

SPL BASKETBALL & VOLLEYBALL RULES FOR COMPETITION

Section I IHSA rules will apply with the following exceptions or variations:

- See attached for specific Volleyball & Basketball rules including rules by level
- Rosters must be sent to the League Secretary one (1) week prior to the 1st scheduled league game. Rosters must include coaches' names.
- Teams must be at the host school ½ hour before a game - No earlier.
- A game will be ruled a forfeit if the delayed team fails to inform its opponent within 15 minutes of game time.
- All team players seated on the bench in uniform MUST play in each league game, including league tournaments. Any player not in good standing and/or suspended from play cannot be in full uniform but may be seated on the bench in street clothes.

Section II Home team/host school responsibilities:

- Providing scorekeepers and an official timer—must be 8th grade or older
- Entering all scores on the league website
- Sufficient Adult supervision
- Sufficient Practice balls for each team

BASKETBALL:

- Leather game ball. (28.5 in ball for all level girls and 5th/6th grade boys)

VOLLEYBALL:

- An IHSA regulation court is mandatory with regulation lines and net markers.
(Exceptions: for 5th/6th grade, net height is 6' 10" and service line is moved up 6'. See attached Volleyball rules for additional details)
- All equipment - volleyball standards and official's stand must be padded to protect the athletes.
- White game ball. (Tachikara Volley-lite balls used for 5th/6th grade)

Section III Member schools agree to adhere to the highest standard of coaching ethics and agree to refute the "win at all cost" philosophy in order to keep the interscholastic program educationally and morally sound.

Section IV The Suburban Parochial League shall adhere to the athletic guidelines set up by the Joliet Diocese.

Section V SPL Conference games will take priority over all non-conference athletic schedules.

BOYS & GIRLS BASKETBALL -6th/7th/8th GRADE RULES --A TEAMS

1. TIME OF QUARTERS BY GRADE:
 - 6th grade - 5 minute quarters
 - 7th grade - 5 minute quarters
 - 8th grade - 6 minute quarters
2. TIME-OUTS - 3/1 minute and 2/30 second time-outs per game. Overtime, teams get an additional one full time-out per overtime
3. OVERTIME PERIODS for 8th grade will consist of 3 minute periods: 2 minutes OT for 7th & 6th grade.
4. All team players seated on the bench in uniform MUST play in each league game, including league tournaments. Any player not in good standing and/or suspended from play cannot be in full uniform but may be seated on the bench in street clothes.
5. Three (3) point rule will apply.
6. 6th grade - full court press 4th quarter only.
7. No press after fifteen point differential.
8. Game times will be set at 50 minutes. Warm-up time on the clock for the next game is 5 minutes. Halftime shall not exceed 5 minutes.
9. Teams must have a minimum of 5 players present to start a game. If a school cannot field a team, another player may be 'borrowed' from a lower level of the same grade (ex. 6B to 6A) or lower level and lower grade (ex. 7B to 8A) in order for the game to count in league standings. Borrowing a player from the same level or any other borrowing of players will result in a forfeit. Any school 'borrowing' a player must inform the home/host school before the start of the game. No 'borrowing' will be allowed if a team has the minimum number of rostered players present and eligible to play.
10. No one is allowed on the court except team players. No shooting before games - halftime - or in between quarters.

BOYS & GIRLS BASKETBALL - 6th/7th/8th GRADE RULES -B TEAMS

1. TIME OF QUARTERS BY GRADE:
 - 6th grade - 5 minute quarters
 - 7th grade - 5 minute quarters
 - 8th grade - 5 minute quarters
2. TIME-OUTS –One 1 minute and one 30 second per half. Overtime: Teams get an additional one full time-out per overtime.
3. OVERTIME PERIODS will consist of 2-minute periods.
4. All team players seated on the bench in uniform MUST play in each league game, including league tournaments. Any player not in good standing and/or suspended from play cannot be in full uniform but may be seated on the bench in street clothes.
5. Three (3) point rule will apply.
6. No full court press until the last 2 minutes of 4th quarter.
7. No press after 15 point differential.
8. Game times will be set at a minimum of 45 minutes. Warm-up time on the clock for the next game is 5 minutes. Halftime shall not exceed 5 minutes (minimum of 3 min.)
9. Teams must have a minimum of 5 players present to start a game. If a school cannot field a team, another player may be 'borrowed' from a lower level of the same grade (ex. 6B to 6A) or lower level and lower grade (ex. 7B to 8A) in order for the game to count in league standings. Borrowing a player from the same level or any other borrowing of players will result in a forfeit. Any school 'borrowing' a player must inform the home/host school before the start of the game. No 'borrowing' will be allowed if a team has the minimum number of rostered players present and eligible to play.
10. No one is allowed on the court except team players. No shooting before games - halftime - or in between quarters.

GIRLS' BASKETBALL - 5th GRADE RULES

1. LENGTH OF QUARTERS – Four 5 minute quarters.
2. TIME-OUTS – One full and one 30-second time out per half. Overtime: teams get an additional one full time-out.
3. OVERTIME PERIODS will be 2 minutes. If after the 1st overtime the score is still tied - sudden death will occur. First team that scores, wins.
4. All players must play 1 full quarter before any substitutions can be made.
Substitutions can be made before this if:
 - i. Player has 3 fouls.
 - ii. In case of an injury.
5. No 3-point shot.
6. No full court press until the last minute of the 4th quarter.
7. 5 seconds in the lane.
8. No defense until the ball carrier penetrates the '10 ft. line'. Once penetrated, normal play will occur. The offense has 5 seconds to cross over the line, otherwise a turnover will occur.
9. Teams must play a zone defense. Teams may not play a man-to-man defense.
10. The girl shooting a free throw must start behind the free throw line and may follow through over the line after her release.
11. Ball is not alive in the lane. After a defensive rebound - offense must set up.
12. All team players seated on the bench in uniform MUST play in each league game, including league tournaments. Any player not in good standing and/or suspended from play cannot be in full uniform but may be seated on the bench in street clothes.
13. No one is allowed on the court except team players. No shooting before games - halftime - or in between quarters.

GIRLS VOLLEYBALL -6th/7th/8th GRADE RULES -A TEAMS

1. GAMES WILL BE SCORED AS MATCH PLAY. (Best of 3 games) All three games will be played, even if one team wins both the first two games. Scores will be reported as 1-0, denoting the winner of the match.
2. Net Height for 6A: 6'10"
3. Service Line for 6A will be moved 6' in from the end line. This line will extend from the sideline to the service slash mark.
4. WARM UP time will be (3-3-2): 3 minutes passing; 3 minutes hitting; 2 minutes serving.
5. If the official has not yet arrived and both teams have at least 5 girls present, the home school will start official warm up time as well as flipping the coin for service.
6. RALLY SCORE – 8A: 25 points; teams must win by two points with a cap of 27.
6A/7A: 20 points, teams must win by two points with a cap of 22.
7. GAME CAP at 27 for 8A and 22 for 6A/7A with the exception of tournament games. Tournament will be match play (best of three games).
8. TIME OUTS – Two per game. (1 minute each)
9. Substitutes must touch the hand of the girl for whom she is substituting, entering the court - inside the 10ft. line.
10. Teams may play with only 5 girls present. (IHSA rule 6: When a team plays with fewer than 6 players due to illness, injury or disqualification, a loss of rally shall be awarded to the opponent each time the vacant position is the right back position.)
11. All team players seated on the bench in uniform MUST play in each league game, including league tournaments. Any player not in good standing and/or suspended from play cannot be in full uniform but may be seated on the bench in street clothes
12. Recommended that for the finals of the post season there will be two officials.

GIRLS VOLLEYBALL -6th/7th/8th GRADE RULES -B TEAMS

1. All three games will be played and ALL THREE GAMES WILL COUNT IN THE STANDINGS.
2. Net Height for 6B: 6'10"
3. Service Line for 6B will be moved 6' in from the end line. This line will extend from the sideline to the service slash mark.
4. WARM UP time will be (3-3-2): 3 minutes passing; 3 minutes hitting; 2 minutes serving.
5. If the official has not yet arrived and both teams have at least 5 girls present, the home school will start official warm up time as well as flipping the coin for service.
6. RALLY SCORE – 20 points; teams must win by two points with a cap of 22.
7. GAME CAP at 22 with the exception of tournament games.
Tournament will be match play (best of three games).
8. TIME OUTS – Two per game. (1 minute each)
9. Substitutes must touch the hand of the girl for whom she is substituting, entering the court - inside the 10ft. line.
10. Teams may play with only 5 girls present. (IHSA rule 6: When a team plays with fewer than 6 players due to illness, injury or disqualification, a loss of rally shall be awarded to the opponent each time the vacant position is the right back position.)
11. All team players seated on the bench in uniform MUST play in each league game, including league tournaments. Any player not in good standing and/or suspended from play cannot be in full uniform but may be seated on the bench in street clothes

GIRLS VOLLEYBALL-5th GRADE RULES

1. Teams will play three games
2. Net Height: 6'10"
3. SERVICE LINE will be moved 6' in from the end line. This line will extend from the side line to the service slash mark.
4. WARM UP time will be (3-2): 3 minutes passing and 2 minutes serving.
5. If the official has not yet arrived and both teams have at least 5 girls present, the home school will start official warm up time as well as flipping the coin for service.
6. RALLY SCORE--20 points; team must win by 2 with a cap at 22.
7. Players must rotate after server has served 3 consecutive times.
8. TIME OUTS--Two per game. (1 minute each)
9. Substitutes must touch the hand of the girl for whom she is substituting, entering the court - inside the 10ft. line.
10. Teams may play with only 5 girls present. (IHSA rule 6: When a team plays with fewer than 6 players due to illness, injury or disqualification, a loss of rally shall be awarded to the opponent each time the vacant position is the right back position.)
11. All team players seated on the bench in uniform MUST play in each league game, including league tournaments. Any player not in good standing and/or suspended from play cannot be in full uniform but may be seated on the bench in street clothes