

1. It is the coach's obligation to ensure that all players receive equal playing time through the first three quarters of each game.
 - a. If a player misses three or more practices then he/she may receive less playing time.
2. An official size basketball will be used and basket heights will be set at 10 feet.
3. Games will consist of four quarters. Each quarter will be six minutes in length.
4. The clock will be ran as a regulation game. Therefore, the clock will stop on all dead ball situations.
5. During the regular season, if there is a tie at the end of regulation, a two minute overtime period will be played. If there is no winner after the two minute overtime period, the game will end as a tie.
6. Each team is allowed two timeouts per half – one, 60 second timeout and one, 30 second timeout. If a game proceeds into overtime, each time is allowed one, 60 second timeout for overtime. Unused timeouts do not carry over.
7. Defensive players can guard offensive players once they cross half court.
8. The defense cannot steal the ball until the ball crosses half court.
9. Rolling the ball is not allowed under any circumstance.
10. Fast breaks are allowed.
11. During the last minute of each half and all of overtime, teams may defend and press the entire court.
12. Individual fouls will be kept. Players who receive five fouls will be disqualified from the game.
13. Team fouls will be kept and may result in teams shooting free throws. If team fouls reach seven, the opposing team will shoot a 1-and-1. If team fouls reach 10, the opposing team will shoot two free throws.
14. In the event of a technical foul, the player receiving the technical foul must be substituted out of the game and the other team automatically receives two points and the ball.
15. If a coach receives a technical foul, the opposing team automatically receives two points and he/she must remain seated for the remainder of the game. After a technical foul by a coach, no coaches including assistants are allowed to stand.

16. If one player receives two technical fouls in the same game, he/she will be ejected from the game and will need to meet with the Athletics Coordinator before participating in the next practice or game. The same rule applies for coaches.
17. There may be a max of one head coach and two assistant coaches on the bench during the game. These coaches must be assigned and approved by the park district supervisor.
18. Only the head coach and players are allowed to call timeouts. Assistance coaches must remain seated on the bench the entire game, except during timeouts and intermissions. Assistant coaches who fail to follow this rule may be warned or issued a technical foul.
19. With the exception of the above rules, the IESA governing rules will be used.

Tournament Rules

1. Games will have two halves. Each half will be 15 minutes in length.
2. The clock will run continuously until the final minute of each half.
 - a. The clock will also stop for timeouts and injuries.
3. The home team is the higher seeded team.
4. The game will start with a jump ball.
5. Each team is given two timeouts per half – one, 60 second timeout and one, 30 second timeout.
6. There is no equal playing time rule during the tournament, but every player must play in each game.
7. There will be a two minute overtime period, if necessary.
 - a. Each team will receive one timeout in overtime and it will be 30 seconds in length.
8. In case of a tie after the overtime period, the game will enter sudden death.
 - a. The sudden death period will start with a jump ball.
 - b. No clock is needed for the sudden death period and there are no timeouts.
 - c. The first team to score wins.
9. All coaches must be on the sideline in the bench area.
10. All other rules will follow regular season rules and IESA standards.