

# **UIBL 2025 Winter League Rules**

Updated 11/1/2024

- 1) Each game will consist of 2 20-minute halves. The clock will run continuously except for timeouts. If the point margin is 10 points or greater, the clock will also run throughout the last two minutes.
- 2) All shooting fouls will be followed by 2 free throw attempts (13ft line for 1<sup>st</sup>/2<sup>nd</sup> & 3<sup>rd</sup>/4<sup>th</sup>); on common fouls, the ball will be awarded out of bounds. The super-bonus will be in effect after the 10<sup>th</sup> team foul of the half, with 2 free throw attempts awarded. (***No bonus after the 7<sup>th</sup> foul.***)
- 3) Ball Size: The following grade level will use the following ball size for each level  
27.5 (Youth) 1<sup>st</sup>/2<sup>nd</sup> and 3<sup>rd</sup>/4<sup>th</sup>  
28.5 (Women's) None  
29.5 (Men's) 7<sup>th</sup>/8<sup>th</sup>
- 4) Pressing: 1<sup>th</sup>/2<sup>th</sup> Grade - - - no pressing allowed  
3<sup>th</sup>/4<sup>th</sup> Grade - - - no pressing allowed  
7<sup>th</sup>/8<sup>th</sup> Grade Boys - - - any time, but not up by 10 or more
- 5) Defense: 1<sup>th</sup>/2<sup>th</sup> Grade - - - man to man only  
3<sup>th</sup>/4<sup>th</sup> Grade - - - man to man only  
7<sup>th</sup>/8<sup>th</sup> Grade Boys - - - any defense allowed  
**\*\*\*Coaches will receive (2) warnings/game on defensive infractions; subsequent violations will result in 2 points and the ball for the opponent.**
- 6) 3 free throw attempts will be granted a player fouled while attempting a 3-point shot.
- 7) Each team will be allowed 2 full timeouts per game.
- 8) Halftime will be maximum 5 minutes in length.
- 9) Technical fouls will be 2 points plus the ball.
- 10) Overtime is "Sudden Victory." We start the overtime with a jump ball, and the first team to score wins. No extra time outs awarded in overtime.
- 11) Games will begin on the hour. Teams may have up to 10 min warm-up prior to starting play.
- 12) Any unsportsmanlike conduct from players and/or fans will be dealt with at the officials' discretion.
- 13) All other IHSA rules are in effect. (Including 5 fouls and that person is out of the game).
- 14) Home Team (right side) will wear white colored jerseys, while AWAY Team (left side) will wear darker colored jerseys.

## **1<sup>st</sup>/2<sup>nd</sup> grade:**

- 15) Stealing the ball off the dribble is not allowed, but you will be able to steal when passing.
- 16) No blocking is allowed
- 17) There will be no officials for 1<sup>st</sup>/2<sup>nd</sup> grade game, **1<sup>st</sup>/2<sup>nd</sup> grade coaches are allowed to be on the court instructing only their team for the entire game.**

## **3<sup>rd</sup>/4<sup>th</sup> grade:**

- 18) Will be able to steal off the dribble and pass
- 19) Blocking is allowed
- 20) IHSA officials for all 3<sup>rd</sup>/4<sup>th</sup> grade games.

**Note:** Official score keeper is required by the home team, and visitor team is responsible for the clock. Home team will be on the right side or column of your schedule sheet and the visiting team will be on the left side or column of your schedule sheet.