out at least 3-4 minute periods.
    - 8 players-every player must sit out at least 3-4 minute periods.
    - 7 players-every player must sit out at least 2-4 minute periods
    - 6 players-every player must sit out at least 1-4 minute period
  - d.) Substitution exceptions are at the discretion of the officials and site or court supervisor. Players may be substituted during the game at a time other than substitution time outs if:
    - 1.) A player is hurt
    - 2.) A player arrives late or leaves early
    - 3.) A player is physically exhausted
    - 4.) A player cannot be substituted for if they are in foul trouble. They must finish the remaining time in present playing period.

## Fouls:

1. Types of Fouls:
  - a.) Personal-individual player committing a foul
  - b.) Technical-individual or coach committing a foul
  - c.) Flagrant-Intent to injure or excessively reckless play. Any flagrant foul will result in immediate disqualification from that game and possible more.

- d.) Bench Technical: result of team foul directed at one or more players, coach assistant or partisan group affiliated with out a team.
2. A personal foul will be called against a player; if in the judgment of the official such actions warrant a foul being called. Examples of fouls are:
  - a.) Illegal personal contact
  - b.) Pushing
  - c.) Illegal screening or a moving pick
  - d.) Holding
  - e.) Tripping
  - f.) Offensive charging
3. A technical foul will be called against a player for the following infractions:
  - a.) Unsportsmanlike conduct
  - b.) Deliberate delay of game
  - c.) Offensive language
  - d.) Disrespect (may directed towards an official, spectator, time keeper, scorekeeper, site or court supervisor, recreation staff, opposing players and or coach)
4. Each player is allowed five personal fouls in a game before they are disqualified. (This includes overtime and sudden death)
5. A technical foul also counts as a personal foul. But will not be counted as a team foul
6. All technical fouls on a coach or player on the bench is a two-shot foul plus loss of possession.
7. Bonus Conditions (1 & 1 free throws) will be awarded to the opposition on the 7<sup>th</sup> team foul. On the 10<sup>th</sup> team foul of the half, the player will automatically receive 2 free throws
8. During a free throw attempt: players may move into the lane at the release of the ball from the shooter's hands. The shooter may not enter the lane until after the ball hits the rim. If the ball does not hit the rim, the ball is dead and the other team gains possession of the ball on the side of the court.
9. If a team presses intentionally, when not allowed, they will receive a bench technical. A two shot foul plus possession will be awarded.
10. Two technical fouls on one player during a game will result in expulsion of the player from the game. A coach or assistant coach can also be expelled from the game, if they receive 2 technical fouls.
11. Any player or coach who receives two unsportsmanlike fouls will ejected from the game. Coaches are responsible for their fans and parents, before, during and after the game. If further problems occur, consult with the site or court supervisor, officials or Program Supervisor
12. Unusual contesting of an official's call during the game from a player or coach will result in a technical foul and immediate ejection from the game.

**Protests:**

1. **There will be no protests of referee's decision or the outcome of a game. All games are final.**