

Elk Grove Youth Basketball Playing Rules
2025-2026

1/2 coed see additional game play rules

1) PLAYER PARTICIPATION

Drafted Leagues (3rd-8th Boys & Girls)

- 1) Each coach shall provide a roster for team players each game (First and Last Names and jersey numbers). The starting players must check in at the scorekeepers table prior to the start of the game. Failure to do so will result in a forfeit.
- 2) If a team is unable to field five (5) players at game time, they will be allowed to start the game with (4) players. A game may continue with less than (5) players due to fouling out or injury. A team may not start a game with less than (4) players, which will result in a forfeit of the game.
- 3) All players must **play at least two (2) quarters** with a **minimum of one (1) quarter in each half.**
 - Each player who starts a quarter must play the entire period
 - If a player is not able to continue playing due to injury or illness, the above playing time rules no longer apply to that particular player. Under these circumstances the player may return to the game.
 - If a player is removed from the game due to head injury, fouling out, or ejection from the game, the above playing time rules no longer apply to that particular player. Under these circumstances the player may not return to the game.
 - When substitutions are made under this rule, the person playing a majority of the quarter will be charged for the full quarter.
 - All subs must report to the scorer's table before entering a game.
 - A bench technical will be assessed for an illegal substitution.
 - Based on the number of players present the following is required for **maximum playing time for each game:**
 - 10 Players = 10 players play two quarters each
 - 9 Players = 7 players two quarters 2 players three quarters.
 - 8 Players = 4 players two quarters 4 players three quarters
 - 7 Players = 1 player two quarters 6 players three quarters
 - 6 Players = 4 players three quarters 2 players four quarters
- 4) Exceptions to game participation rules:
 - If a player is not present by the start of the first quarter the player will be guaranteed one (1) quarter.

- If a player is not present by the start of the third quarter the player will not be guaranteed any playing time.

Non Drafted Leagues (1st/2nd Coed)

- 5) The Player Rotation Guide will allow all players to rotate equally the entire game. Please follow the instructions in the guide. Coaches will be given player rotation guides prior to the season.

Disciplinary actions

- 6) Disciplinary action must be cleared with the League President at least twelve (12) hours prior to game time.
- 7) In the event a team is found to not abide by the participation rules listed above, the Elk Grove Basketball Advisory Board will issue either a written or verbal warning to the head coach. If the head coach violates these rules after a warning has been issued, the Board reserves the right to suspend the coach for a minimum of one game. This suspension shall begin immediately following the date the suspension is issued.

2) TIME, TIME OUTS & OVERTIME

Playing time

- 1) **Non-Drafted leagues (1/2 coed)**
 - a) will play two (2) sixteen (16) minute halves.
- 2) **Drafted leagues (3rd-8th)**
 - b) will play four (4) eight (8) minute quarters.

Half time and breaks between quarters will be a reasonable amount of time based on the referee's discretion.

- 3) The **clock will be a continuous running time** with the exceptions of:
 - c) Drafted league (3rd-8th)**
 - The last two (2) minutes of the third and fourth quarters, during this time the clock will stop on all whistles.
 - If the score differential is 20 points or more during the last two (2) minutes of the fourth quarter, the clock will remain continuously running until the end of the period. If the differential becomes less than 20 points once the continuous clock has started, the continuous clock remains.
 - During the last one (1) minute of every overtime quarter, the clock will stop on all whistles.
 - b.) Non-Drafted league (1/2 coed)**
 - The clock will stop during free throws in the last 2 minutes of each quarter.

Time Outs

4) Regular Season

- Non-Drafted Leagues (1/2 coed): Each team will be allowed **two (2) one-minute time** outs per game, to be **used once per half**. If a team calls for a time out when it has none, it will be allowed the time out but will be assessed a bench technical foul. If a team does not use its first-half time-out, the **time-out does not carry over to the second half**.
- Drafted Leagues (3rd-8th): Each team will be allowed **three (3) one-minute time outs** per game. If a team calls for a time out when it has none, it will be allowed the time out but will be assessed a bench technical foul. If a team does not use time-outs in the first half, **the time-outs do carry over to the second half**. Timeouts do not carry over into overtime. Each team is given 1 timeout per overtime.

5) Playoffs

- Each team will be allowed four (4) one-minute time outs per playoff game. If a team calls for a time out when it has none, it will be allowed the time out but will be assessed a bench technical foul. If a team does not use time-outs in the first half, **the time-outs do carry over to the second half**. Timeouts **do not** carry over into overtime.

Overtime

6) Non-drafted leagues (1/2 coed): No overtime in any game

7) Drafted Leagues (3rd-8th):

- **Regular season:**
 - 1st overtime is 3 minutes
 - 2nd overtime is 2 minutes
 - 3rd overtime 1 minute in length and final overtime (tie or not)
- **Playoffs:** All overtimes are 3 minutes in length

3) GAME BALL, RIM HEIGHT, FREE THROWS & GAME SCORING

Game Ball

The league for all games will provide the official game ball.

4) 1st-2nd: 27.5 size ball

5) 3rd-4th grade boys and 3rd-8th grade girls: 28.5 size ball

6) 5th-8th grade boys: 29.5 (regulation) size ball

Rim Height

- 7) 1st-2nd: 8 feet
- 8) 3rd-4th grade: 9 feet
- 9) 5th-8th grade: 10 feet

Free Throws

- 10) 1st/2nd, 3rd and 4th grade: From approximately 12 feet
- 11) 5th-8th: From the standard 15 foot line

Game Scoring

- 12) Non-Drafted: Game score will be reset to 0-0 at **the end of each half**.
- 13) Drafted: Continuous game scores – no resetting the score.
- 14) Home team always sits closest to the scoreboard

15) UNIFORM & EQUIPMENT

- 1) League issued jerseys & shorts are required for all players.
- 2) Jewelry and wrist-bands must not be worn while playing. Earrings are allowed but must be taped up or a band-aid placed over prior to the beginning of the game.
- 3) Any player with braces must wear a mouth-guard.
- 4) Bench technical foul for any player who checks in at the scorer's table not wearing proper uniform/equipment.
- 5) Recommend players with glasses have appropriate eyewear for sporting activity.

16) OFFENSE

- 1) There will be no **fast-breaking** in the non-drafted league (½ coed)
- 2) Fast breaking is allowed in Drafted Leagues 3-8th, but any team leading by 15 or more points during a game must stop fast breaking.
- 3.) 1st/2nd and 3/4th grade boys and girls leagues will line up at the half court line to match up with their defender prior to the start of each quarter.

17) DEFENSE

- 1) Deliberate use of **ZONE DEFENSE IS NOT ALLOWED**. A zone defense is

defined as **"The guarding of an area of the floor instead of the player** – a failure of the defensive team to shift floor position as members of the offensive team shifts floor positions." It will not be considered a zone defense if the defensive players do not closely guard offensive players who are not participating in the team offense, as long as the defender maintains awareness of their offensive player, and as long as the defender does not stay in the lane.

- 2) Only MAN-TO-MAN defense will be allowed in this league, while double-teaming of the player with the ball is permissible as long as the remaining players are guarding a player and not an area of the court.
- 3) Coaches are not allowed to shout accusations that the opposing team is playing a zone defense or yell out calls they feel the referee missed.
 - If the coach thinks a zone is being used or a call was not made, he should point out the infraction to the officials in an orderly fashion **while the clock is stopped**.
 - If a coach repeatedly shouts at officials for calls to be made or "zone" or has his players or fans do the same, a bench technical foul (2 shots) will be called.
- 4) EGYB is serious about eliminating zone defenses, but it does not want charges and countercharges of zones to disrupt games. Officials will be alerted to police the zone rules, but coaches must realize that it is entirely the referees discretion based on their training, experience and expertise.
- 5) **Triple teaming (or more) is not allowed.** Triple teaming is called if a team is intentionally defending a player with three players. It is not considered triple teaming if two defenders proceed to help defend the ball, and one then makes an attempt to get back to his/her player.
- 6) In-bounding the ball: A defender shall not have any part of their person through the inbound side of the throw-in boundary plane until the ball has been released on a throw-in.

Defensive Engagement

7) Non-Drafted League (1/2coed)

- Defense cannot engage in defending until the ball-handler has moved through the neutral zone (the area between half-court line and 10 foot line).
- Prior to the offensive ball-handler crossing the 10 foot line, the defense must remain behind the 10 foot line.
- Once the ball has crossed over the 10 foot line, the defense can engage in MAN-TO-MAN defense. (players may wear different colored wristbands to help them identify who they are guarding when they are in the game or coaches may line players up at rotations).

8) Drafted Leagues (3rd-8th)

- **In situations when full-court pressing is not allowed, the defense cannot engage in defending until the ball-handler and ball have crossed the half court line.**
- Prior to the offense crossing the half-court line, the defense must openly let the ball-handler cleanly cross the half-court line before engaging in defense.
- Once the ball has crossed over the half-court line, the defense can engage in MAN-TO-MAN defense.
- When the defense gains control of a rebound or loose ball (thereby becoming an offensive player), the other team must retreat to beyond the half court line in situations when full-court press defense is not allowed.

Full Court Pressing

9) Non-Drafted League 1/2coed, 3rd and 4th grades boys and 3-6 girls: Full court pressing is not allowed at any time

10) **5th-8th Boys and 6-8 Girls**

- Allowed only in the last two (2) minutes of the third and fourth quarters.
- During overtime quarter(s): Pressing allowed only in the last one (1) minute of the overtime quarter(s).
- **No pressing allowed by the leading team when having a 15 or more point lead. (All Leagues)**

11) Officials will issue one (1) warning to the coach of the offending team for violation of defensive rules and then call a bench technical foul (2) shots to the opposing team and loss of ball by the offending team for any illegal defense that is repeated.

18 FOULS

- 1) A player fouls out of the game when he/she commits his/her fifth personal foul or his/her second technical foul.
 - A player who receives two technical fouls in one game is suspended from playing the next scheduled game, regular season and play-offs included.
- 2) Bonus Situation
 - Per IHSA bonus will be two free throws on and after the 5th team foul in each quarter (OT is counted as part of the 4th quarter)
- 3) A **technical foul** will be assessed to any coach, player for swearing, badgering the referee or any other unsportsmanlike behavior, i.e., trash-talking or taunting opponents. This is recreational house youth kids basketball.
 - All technical fouls must be shot by a player, who is among the five (5) on the floor at the same time of the technical foul.

- 4) A **flagrant technical foul** will be assessed for repeated swearing, badgering or unsportsmanlike conduct from coaches or players.
- The opposing team will be awarded two (2) free throws.
 - A player, coach or spectator assessed with a flagrant technical foul will be ejected from the game and the facility.
 - The game will not continue until that individual has left the gym.
 - The associated team will forfeit the game, if an ejected person refuses to leave the gym immediately.
 - Ejection from a game will result in the player or coach's suspension for the following scheduled game per I.H.S.A. rules.
 - Continued protest after an ejection will result in a disciplinary hearing held by the EGYB Board for action up to and including suspension for the remainder of the season. To include any scheduled season, post season and All Star games.
- 5) Any Coach who accumulates 2 technical fouls during the season will be suspended for the following game and may face a disciplinary hearing held by the EGYB Board for action up to and including suspension for the remainder of the season. To include any scheduled season, post season and All Star games.
- 6) 2 ejections from games in a season will result in the suspension of the player or coach for the remainder of the season, including any scheduled season, post season and All Star games.

19) **BENCH RULE & COACH BEHAVIOR**

- 1) Only the head coach, one (1) assistant coach and the players involved in the game will be allowed to sit on the bench.
- 2) No additional coaches, siblings, players from other teams, etc. are allowed on the bench.
- 3) Refusal to leave the court and gym area upon ejection from the game will result in automatic suspension for the remainder of the season.
- 4) Physical contact between players and coaches should be limited to "high fives" or "fist bumps".

20) **REFEREES**

- 1) All referees' decisions are **FINAL** – NO PROTESTS will be allowed.
- 2) Coaches are not to harass or malign the referees. The players and parents are watching your example for acceptable behavior.
- 3) The referees are considered part of the playing court. If a ball hits a referee or a player bumps into a referee, play should continue. Should the ball go out of

bounds off the referee, the ball will be awarded to the opposing team.

21 PLAYOFFS

- 1) Non-Drafted League (1/2 coed): **No playoffs** after regular season ends
- 2) Drafted Leagues (3rd-8th):
 - Playoffs held to determine a league champion and playoff seeds are determined by overall season record
 - Playoff seeding tie-breaker rules:
 - For a **two team** tie, the head-to-head record of the two teams will determine tiebreaker
 - For a **three or more team** tie, PA(points against) all opponents will be used to determine the tiebreaker. Followed by in order as needed:
 - Total points allowed during all games from entire regular season
 - Total points scored during all games from entire regular
 - Coin flip
 - Playoff teams are never re-seeded during the tournament

ALL-STAR GAMES/SPECIAL EVENTS

- 1) Non-Drafted League (1/2 coed): No all-star game
- 2) **Drafted League (3rd-8th):** All Star games for each league, boys and girls
 - There will be no horseplay or misconduct during the all-star game.
 - Players who violate this rule will be ejected from the all-star game and will NOT be allowed to participate in any remaining Special Events.
- 3) All leagues will be able to participate in Special Events
 - a) 3pt contest(adjusted for age) & 2 Ball Competition

ANY SITUATION NOT SPECIFICALLY COVERED IN THESE RULES WILL BE GOVERNED IN ACCORDANCE WITH THE I.H.S.A. RULES FOR BASKETBALL.

Intervillage league rules take precedence over these rules when applicable.