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 (Ivy)	28.5	2 halves/20 min each	None	YES	12 ft.	YES	2	10 ft.	NO	NO	NO	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 (SECC)	28.5	2 halves/20 min each	1	YES	15 ft.	NO	2	10 ft.	YES	YES	YES	Players must stay behind the three-point arch until the ball crosses mid court. 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 (Ivy)	28.5	2 halves/20 min each	None	YES	12 ft.	YES	2	10 ft.	NO	NO	NO	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 (SECC)	29.5	2 halves/20 min each	1	YES	15 ft.	NO	2	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	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	10 ft.	YES	YES	YES	Players must stay behind the center court unless pressing. Can play man to man or zone.

2025-2026 QUICK RULES CHART

- **Coaches:** Each team is allowed up to **2 coaches permitted per team**. Head coaches are adults only. 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:** NO player may sit out consecutive half/quarters**.** Substitutions will be made every 5 min at breaks, basket, out of bounds and fouls. In 7th- 12th grade, under 2 minutes left in the game free substitution allowed.
- **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. 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 ready to send a sub off the bench **next in the rotation sheet**.
- **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 Technical-** Player must sit for the remainder of the rotation and the 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 ejected from 2 games will be suspended cumulative throughout the season will be suspended from the league upon being given their 5th technical foul.
  ** 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 the last 2 minutes of the 2nd half. If the score is 10 points or more, the clock will run.