



SCHAUMBURG ATHLETIC ASSOCIATION

Youth Basketball Appendix of League Rules 2025-2026 Season

OFFICIAL RULES:

1. The High School Rules published by the National Federation of State High School Associations (<https://www.nfhs.org/activities-sports/basketball/>) will be followed except where amended by league rule or the individual league commissioner. There will be a graduated progression in the league rules for the various grade levels
2. Teams will consist of a max of 10 players per team. Exceptions to the 10 player max can be approved by the Head Basketball Commissioner. Each player, regardless of ability, is guaranteed playing time of at least 2 quarters each game. (Exception-teams with more than 10 players, each player is guaranteed 1.5 quarters)
3. Coaching: You are allowed a max of 3 coaches per team. Only approved coaches are allowed to be on the bench. Only one coach is allowed to stand during the game, a referee may call a technical foul on more than one coach standing.
4. **SUBSTITUTION RULES SPECIFIC TO THE INSTRUCTIONAL LEAGUES:** Each player must play a minimum of one quarter per half. Substitutions will only be allowed at the mid-way point of each quarter and at the end of each quarter. Free substitution will only be granted in the event of a player injury or an extenuating circumstance. Official's consent must occur.
Players needing to arrive late or leave early (with advance notice) may play two quarters in one half upon the discretion of the coaches. To discourage arriving late to games without advance notice to the coaches, anyone arriving after the first half has ended (with no previous notice) will only be allowed to play one quarter. No player can play 4 quarters until every other player has played 3 quarters, unless there is a physical or medical reason a player cannot play 3 quarters.
5. **SUBSTITUTION RULES SPECIFIC TO THE COMPETITIVE LEAGUES:** During the regular season, teams with less than ten (10) players on their roster will share the extra playing time with all players. Extra playing time will be rotated so that all players get to play an extra quarter. No player shall sit for more than two periods in a row. Equal allocation of players are as follows:
 - 10 players = 10 players play 4 periods each
 - 9 players = 4 players play 5 periods, 5 players play 4 periods
 - 8 players = 8 players play 5 periods each
 - 7 players = 5 players play 6 periods, 2 players play 5 periods
 - 6 players = 4 players play 7 periods, 2 players play 6 periods
 - 5 players = 5 players play 8 periods each** A period is defined as half a quarter **
6. All coaches must abide by these rules of substitution and are not allowed to change or ignore these rules in any specific game situation, even if both coaches agree to a rule change.
7. Only league uniforms are to be worn for games. Shirts must be tucked in.

8. Medical Contact forms must be signed by the respective parent and on file with the team coach PRIOR TO allowing the child to participate in practices or games. Forms are available on the SAA website, listed under Forms & Documents.
9. A player who has a medical condition that is currently being treated or requires long-term care must provide a written physician's release allowing them to participate in the program. Coaches are to keep these forms throughout the season.
10. Players should have trimmed fingernails. Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible. Earing studs are acceptable if covered by a band aid.
11. All hair bows or other hair restraints must be made of soft materials.
12. No casts allowed, even if they have a soft wrap.
13. Any appearance of blood constitutes a stoppage of play. The bleeding wound or area must be entirely stopped and covered before the player may re-enter the game.
14. Gym shoes and sweat socks must be worn.
15. Coaches will be assigned SAA Basketball equipment. Coaches are responsible to return this equipment to their league commissioner in the same condition it was issued. Equipment lost or damaged must be reported to their league commissioner right away.
16. Players must be in their appropriate grade level for each league. The Head Basketball Commissioner and Board have the authority to make an exception to this rule.
17. POSSESSION ARROW: The game begins with a jump ball. Whichever team secures possession of the ball then the arrow points to the other team's basket for the next jump ball.
The arrow will continue to switch throughout all quarters for each jump ball. At the end of the 1st, 2nd and 3rd quarters whatever way (basket) the arrow is pointing indicates which team will get the ball first for the next quarter. Once the ball is thrown into play at the start of the 2nd, 3rd and 4th quarters the arrow switches. At the end of the 2nd quarter the arrow is switched because the teams are switching baskets that they are shooting at for the 3rd and 4th quarter. It is possible that the same team could get the ball at the beginning of every quarter.
18. OVERTIME: in the competitive leagues, at the end of regulation play with the score tied, the game will go into overtime. All players are eligible to play, except those players who have fouled out. All player fouls and technical fouls, points and remaining time outs carry over to the overtime period(s). One timeout will be granted to each team for the overtime period. Each team may play any eligible player in the first overtime period but once again, the substitution rules will determine which players may play in any following overtime periods. Also, no player may play four periods until all players have played three. 5th thru 8th

grade will have one (1) three-minute OT during regular season, with one (1) timeout per team. If still tied after one OT period, a sudden death period will be played. For playoffs, additional two-minute OT period(s) will be played until a winner is determined

19. FOULS: players are allowed 5 fouls per game. In the unlikely event that you have only 5 players or everyone but 5 players have fouled out and one of these players commits her/his 5th foul, the following rule will apply: The fouled-out players team will be assessed a 2-shot technical and loss of ball (in addition to foul shots earned on the actual foul). The player will remain in the game. If the same player fouls again, the same rule will apply and for each subsequent foul after that. All other events; players will be allowed five (5) fouls per game and are out of the game on their fifth foul. If an intentional foul is called, the player committing the intentional foul will be assessed a two-shot technical but allowed to remain in the game. If the same player commits a second intentional foul in the same game, the player will be ejected from the game. Flagrant fouls will not be tolerated. Any player who receives a second intentional foul call or a flagrant foul call and any player or coach who receives a second technical foul, will be ejected from the game and must leave the gym and building and not return for the remainder of the day. In leagues 1st through 4th, the foul shooter may cross the free throw line while releasing the free throw. For grades 5th and above, the foul shooter must stay behind the foul line. The shooter cannot charge the basket for a rebound until the ball hits the rim.
20. Technical Foul: In the event a technical foul is called on a player, coach, or team, the opposing team will shoot 2 free-throws and will be awarded the next possession.
21. Each team is allowed 2 timeouts per half (30 seconds max). These do not carry over to the next half. If the game goes into overtime, only one time out is allowed.
22. This is a youth recreational sports league; NO PROTESTING of the game is allowed. The official's decision is final. Violations of this rule may be subject to disciplinary action by the Basketball board.

1ST AND 2ND GRADE GIRLS AND BOYS RULES:

1. Games will be played on eight (8) foot baskets
2. A junior-size ball will be used (27.5).
3. There is no 3-point shot.
4. Games will consist of four (4) nine (9) minute quarters. The clock is a "running clock" that is stopped only for substitutions at the 4:30 mark of each quarter.
5. Scorekeeping is done by quarter, with the scoreboard resetting to zero at the end of each quarter. There will be no final game score recorded, and no individual scoring kept or recorded. There are no overtime periods. A quarter can end in a tie.
6. No free throws – fouled team gets ball out of bounds.
7. Player-to-player only (no zones, no double-teams). Players will wear the provided wristbands to match their opponent.
8. Players cannot double-team, but they may help a teammate if they get beaten and then return to their own player.
9. No full-court press. Defense starts at half-court.
10. For offensive rebounds, the defense allows the first pass into the offense.
11. After the first pass, players may steal from any pass. No steals allowed off the dribble.
12. Off-ball screens allowed. No on-ball screens. No double screens.
13. Fast breaks are not allowed. Defense retreats to half-court after a change of possession.
14. For traveling/double dribble, coaches will teach/remind players to keep their dribble while keeping the play moving. As the season progresses, coaches are encouraged to become more diligent in teaching and coaching traveling/double dribbles.
15. Players must pass the ball to another player from out of bounds on made baskets.
16. Due to small gyms, coaches determine when to call a ball out of bounds. When the ball is excessively out of bounds, players must pass the ball to another player from the out-of-bounds position.
17. Equal playing is required of all teams, and players must rotate positions consistently.
18. For grades 1 and 2, one coach from each team will guide and referee on the floor. All other coaches will be bench coaches. Coaches are welcome to rotate this position throughout the game or season.

3RD AND 4TH GRADE BOYS RULES:

1. 3-4 Boys games will be played on nine (9) foot baskets.
2. An intermediate size (28.5) ball will be used.
3. There is no 3-point shot.
4. Games will consist of four (4) nine (9) minute quarters. The clock is a "running clock" that is stopped only for team time-outs, official's time-outs, or free throw shooting.
5. Scorekeeping is a running score, and is reset to zero at the end of each quarter. Scorebooks will keep track of time-outs, individual fouls, team fouls, and who played in what quarter. There are no overtime periods.
6. No defense in the backcourt. The "no defense in the backcourt" call will take precedence over any other foul or action occurring at the same time.
7. Teams must use a player-to-player defense, but no wristbands. Double-teaming in the front court (except in the lane) is not allowed. For the first violation the team will be issued a warning. Further violations will result in the offending team being assessed a two-shot bench technical for every violation that follows. Fast breaks are allowed from the top of the key. No fast breaks are allowed if a team is leading by 10 points or more in the game. For the first violation the team will be issued a warning. Further violations will result in the offending team being assessed a two-shot bench technical for every violation that follows. Any defensive player will be allowed to stop progress and defend until recovery.
8. On the fifth (5th) team foul of any single quarter, two (2) free-throws will be awarded. Team fouls will reset each quarter.
9. Defenders must react to the ball/player movement and not guard an area.
10. No simultaneous double screens allowed on one defensive player.
11. There will be a "neutral zone" established and marked by tape on either side of the mid-court line (4 feet). Defenders cannot play defense or break the plane of the neutral zone until: 1) the ball has broken the neutral zone plane; 2) a pass has been completed in the neutral zone. At that point, the neutral zone disappears for that possession. On any out of bounds play the neutral zone is reestablished. After the offensive ball handler has established front court position there will be a five count by the game official for that player to either release a pass or break the neutral zone plane. On the first violation, the offense will be given a warning and then inbound the ball from the side, near the half court in their neutral zone. The second violation will result in the possession of the ball going to the defensive team.
12. No isolation plays are allowed by the offense.

3RD AND 4TH Boys Rules continued on next page.

3RD AND 4TH GRADE BOYS RULES continued:

13. There is a 5-second count allowed for offensive players in the paint.
14. Switching will be allowed on picks but cannot result in a double team.
15. The free throw line will be marked three (3) feet inside the free throw line on the court.
16. Period breaks are one minute; half time breaks are three minutes.
17. Each player, regardless of ability, is guaranteed playing time of at least 2 quarters each game.
18. No player may play four quarters in a game until all other players have played three quarters. Any portion of a quarter is deemed a full quarter for purposes of substitutions (except in the case of injury).
19. All games will be officiated by at least one referee.
 20. Substitutions will be only be allowed at the mid-way point of each quarter and at the end of each quarter. Game clock will stop around the halfway mark for substitutions, but this is NOT a time out for the coaches. The players must be at the scorer's table ready to check in.
Free substitution will only be granted in the event of a player injury or an extenuating circumstance. Official's consent must occur.
 21. No protesting allowed. All decisions made by the official by the end of the game are final. NO game will be allowed to be rematched.

Borrowing players from another team is not allowed. If you know in advance your team will have 6 players or less, you may request to call a player from the 1-2 league to play on your team for the day. Any team with less than 4 players at the start of the game will have to forfeit the game

5-6TH Boys GRADE BOYS RULES:

1. All games are played on regulation ten (10) foot baskets.
2. A regulation size (29.5) ball will be used.
3. The 3-point shot is allowed on courts so marked.
4. Games will consist of four (4) nine (9) minute quarters. The clock is a "running clock" that is stopped only for team time-outs, official's time-outs, or in the last two (2) minutes of the fourth (4th) quarter for all dead ball calls. If a team has a fifteen (15) or more point lead, the clock will not stop in the last two (2) minutes of the fourth (4th) quarter.
5. On the fifth (5th) team foul of any single quarter, two (2) free-throws will be awarded. Team fouls will reset each quarter except during overtime.
6. Player to player defense is encouraged, as it teaches sound defensive basketball fundamentals. Zone defense is allowed.
7. No double teaming allowed on defense when a team has a 15-point lead or higher
8. No fast breaks allowed on a steal when a team has a 15-point lead or higher. Offense needs to slow the ball down to run an offensive play and encourage passing between team players.
9. No full court press is allowed if a team has a 10-point lead or greater.
10. Games will be officiated by two referees.

11. Substitutions will be only be allowed at the mid-way point of each quarter and at the end of each quarter. Game clock will stop around the halfway mark for substitutions, but this is NOT a time out for the coaches. The players must be at the scorer's table ready to check in.
Free substitution will only be granted in the event of a player injury or an extenuating circumstance. Official's consent must occur.
12. No protesting allowed. All decisions made by the official by the end of the game are final. NO game will be allowed to be rematched.

****Borrowing players from another team is not allowed. If you know in advance your team will have 6 players or less, you may request to call a player from the 3-4 boys league to play on your team for the day. Any team with less than 4 players at the start of the game will have to forfeit the game.**

7th and 8th Grade Boys GRADE BOYS RULES:

1. All games are played on regulation ten (10) foot baskets.
2. A regulation size (29.5) ball will be used.
3. The 3-point shot is allowed on courts so marked.
4. Games will consist of four (4) nine (9) minute quarters. The clock is a "running clock" that is stopped only for team time-outs, official's time-outs, or in the last two (2) minutes of the fourth (4th) quarter for all dead ball calls. If a team has a fifteen (15) or more point lead, the clock will not stop in the last two (2) minutes of the fourth (4th) quarter.
5. On the fifth (5th) team foul of any single quarter, two (2) free-throws will be awarded. Team fouls will reset each quarter except during overtime.
6. Player to player defense is encouraged, as it teaches sound defensive basketball fundamentals. Zone defense is allowed.
7. No full court press is allowed if a team has a 10-point lead or greater.
8. Games will be officiated by two referees.
9. Substitutions will be only be allowed at the mid-way point of each quarter and at the end of each quarter. Game clock will stop around the halfway mark for substitutions, but this is NOT a time out for the coaches. The players must be at the scorer's table ready to check in.
Free substitution will only be granted in the event of a player injury or an extenuating circumstance. Official's consent must occur.
10. No protesting allowed. All decisions made by the official by the end of the game are final. NO game will be allowed to be rematched.

**Borrowing players from another team is not allowed. If you know in advance your team will have 6 players or less, you may request to call a player from the 5-6 boys league to play on your team for the day. Any team with less than 4 players at the start of the game, will have to forfeit the game.

HIGH SCHOOL BOYS RULES:

1. Each team will have 2 timeouts per game and will not be allowed to carry into any overtime.
2. Game time consists of: two 21-minute halves with a running clock. Exceptions are: timeouts, injury, and the last 2-minutes of the game. When a team is leading by 15 points or more the clock will continue to run.
3. On the fifth (7th) team foul of any half, two (2) free-throws will be awarded. Team fouls will reset each half except during overtime.
4. If there is a tie at the end of regulation, a three-minute overtime period with a running clock for first 2 minutes and a standard clock for remaining final minute. 1 timeout per team will be allowed. If still tied after one OT period, a sudden death

- period will be played. For playoffs, additional two-minute OT period(s) will be played until a winner is determined,
5. There will be 2 minutes between halves and 2 minutes at the end of the game due to time constraints, players must be ready to go. Substitute on a dead ball with the referee's signal.
 6. No full court press is allowed if a team has a lead of 10 points or higher
 7. No protesting allowed. All decisions made by the official by the end of the game are final. NO game will be allowed to be rematched.

3rd AND 4th Grade Girls:

Girls might play in an Inter-village league and those rules supersede SAA rules.

1. Games will be played on regulation ten (10) foot baskets.
2. A Junior size (27.5) ball will be used.
3. The 3-point shot is allowed on a court so marked.
4. Games will consist of four (4) six (10) minute quarters of running clock time.
5. On the fifth (5th) team foul of any single quarter, two (2) free-throws will be awarded. Team fouls will reset each quarter except during overtime.
6. Player to player defense is encouraged as it teaches sound defensive basketball fundamentals. Zone defense is allowed.
7. No full court press is allowed.
8. No fast breaks allowed
9. There will be one substitution allowed per quarter and it will occur halfway through the quarter. The referee will stop the game at or around the halfway point and coaches will be allowed to substitute, but this is not an official time out. The players must be at the scorer's table ready to check in.
10. 3-4 Girls games will be officiated by at least one referee.

5TH AND 6TH GRADE GIRLS:

Girls might play in an Inter-village league and those rules supersede SAA rules.

1. Games will be played on regulation ten (10) foot baskets.
2. An intermediate size (28.5) ball will be used.
3. The 3-point shot is allowed on a court so marked.
4. Games will consist of four (4) six (7) minute quarters of standard clock time.
5. On the fifth (5th) team foul of any single quarter, two (2) free-throws will be awarded. Team fouls will reset each quarter except during overtime.
6. Player to player defense is encouraged as it teaches sound defensive basketball fundamentals. Zone defense is allowed.
7. No full court press is allowed when a team has a 10-point lead or higher.

8. There will be one substitution allowed per quarter (but not required) and it will occur halfway through the quarter. The referee will stop the game at or around the halfway point and coaches will be allowed to substitute, but this is not an official time out. The players must be at the scorer's table ready to check in.
9. 5-6 Girls games will be officiated by at least one referee.

7TH AND 8TH GRADE GIRLS RULES:

Girls might play in an Inter-village league and those rules supersede SAA rules.

1. All games are played on regulation ten (10) foot baskets.
2. An intermediate size (28.5) ball will be used.
3. The 3-point shot is allowed on courts so marked.
4. Games will consist of four (4) seven (7) minute quarters of standard clock time.
5. On the fifth (5th) team foul of any single quarter, two (2) free-throws will be awarded. Team fouls will reset each quarter except during overtime.
6. Player-to-player defense is encouraged, as it teaches sound defensive basketball fundamentals. Zone defense is allowed.
7. No full court press is allowed when a team has a 10-point lead or higher.
8. There will be one substitution allowed per quarter and it will occur halfway through the quarter. The referee will stop the game at or around the halfway point and coaches will be allowed to substitute, but this is not an official time out. The players must be at the scorer's table ready to check in.
9. Games will be officiated by two referees.