

CHESHIRE PARKS AND RECREATION BASKETBALL LEAGUE

2024-2025 QUICK RULES CHART

Girls Division	Ball Size	Time per Quarter	Overtime	Foul Line	Shooter may go over the line	Time Outs	Basket Height	3 Sec. Rule	Press	3 Point Shots	Defense
3rd/4th (Ivy)	28.5	2 qtr/20 min	None	15 ft.	YES	2	10 ft.	NO	NO	NO	Players must stay behind top of key until ball crosses top of key. Develop man to man defense and zone.
5th/6th (SECC)	28.5	4 qtr/8 min	1	15 ft.	NO	2	10 ft.	YES	YES	YES	Players must stay behind top of key until ball crosses mid court. Integrating man to man and zone more consistently.
Boys Division	Ball Size	Time per Quarter	Overtime	Foul Line	Shooter may go over the line	Time Outs	Basket Height	3 Sec. Rule	Press	3 Point Shots	Defense
3rd/4th (Ivy)	29.5	2 qtr/20 min	None	15 ft.	YES	2	10 ft.	NO	NO	NO	Players must stay behind top of key until ball crosses top of key. Develop man to man defense and zone.
5th/6th (SECC)	29.5	4 qtr/8 min	1	15 ft.	NO	2	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing. Integrating man to man and zone more consistently.
7th/8th (Big East)	29.5	2 qtr/20 min	1	15 ft.	NO	2 – 1 st half 2 – 2 nd half	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing. Can play man to man and zone.
H.S. (NBA)	29.5	2 qtr/20 min	1	15 ft.	NO	2 – 1 st half 2 – 2 nd half	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing. Can play man to man or zone.

- ❖ **Coaches:** Students are allowed to coach as long as a parent (who is the head coach) is on the bench at all times.
- ❖ **Uniforms/Jewelry:** Players must wear their team shirt and must be tucked into shorts. NO JEWELRY of any kind may be worn.
- ❖ **Playing Time:** Every player must play minimum of half the game. NO Player may sit out consecutive half/quarters. **EQUAL PLAYING TIME IS REQUIRED.** Coaches from 3rd-6th, subs will be made every 5 min at breaks, basket, out of bounds and fouls. 7th- High school coaches will need to fill out a rotation form with players rotations. Player rotation time sheets are provided to those coaches.
- ❖ **Pressing:** Division pressing may only do so from grades 4th grade and up in the 4th quarter with the last 2 minutes. 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, player is disqualified and be ready to send a sub off the bench.
- ❖ **Overtime:** Overtime will be 3 minutes. No division will have more than 1 overtime (H.S. is the only exception). Only 1 timeout in overtime.
- ❖ **Technical Fouls:** 1st – Player must sit out their next rotation, 2nd – player must leave the gym & is suspended next game, 3rd – player must leave the gym & is ejected out of the season.
- ❖ **# 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 the last 2 minutes of each quarter. If score is 10 points or more, clock will run. 2 minutes left in game, 20+ point differential, game will be called.