

ADDISON RECREATION CLUB BASKETBALL LEAGUE RULES FOR 5TH, 6TH, 7TH, AND 8TH GRADES

1. ROSTERS – Each team must give a complete roster to the Official Scorekeepers at least 10 minutes before the start of the game. All substitutes must report to the Official Scorekeeper before entering the game. The referee will signal for substitutes to enter the game.
2. PLAYING TIME – All boys **must** play a minimum of **two full quarters** and **must** sit out **one full quarter** when **seven or more** players show up for a game. When six players show up for a game, the designated player rule (2a) applies. Injury is the only exception to this playing time rule. Players who are playing the minimum two quarters cannot be substituted during the quarter. Players playing three quarters or more may be substituted freely. Partial quarters do not count; a player must play 2 full quarters minimum.
 - a. **Designated Player** – If a team has only six players show up for a game, **then a designated player must sit out one quarter**. The designated player will be **selected by the coach of the other team**. If there is a dispute over who the designated player will be, then the dispute resolution rule (3) will apply.
 - b. **Late Player Arrival** – Any player who arrives to the game after the start of the second quarter is only required to play one full quarter of the second half. Any player who arrives to the game after the start of the third quarter is **not** required to play at all. Any late arrivals or discrepancies must be reported to the Official Scorekeeper and the opposing coach in order to avoid a possible rule violation or forfeiture.
 - c. **Exception to Playing Time Rule** – All boys must play and practice with their respective teams from the beginning of the season to the end of the season except when a player is sick or injured. Any player who repeatedly misses team practices for any reason may have his minimum playing time of two quarter per game reduced or the player may be suspended from league play but only upon request of the coach and approval by the Head Basketball Commissioner or Grade Level Commissioner. Before you reduce a players playing time for missing practice, a phone call to the player’s parents must be made and the discipline must be explained to them. This is very important that the parents are **WARNED** of possible loss of playing time if the player misses practice **BEFORE** they are punished. A player and his parents need to be **WARNED** first.
3. DISPUTE RESOLUTION – If there is a dispute over any ARC basketball rule, then the Grade Level Commissioner will make the decision. If the Grade Level Commissioner is not present or cannot be contacted by telephone, then the Head Commissioner shall decide the dispute. If no commissioner is present nor can be contacted immediately, then the referee of the game will decide the dispute.
4. OFFICIAL SCOREKEEPER’S SCOREBOOK – If there are any discrepancies between the Official Scorekeeper’s Scorebook and any coach’s scorebook, the Official Scorekeeper’s Scorebook shall be considered accurate.
5. GAME LENGTH
 - a. Fifth and Sixth Grade – There shall be four quarters per game and each quarter shall be six minutes. The game clock shall stop for all whistles.
 - b. Seventh and Eighth Grade – There shall be four quarters per game and each quarter shall be six minutes. The game clock shall stop for all whistles.
6. TIME-OUTS
 - a. **REGULATION PLAY** – There shall be three time-outs per team per regulation play. Each time-out shall be one minute. **All unused regulation time-outs shall not carry over into overtime play.**
 - b. **OVERTIME TIME-OUTS** – One, one minute time-out shall be allowed for each overtime period. **Overtime time-outs cannot be carried over into the next overtime period.**
7. FOULS
 - a. **PERSONAL FOULS** – A player fouls out of the game on his fifth foul.
 - b. **BONUS** – A team is “in the bonus” when the other team incurs seven personal fouls in one half. Team fouls are reset to zero for the second half. The player gets one foul shot and if he makes it he gets a second foul shot.
 - c. **SUPER BONUS** – A team is in the “super bonus” when the other team incurs 10 personal fouls in one half. The “super bonus” is two foul shots. Team fouls are reset to zero for the second half.
 - d. **FLAGRANT FOULS** – A player may be ejected from the game for any one flagrant foul, and then two free throws are awarded plus possession of the ball.

- e. TECHNICAL FOULS – If a technical foul is committed by a player, coach, or assistant coach, two free throws are awarded plus possession of the ball.
8. PLAYER or COACH EJECTION – Any player or coach who is ejected from a game will be subject to review by the basketball League Commissioners and must be available to meet with the commissioners before the next regularly scheduled game. Possible penalties for coach ejections can be as follows: a written warning, suspension for one or more games, or removal of coach from team. Any player who is ejected from a game may also be subjected to a commissioner review and may be suspended from one or more games or possible removal from the league.
9. GAME PROTESTS – Any game protest must be submitted in writing within 48 hours after the end of the protested game to the Head Basketball Commissioner and the Grade Level Commissioner at the level the protested game was played. The decision on a protest will be made before the teams' next scheduled game jointly by the Head Commissioner and the Grade Level Commissioner. **Judgment calls cannot be protested.**
10. OVERTIME – If a game is tied at the end of regulation play, there will be a two-minute overtime. If a tie exists after the first overtime, each overtime thereafter will be one minute until a winner is decided.
 - a. Fouls – All individual and team fouls will carry over into overtime play. Any player who has fouled out in regulation play may not return in overtime play.
 - b. Bonus – All bonus situations will carry over into overtime play. In other the words, teams in the bonus at the end of regulation will stay in the bonus into all overtime periods. This includes super bonus.
 - c. Time-Outs – **Regulation time-outs will not carry over into overtime play.** One time-out is awarded to each team for each overtime period. Overtime time-outs cannot be carried over to the next overtime period.
11. PLAYOFFS – **ALL TEAMS MAKE THE PLAYOFFS!** Playoffs will be seeded from 1 to 8 based on record and head to head play. If a decision cannot be made on head to head (say a 3 way tie) then points GIVEN UP will decide tie-breaks after head to head.
12. TIE BREAKER – Overall team record will be the first method for determining playoff ranking. If two teams are tied, the first factor to determine ranking is head to head records. The second factor will be points allowed over the course of the season. The last factor is coin flip.
13. 7th and 8th Grade PRESSING RULE – No team shall play full court pressure defense when it has a 10 point or more lead. After one warning, the team violating this rule may be assessed a technical foul. Pressing is allowed the entire game at the 7th/8th grade level (again providing the team does not have a 10 point lead).
14. 5th and 6th Grade PRESSING RULE- No team shall play press outside the 3 POINT LINE if up by 10 points or more (no full or half court pressure). There is NO PRESSING in the 1st, 2nd, or 3rd Quarters. Defenses must pick up at the 3 point line. With that said NO TEAM can stall. A coach cannot have his team pass the ball around the perimeter multiple times without trying to run an offense or score. This rule is to clean up the half court play and make this level more instructional. Coaches, PLEASE do not try and take advantage of this rule. If an official feels you are stalling, you will be warned. If you do it again, then it will be a team turnover. Half Court Pressure/pressing can start at the beginning of the 4th quarter. FULL COURT Pressing is allowed only the last 2 minutes of the game, provided the pressing team does not have a 10 point or more lead.
15. PLAYER COMBINATION RULE - If two brothers are at the same league level (5th and 6th or 7th and 8th), and they unbalance the league as a result of their ability. Meaning, they are both 1st or 2nd round picks and will make one team much better than the rest. Then those brothers must be divided onto two separate teams for the betterment of the league. If there is a situation where two coaches are suppose to coach together, and the combination of their sons would make the league less competitive, then those two coaches may not coach together. Meaning, a player may not be claimed so his father can assist another coach if it makes one team better than the other teams. *Keep in mind, the commissioners will work it out with the coaches to TRY and keep all brothers on the same team, **but only if it allows for a competitive league.**
16. INTENT OF THE PROGRAM – The Addison Recreation Club reserves the right to adjust, delete, or add through vote, any rules that are needed to preserve and protect the intent of this program.
17. IHSA RULES – **Unless modified by these rules, all other IHSA rules apply to the Addison Recreation Club basketball games.**

18. **PRACITICE DAYS-** In-House league will try to practice on Monday, Tuesday, and Thursday nights. This allows for the travel team to practice Wednesday nights. As a result of a coaches work schedule, if a Wednesday practice has to occur, it should be scheduled early so his travel players may make travel practice. If this cannot be worked out, then a common agreement must be made so a player is allowed to compete in both In-House and Travel basketball. We do not want players to have to choose.
19. **ALL STAR GAMES** – All star game coaches will be selected by the basketball committee. The number of players on each all star team will be determined one week prior to the all-star game by the basketball committee. Keep in mind ALL players are involved in the all-star competition.
20. **SPECTATOR CONDUCT** – Spectators shall not talk to, nor shout at, the referees for any reason. They shall not criticize nor show any displeasure with the referee’s calls except quietly among themselves. The coaches must inform the parents of this rule before the start of the season. If a spectator violates this rule, they may be asked to leave the gym and their child may be subject to disciplinary action.
21. **BASKETBALL COMMITTEE** – The basketball committee shall be composed of the Head Basketball Commissioner, an 8th grade commissioner who assisted by a 7th grade commissioner, a 6th grade commissioner who is assisted by a 5th grade commissioner, and the travel commissioner. 6 total members.
22. **BASKETBALLS** – Full size regulation basketballs will be used at the 7th/8th grade level and 28.5 “ basketballs will be used at the 5th/6th grade level.
23. **TRAVEL BASKETBALL**
 - a. Travel teams will start in late October or early November, they may not start until AFTER the first round of football playoffs. Travel Teams will play in a league or tournaments in Nov and Dec. They will cut back in January so players can play for their Jr High teams or church teams. They will start tourney or league play in Feb and March to end their season.
 - b. 5th grade travel will not start until the end of January. This will allow evaluation of in-house players to help decide the team along with tryouts.
 - c. Travel teams will be selected with the help of an outsider observer, hopefully members of the Addison Trail High School Stagg.
 - d. Players at the 6th, 7th, and 8th grade teams may be involved in travel basketball and **not** have to play in-house basketball **IF** the In-House League has enough players to have a full league roster (64 players). Players will still be urged to play both. Our travel season is cut back in January to allow this. The travel commissioner needs to take steps to make it easier/less time consuming for players to be on 3 teams; school team, travel team, and in-house team. We have to make efforts to support kids and not force choices.
 - i. In order for a Rec Club participant to **NOT** play in the in-house league at the 6th, 7th, or 8th grade level, they **must** be on the **LOCAL school team**. St. Phillips or Indian Trail. This rule is generated to support our local programs and not to turn kids away. Meaning we don’t want to **FORCE** kids to play on 3 teams at the same time. Outside travel programs do **NOT** count as a third team. Other sports do not count as a third team (baseball, hockey, etc...).
 - ii. If a league does not have a full roster, then players will be chosen randomly through a lottery system to join the in-house league. If the player is chosen and they do not want to play in-house, then they cannot play travel basketball for the remainder of that travel season.
 - iii. Coaches are urged to be **VERY INFORMATIVE** on this situation at tryouts. A parent handbook should be distributed and signed so parents understand this situation before they commit to the travel season.
 - e. It is very important that travel coaches and in-house coaches work together to help players play on both teams and continue to grow as a player and enjoy the game. The League Commissioner will decide and disputes between teams or levels.

All rules shall be discussed for improvements or changes at the END of each season in a town hall meeting. The commissioners will take all suggestions and make improvements to the rules and league. These changes will be brought up to the ARC board and presented to the membership at the beginning of the next season.

This first corrected revision approved by the ARC Board of Directors on January 8th, 2003 and approved by the members at the January 14, 2003 General Meeting. Revised August 2011. Revised on October 1st 2012.