



Little Jammers Basketball League Information

Rule Summary- Grades K & 1st

General Rules for all Leagues

Participation

Since this is a recreational league, all children will be given equal playing time.

- A. Each player present before the start of the game must play at least two full quarters. If teams have 7 or more players present before the start of the game, no player can play all minutes of the game. If players report late to practices or game, the coach may decide on the number of quarters to be played, but they must play at least one quarter. Depending on the number of players (8 or more) no player can play all four quarters.
- B. Each child should be given the opportunity to play all positions during the season. The Park District will not require that a child play all positions in one game, but coaches should schedule their players so that throughout the season, each player has the opportunity to learn all positions.

Uniforms

The Park District has provided each player with a colored t-shirt for all Little Jammers participants. Players are required to wear the jersey at all games.

- A. No jewelry will be allowed except earring posts, which must be covered with tape. Earrings that show need to be removed if possible. Hats are not permitted during games.

Number of Players

Each team shall have 6 to 10 players on their roster. Five players will be permitted to play on the court at once. If six or less players are present for the game, teams will play 4 on 4.

- A. A team will be allowed to start or finish a game with only 4 players. If the opposing team has additional players, a team may borrow a player to start the game. When the remaining players arrive, the player is returned to his/her original team. This arrangement needs to be agreeable with both coaches.
- B. A game may be played with 5 players if both coaches agree prior to the start of the game.
- C. Please be as accommodating as possible...the objective is to let the kids **play!**

Time Outs

All teams will be allotted two 45 second time-outs per half. Time-outs may not be carried over to the second half. Time-outs can be called by players or coaches.

Fouls

Players at this level cannot foul out of the game. A player who commits several fouls should be removed from the game by his coach or the official. Free throws will be shot only on shooting, flagrant, intentional and technical fouls.

- A. Technical fouls can be given to any player, coach, or spectator. If a technical foul is given to a team, the opposing team will have the chance to shoot two free throws and have possession.
- B. A player, coach or spectator who receives two technical fouls will be out of the game and asked to leave the gym.

Equipment

Grades K & 1 will use a pee-wee basketball (size 4). Kindergarten will play on 7 ft rims, 1st Grade will play on 8 ft rims.

Time Periods

All Leagues: 7-minute quarters

The game will consist of four quarters with running clock except during free throws, and for the last 2 minutes of each half. The game will stop halfway through each quarter for substitutions. **This is not a time out.**

Pressing

Because of the philosophy and scope of this program, pressing is not allowed. The defensive team must move behind the free throw line in their defensive half of the court before guarding their opponent. The defense must remain there until they gain possession of the ball.

Defenses

- A. Man to man defense only. Players will matchup prior to the quarter and after subs. This is not a timeout.
- B. Zone defenses will not be allowed. Teams will get one warning per half. A technical foul will be assessed after the first warning.
- C. Stealing is not allowed.
- D. Double teaming a player is not allowed, except in the free throw lane.
- E. The foul for an illegal defense is:
 - 1. First offense: verbal warning
 - 2. Any following offense is a technical foul.

Overtime

In the event that a game is tied at the end of regulation, the game will be declared a tie.

Conduct

Good sportsmanship should be demonstrated in all practices and games. In the event that a player or coach is demonstrating poor sportsmanship, he/she will be removed from the game and is subject to further discipline.

- A. Coaches are restricted to the bench area. They may not approach or enter the court at any time. A technical foul will be assessed for any violation of this rule.
- B. Videotaping by coaches is not permitted. A technical foul will be assessed to the coach if in violation of this rule.
- C. Spectators are restricted to the viewing area. Only coaches named on the roster may remain in the player area. Coaches are responsible for the conduct of their spectators. A technical foul will be assessed to the coach if his/her spectators violate this rule.
- D. Foul language will not be tolerated in any form by the coach, players, or spectators.
 - 1. Players who use inappropriate language will be assessed a technical foul & will be ejected from the game.
 - 2. Coaches who use inappropriate language will be assessed a technical foul & will be ejected from the game.
- E. Any player, coach or spectator who receives two technical fouls will be asked to leave the facility.
- F. Technical Fouls
 - 1. Any coach who is assessed a technical foul during a game must meet with the program supervisor before he/she is allowed to coach in another game.
 - 2. Any coach who receives two technical fouls during the season will be removed as a coach.

Forfeits

All teams must have at least four players on the court at all times. If a team has less than 4 players for the game, then the team can borrow extra players from the opposing team. All players must play an equal amount. If both teams are short players then players can be borrowed from other teams in the league, but regular players on your team must play a majority of the game. Teams will be required to start the game at the scheduled game time.

Standings

The objective of this program is to provide children with the opportunity to obtain and improve their basketball skills. Therefore, standings will not be kept in any leagues.

Scorekeeping

Scores are not kept in either grade level.

Sportsmanship

At the Northbrook Park District, our program philosophy is designed to provide participants the opportunity to develop as an individual and as an athlete. The goals of the program are to provide a fun and safe atmosphere where children can learn respect and sportsmanship, as well as the game of basketball.

Score is not kept for the Little Jammers league. We do ask that coaches be aware of the level of their players and adjust when needed to provide a recreational experience for Kindergarteners and 1st

Graders. As stated in the Parent/Coaches Manual, Little Jammers will follow a similar rule as listed below:

“If coaches do not attempt to play at the opposing team’s level and continue to drastically increase the score, staff will ask coaches of the dominating team to play down to 4 players for the rest of the game. If a coach argues about playing down a player, a technical foul will be issued to the coach and they will have to sit in the hallway of the facility for the remainder of the game as well as meet with the program supervisor of the basketball league”.

Some strategies for making the game more challenging for your team include...

1. Having them make five passes before they shoot. Don’t let them count out loud.
2. Only allow them one or two dribbles once they receive the ball
3. Tell them to spread the ball around
4. Don’t allow your team to score fast break points. Make them walk the ball up the court
5. Have your team play behind the 3-point line on defense
6. Don’t allow your team to steal

At the end of every game, teams are required to show good sportsmanship by saying “good game” and/or bowing.

Rule Changes

The Park District reserves the right to change or alter any rule to improve the program or to improve the quality and equity of the program.