

DES MOINES PARKS AND RECREATION DEPARTMENT

YOUTH BASKETBALL LEAGUE RULES

Des Moines Park and Recreation Department, Leisure Sports Office, is located in the Robert L. Scott - Four Mile Community Center at 3711 Easton Blvd. in Des Moines, Iowa 50317. Office hours are 8:00 a.m. to 5:00 p.m. Monday thru Friday. The phone number for the Leisure Sports Office is 248-6310.

On days of inclement weather, the decision to postpone is made a minimum of one (1) hour in advance of the scheduled games and will be recorded on our Athletic Hotline, 256-2434. League standings will be updated weekly during the season and posted in the hall at both Four Mile and Archie Brooks Community Centers. If a mistake is made in the standings, let us know immediately. (248-6310)

GAME RULES

I. TIME LIMITS

- A. Games for 1st & 2nd and 3rd & 4th grade leagues will be four (4) seven (7) minute quarters. The clock will run continuously except in the last minute of the second & fourth quarter when it will stop for fouls and out of bounds play. 5th & 6th grade leagues will play fourteen (14) minute halves with the last minute of each half timed. 7th Grade will play 15 minute halves with the last minute of each half timed.
- B. Overtime will be one (1) minute of regular timed basketball. The third overtime will be sudden death.
- C. Two (2) thirty second time outs per half.
- D. Time limit violations: (Loss of Ball-Turnover)
 - 1.) 3 seconds in the lane
 - 2.) 10 seconds to mid-court
 - 3.) 5 seconds to in-bound
- E. When teams can only play half court defense (See III. DEFENSE-Restrictions), the clock will not start until teams pass mid-court in games that are within 4 point.

II. FOULS

- A. Players are disqualified on the fifth foul.
- B. Technical fouls count as both team and personal fouls. All technical fouls are two points added to the score and ball possession for 1st / 2nd division & 3rd / 4th division; 5th / 6th & 7th divisions shoot.
- C. In the 5th/6th & 7th grade divisions, foul shots are shot on the tenth (10th) team foul, two (2) shots. Lower divisions will not shoot foul shots, but get ball possession.
- D. In all divisions except 7th grade, a player fouled in the act of shooting will have the attempt count as if it went in (2 points). If fouled and the basket goes in, they will get ball possession and the 2 points. In 7th grade, shoot one shot for two points.
- E. The second technical is an automatic ejection of player or coach. An ejected person is suspended from the next game and must leave the building immediately.
- F. **COACHES ARE RESPONSIBLE FOR TEAM SPECTATORS. UNSPORTSMANLIKE ACTS COULD RESULT IN SUSPENSION.**

III. DEFENSE (Restrictions):

1st & 2nd grade and 3rd & 4th grade leagues cannot go past mid-court on defense. Both man-to-man and zone defenses are legal. In the 1st & 2nd grade division, the ball cannot be picked unless the dribbler enters the lane. In the 5th / 6th grade & 7th grade divisions, full court defense may be used any time; only half court defense is allowed once a twelve (12) point lead is attained. If the lead goes below twelve (12) points, full court defense is allowed.

IV. SUBSTITUTION:

Free on dead ball. Check in at table.

V. FORFEITS:

Game time will be forfeit time. Teams must have five (5) players to participate.

VI. UNIFORMS:

Each team will be issued game jerseys.

VII. BASKET HEIGHT:

1st & 2nd grade – 8 feet

3rd & 4th grade girls – 9 feet

3rd & 4th grade boys, 5th / 6th grade & 7th grade – 10 feet

VIII. BALL:

The legal ball is the Intermediate (28.5 Girls High School size).

IX. 3 POINT BASKETS COUNT IN ALL FULL COURT GAMES.

League coaches and managers shall attend the rules/conduct meeting. Game jerseys will be issued at this time. The time and date of the meeting will be sent with your schedule.

Games run on time. To avoid crowds it is recommended not to come earlier than fifteen (15) minutes before game time.

If you are having any problems, see the League Coordinator, George Davis.

“NO FOOD OR DRINK IN GYMS”

This is strictly enforced!!!

Revised 11-12-08