CHESHIRE PARKS AND RECREATION BASKETBALL LEAGUE

Girls Division	Ball Size	Time per Period	OT	Backcourt Ruling	Foul Line	Shooter may go over the line	Time Outs	Basket Height	3 Sec. Rule	Press	3 Point Shots	Defense
3rd/4th (ACC)	28.5	2 halves/20 min each	None	YES	12 ft.	YES	2/game	10 ft.	NO	NO	YES	Players must stay behind the three-point arch until the ball crosses center court. Develop man to man defense. **No double-teaming. No illegal (zone) defense allowed.**
5th/6th (SEC)	28.5	2 halves/20 min each	1	YES	15 ft.	YES	2/game	10 ft.	YES	YES	YES	Players must stay behind the center court unless pressing. Integrating man to man and zone more consistently.
Boys Division	**Ball Size**	**Time per Period**	**OT**	**Backcourt Ruling**	**Foul Line**	**Shooter may go over the line**	**Time Outs**	**Basket Height**	**3 Sec. Rule**	**Press**	**3 Point Shots**	**Defense**
3rd/4th (ACC)	28.5	2 halves/20 min each	None	YES	12 ft.	YES	2/game	10 ft.	NO	NO	YES	Players must stay behind the three-point arch until the ball crosses center court. Develop man to man defense. **No double-teaming. No illegal (zone) defense allowed.**
5th/6th (SEC)	28.5	2 halves/20 min each	1	YES	15 ft.	YES	2/game	10 ft.	YES	YES	YES	Players must stay behind the center court unless pressing. Integrating man to man and zone more consistently.
7th/8th (Big East)	29.5	2 halves/20 min each	1	YES	15 ft.	NO	2/game	10 ft.	YES	YES	YES	Players must stay behind the center court unless pressing. Can play man to man and zone.
H.S. (NBA)	29.5	2 halves/20 min each	1	YES	15 ft.	NO	2/game	10 ft.	YES	YES	YES	Players must stay behind the center court unless pressing. Can play man to man or zone.

2026-2027 QUICK RULES CHART

- **Coaches: Each team is allowed up to 2 coaches permitted per team. Head coaches are adults (over the age of 18 years old). Assistant coaches must remain seated during the duration of the game.**
- **Uniforms/Jewelry:** Players must wear their team shirt and **must be tucked in**. **NO JEWERLY** of any kind may be worn.
- **Playing Time:** Parks & Recreation **rotation schedule must be followed by turning in your rotation sheets prior to the start of the game (the game will not begin until the rotation sheet is turned in):** NO player may sit out consecutive periods**.** Substitutions will be made every 5 min at breaks, basket, out of bounds and fouls. In 5th- 12th grade, under 2 minutes left in the game free substitution allowed.
- **Free Throws:** For Grades 3-6, the shooter may start behind the free-throw line, may land over it, and cannot rebound until the ball hits the rim. Grades 7-12 are required to shoot behind the free-throws line.
- **Timeouts:** Each team will have **2 timeout/per game**. Timeouts are for a duration of **1 minute**. Substitutions aren't timeouts.
- **Pressing:** Division pressing may only do so from grades 5 – 12. It is **permitted** in the last 2 minutes of the game for **Grades 5th-8th Grade**. **Grades 9-12 (H.S.) division are permitted** to press during the entire duration of the game. No press is allowed if you have a lead of 10 or more (15 in H.S.)
- **Team Fouls:** Six (6) team fouls per half. 1 and 1 foul shots starting with the 7th foul each half. Ten (10) team fouls – 2 shots.
- **Personal Fouls:** Each player is allowed **five (5) fouls**. Upon receiving the 5th personal foul, the player is disqualified, and the coach should be ready to send a sub off the bench **next in the rotation sheet**.
- **Overtime:** Overtime will be 3 minutes. For Grades 3-8th, if there is tie score after overtime, game is over and is called a tie. No division will have more than 1 overtime (H.S. is the only exception). Only 1 timeout in overtime.
- **Technical Fouls: 1st Technical**-Player must sit for the remainder of the rotation, and there next full rotation & Coaches must sit for the remainder of the game. **2nd Technical-** Player/Coach must leave the gym immediately (ball does not get put into play until player/coach leaves) is suspended for the next game. Players & coaches who are ejected from two games will be suspended for the remainder of the season. Technical fouls will accumulate throughout the season, and any player or coach who receives their fifth technical foul will be suspended from the league. The Program Supervisor reserves the right to increase the severity of the suspension in extreme circumstances.
- **# of Players:** Teams must have 5 players to begin a game. If necessary, you may play with 4 if a player is running a few min late. No game will be 4 players the entire game time.
- **Running Clock:** Clock will run with the **exception** of substitutions, free throws and injury and the last 2 minutes of the 4th quarter. If the score differential is 10 points or more, the clock will run.