

2022-2023 Eastern Connecticut Recreational Basketball Association Tournament Game Rules and Regulations

The source of the rules and regulations will be the same as those used by high school, except where noted. Referees are instructed to warn offending coaches/teams and (if necessary) assess team technical fouls for repeated/recurrent violations of these rules.

Rules used at ALL 3-4, 5-6 and 7-8 grade recreation league games:

- Games will consist of four, 8-minute quarters; each team gets two full (60 seconds) and three 30 second timeouts per game that may be used throughout regulation.
- Basketball ball size is 28.5 (except for Boys 7/8 teams, which is 29.5)
- 60 minutes are allocated for each game, including warm-ups. Running time will be used for games; the clock will stop during free throws and the last minute of each half. Three minutes are allocated for half time.
- Extra periods shall consist of two-minute quarters with stop time until there is a winner. Free substitution is permitted. Each team will be given one 30 second time out per extra period. Time-outs from regulation do not carry over into the extra period. During regular season games, there is a limit of two extra periods. If game tie after 2nd extra period, the game will be recorded as a tie.
- Referees will stop the clock for substitution near the 4-minute mark (+/- 15 sec) of each quarter or half (without interrupting a play in progress). This is not a charged time out and one minute or less is allowed for substitution (including line-up) only. Substitutions are allowed only at the 4-minute clock stop and between periods. **Exception:** a substitution may be made at any whistle in the event of an injury or a player in foul trouble (a minimum of 3 fouls) in the first half or during extra periods. Coaches (not referees) are responsible for monitoring and managing their substitutions and playing time in accordance with league rules.
- A player who is not present by the start of the 2nd quarter is ineligible to play in the game.
- After week 9, all team records shall be reported to the league commissioner. Any games played after week 9 will not count towards final standings.

Additional rules for all 3-4 grade recreation league games:

- No zone defense; man-to-man defense CAN be used as soon as the opposing team crosses half-court but MUST be used by the defensive player when the offensive team is below the 3pt line. Defensive players must be within four feet of the opponent they are guarding when inside the 3pt line. **Exception:** when the offensive player is driving to the basket in the paint, another defensive player can leave their coverage and help defend the person driving to the basket. Teams are permitted to pick up their defense at the half-court line if they wish.
- Clearing out by the offense (where most of the team intentionally stays away from the lane to enable a talented player to take his/her defender one-on-one) is prohibited.
- Backcourt defense is prohibited. Once a team has established possession of the ball in the backcourt, the defensive team must return to the frontcourt.
- Baskets made from behind the 3-point line count only as 2 pts (not 3).
- During the last minute of regular time and during extra periods, the clock will stop with any change of possession and not restart until the offense crosses the division line.

Additional rules for all 5-6 grade recreation league games:

- Backcourt defense (pressing) is permitted only in the second half of regulation as well as in extra periods. Pressing (backcourt defense) by the leading team must be called off when winning by more than 20 points. Zone defense is permitted throughout the entire game.

Additional rules for all 7-8 grade recreation league games:

- For this division, normal/regular play is anticipated; there are no limitations or other restrictions as to the use of man-to-man and zone defenses, presses, etc. at any time during the game. Pressing (backcourt defense) by the leading team must be called off when winning by more than 20 points.

As approved on 10/25/22

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SUPPLEMENTAL REGULATIONS AND POLICIES

1. Only recreation level teams are eligible to play. All teams must be of balanced talent level and each player must reside in the town for which he/she is playing.
2. Ball size: 28.5 for all levels except Boys 7/8 which is 29.5.
3. Team rosters must be sent to League Coordinator prior to the first game; final additions to rosters by the first game in January. A player assigned to a team is only allowed to play for that team. A player may not play for any other team in his/her grade division. If a coach anticipates a shortage of players for a particular game (**7 or less**), players from a younger age division are allowed to play-up. **A player selected from a younger age division can be assigned as a substitute for only one team, and must play for only that team throughout the season.** All players must play at least **4 regular season games** to be eligible for tournament games.
4. No coach, player, parent or other fan will be allowed to use profanity, name-calling or unsportsmanlike behavior. An automatic technical foul will be assessed on the first offense, referee will determine severity, and immediate ejection from the game may be decided. It is the responsibility of the coaches to report via email any ejection to BOTH your Town Coordinator and the League Coordinator within 48 hours. **FOR COACHES WHO GET EJECTED:** 1st offense will result in a one game suspension; 2nd offense will result in a three game suspension; 3rd offense will result in a lifetime suspension. **FOR PLAYERS WHO GET EJECTED** or have 2 technical fouls in a game: 1st offense will result in a one game suspension; 2nd offense will result in a two-game suspension; 3rd offense will result in suspension for remainder of season and all post-season play. Ejection rule applies to regular and post-season play.
5. During time-outs, half-time, and in between games, only players and coaches should be on the court. Games consist of four, 8-minute quarters. The clock will stop at the 4-minute mark of each half for one minute to allow for substitution.
6. **MANDATORY SUBSTITUTION POLICY: COACHES MUST PLAY ALL TEAM MEMBERS ON AN EQUITABLE BASIS.** A "CLEAR THE BENCH" substitution policy is required for grades 3 through 8. Substitutions will be made only at the 4-minute clock stops in each quarter and at the end of each quarter. The exceptions to the 4-minute clock stop substitution are when a player (1) has an injury, (2) has been ejected and/or otherwise disqualified from a game, (3) is in foul trouble (one who has a minimum of 3 fouls) in the first half, and (4) has fouled out of a game; in these circumstances, the opposing coach will select the replacement player, and equitable playing time must still be maintained. Players in foul trouble may not be substituted after the third quarter. **NO PLAYER CAN PLAY MORE THAN 4 MINUTES MORE THAN OTHER PLAYERS.** A chart showing equal playing time for all players must be exchanged between coaches before game begins. All players' names and uniform numbers **MUST** appear on the substitution chart. Charts for Eastern League play can be found at myalsports.org.
7. If a team has 10 players for a particular game, that coach may reshuffle the lineup at halftime while still adhering to the equal playing time rule.

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Tournament Overtime Rules

1. Two minute quarters will be played until there is a winner
2. The entire two minutes will be stop-time
3. You can choose any five players you want. Equal playing time does not matter.
4. Timeouts don't carry over. Each team will get one 30-second timeout per quarter.

Additional Overtime Rule for 3rd / 4th Grade

1. In the last minute of overtime, the clock will not start until the ball crosses over the half court.