

SOUTHBURY PARKS AND RECREATION BASKETBALL LEAGUE

2022-2023 “QUICK RULES” CHART

GIRLS DIVISION	BALL SIZE	TIME PER QUARTER	OVERTIME	FOUL LINE	SHOOTER MAY GO OVER LINE	TIME OUTS	BASKET HEIGHT	3 SEC. RULE	PRESS	3 POINT SHOTS	DEFENSE
3 rd /4 th	27.5	10	None	N/A	N/A	4	9 ft.	NO	NO	NO	Players must stay behind top of key until ball crosses top of key.
5 th /6 th	28.5	10	1	14 ft.	YES	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.
7 th /8 th	28.5	10	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.
H.S.	28.5	10	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.
BOYS DIVISION	BALL SIZE	TIME PER QUARTER	OVERTIME	FOUL LINE	SHOOTER MAY GO OVER LINE	TIME OUTS	BASKET HEIGHT	3 SEC. RULE	PRESS	3 POINT SHOTS	DEFENSE
3 rd	27.5	10	None	N/A	N/A	4	9 ft.	NO	NO	NO	Players must stay behind top of key until ball crosses top of key.
4 th	28.5	10	1	12 ft.	YES	4	10 ft.	5 SEC.	NO	NO	Players must stay behind top of key until ball passes mid court.
5 th /6 th	28.5	10	1	15 ft.	YES	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.
7 th /8 th	29.5	11	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.
H.S.	29.5	10	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.

- **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 should refer to the “equal play guide” for direction. Player Time Sheets have also been provided to all Coaches.
- **Pressing** – Division with pressing may only do so in the 4th quarter for 2 minutes & no press is allowed if you have a lead of 10 or more (15 in HS).
- **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 fifth personal foul, player is disqualified.
- **Overtime** – Overtime will be 3 minutes. No division will have more than 1 overtime. Only 1 timeout allowed in overtime.
- **# of Players** – Teams must have at least 4 players to begin a game. If necessary, you may play with less than 4 once a game begins.
- **Player Foul Outs**- Coach must choose player that has equal ability from the bench
- **Running Clock**- Clock will run with the exception of the last 2 minutes of a game in 4th quarter ONLY. Score differential of 10 points or less.