



CHAMPAIGN PARK DISTRICT

League Rules



1. SPORTSMANSHIP (PLAYERS, COACHES AND SPECTATORS)

- A. All facility policies should be followed by players, coaches and spectators. Any misuse of Champaign Park District or Unit 4 property is prohibited. No dunking allowed at any time by players, coaches, spectators, officials or staff.
- B. Profane or abusive language or obscene gestures by will not be accepted. Any such behavior may be grounds for ejection. Any person ejected by Officials or Staff must leave the gym area immediately. (*This does not include a player "fouling out" but does include a player or coach ejected for a second technical.)
- C. Any ejection will result in a minimum one game suspension for that person and review for possible longer suspension.

2. GYM

- A. No food or beverages (other than water or sports drinks) are allowed in any of the gyms. Water fountains are located inside the facilities.

3. UNIFORM

- A. All players must have two pairs of shoes; one to wear outside and one for the game. Players must carry their court shoes into the gymnasium and change there.
- B. All players must wear their team jerseys during the game.
- C. No inappropriate headgear, including hats, bandannas, skullcaps, etc will be allowed during warm-ups or competition, either on the floor or the players' bench. Headbands will be allowed.
- D. During competition, players may not wear watches or jewelry (even if taped down); with the exception of medical or religious bracelets/necklaces. Medical or religious bracelets/necklaces must be taped down. Only rubber bands or hair scrunchies are allowed—no metal or plastic hair pieces please.

4. THE GAME

- A. At least fifteen (15) minutes prior to the scheduled game time, coaches will present the scorekeeper with a completed line-up card with the first and last names of the players and their uniform numbers. (It is recommended to coaches to prepare line-up card in advance.)
- B. Games will consist of four (4) quarters.
- C. A jump ball will be used to start the game. In all other jump ball situations, teams will use alternate possession.
- D. The clock is a running clock. It will stop for only for team time-outs, official time-outs or during the last two (2) minutes of the fourth quarter for all dead ball situations in close game---the margin of difference is less than 10 points.
- E. There will be a one (1) minute break between quarters and five (5) minutes at the half.
- F. There is no overtime. If a game ends in a tie, it remains a tie.

5. INDIVIDUAL PLAYING TIME

- A. All players should play approximately equal amounts of time each game. Exceptions may occur for tardiness, injury, disqualification, etc.

6. FOULS, TECHNICAL FOULS AND FREE THROWS

- A. Each player will be allowed five (5) personal fouls per game.
- B. Any technical foul called against a player will also be counted as a personal foul against that player.
- C. Any player committing a technical foul must exit the game, and may not re-enter the game until the next quarter.
- D. Any player receiving a second technical foul in the same game will be ejected from the game.
- E. Any coach receiving a second technical foul will be ejected from the game and automatically suspended from the next game. (Coaches should not be getting any technical fouls!)
- F. The seventh (7) team foul committed during each half will create a one-and-one bonus and the tenth (10) foul will be an automatic two (2) shots. (*Mini Hoopers and 3/4 Leagues will not shoot free throws. Ball will be awarded out of bounds.)
- G. On free throws, players cannot enter the free throw lane until the ball hits the rim.
- H. On free throws, there will be four defensive players and two offensive players occupying the top three marked-lane spaces*, during free throws. In addition, the lane spaces closest to the free throw line (and the shooter) will remain vacant. All other players should stand no closer than the 3-pt line or top of the key extended.

7. RULES SPECIFIC TO LEAGUES

- A. Please see the Youth Hoops Rules Cheat Sheet for an overview of specific league rules.
- B. All other rules not mentioned will be enforced using NFHS rules



CHAMPAIGN PARK DISTRICT

Rules Cheat Sheet



**CHAMPAIGN
PARK DISTRICT**

Mini Hooper's	Girls 34, Boys 34	Girls 56, Boys 56	Girls 78, Boys 78
4 quarters x 7 minutes Note: The scorekeeper will call an official time out at the 4 minute mark (or as close as feasible) to allow for player substitution.	4 quarters x 7 minutes Note: The scorekeeper will call an official time out at the 4 minute mark (or as close as feasible) to allow for player substitution.	Quarter length:	4 x 8 - minute quarters
Junior	Junior	Basketball size:	28.5 (Girls) & Official (Boys)
8' basket	9' basket	Basket height:	10' basket
cross-court	cross-court	Court size:	full court
No Free Throws. Ball will be given out of bounds.	No Free Throws. Ball will be given out of bounds.	Free throw line:	15'
NA	NA	Lane violation:	5 seconds
NA	NA	3-pt baskets:	Yes
See Note above in Quarter Length section.	See Note above in Quarter Length section.	Substitutions:	Traditional substitution opportunities.
Teams allowed 2 timeouts per half.	Teams allowed 2 timeouts per half.	Timeouts:	Teams allowed 2 timeouts per half.
Running clock.	Running clock.	Clock:	Running clock except in last 2 minutes of a close game—10 points or less.
Game score will not be displayed on the scoreboard.	Game score will not be displayed on the scoreboard.	Scoreboard:	During the Second Half the score will freeze any time a team gets a lead of 20 or more points.
No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	Defensive Press:	No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball. ³ If team ahead by 10 or more points they MAY NOT press.
¹ No zone defense allowed.	¹ No zone defense allowed.	Zone Defense:	Allowed.
² No double teaming.	² No double teaming.	Double Teaming:	No double teaming.
Players will wear colored wrist bands and should guard the opposing player wearing the corresponding color.	Players will wear colored wrist bands and should guard the opposing player wearing the corresponding color.	Other:	No Team Foul Bonus.
Players are not allowed to steal the ball from the offensive player.	Players are not allowed to steal the ball from the offensive player.	Other:	5 Fouls and a player is out.

¹ Because of the age, officials will be given a large amount of discretion in making calls. Coaches are encouraged to focus simply on coaching man to man.² NO DOUBLE-TEAMING: Double-teaming will be called when two (2) or more defensive players are guarding a person with the ball who is not attempting to score. A defensive team member may "help" his/her teammate in a one-on-one situation. This "help" defense will be a judgment call according to the official. Double-teaming will NOT BE CALLED 1) when players are in the "lane" area, or 2) when the player in possession of the ball is driving to the goal. The spirit of the rule is to prevent intentional double-teaming. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball. This is a judgment call by the official. The simplest way to avoid it is to simply teach good man to man defense.

⁴ IF TEAM AHEAD BY 10 OR MORE POINTS THEY MAY NOT PRESS: The ball will be awarded out-of-bounds for infractions of this rule. The third (3rd) violation of this rule will result in the awarding of a two (2) shot technical foul plus possession of the ball to the offensive team.