



Branford Youth Basketball

Recreation Division Rules / 2023-2024

GRADE(s): 4 to 8 **BOYS & GIRLS**

- Game ball: Size 6 (28.5") for all players, except 7/8 Boys Division will require players to use Size 7 (29.5")
- 5 fouls per player
- 1 and 1 foul shooting after 7 team fouls in a half
- 2 foul shots after 10 team fouls in a half
- Rebounders on free throws can enter the lane on the release. The shooter must wait until the ball hits the rim.
- Substitution pattern needs to be used. NO exceptions! We will stop the game at about the 4-minute mark per quarter for substitutions.
- Free substitutions are allowed during the last 8 minutes of the game and overtime. All players must play during the last 8 minutes of the game.
- Player fouling out – you can pick from the bench and that player can stay in if they are in the next rotation.

Injured Player

1. If the injured player is ready to come back into the game prior to the end of the rotation, they may go back in. The replacement player leaves the game and then enters again at their normal rotation time.
2. If the replacement player finishes the rotation for the injured player, they remain in the game and play their normal shift.

Overtime

- 2 minutes of overtime with the coach's choice of 5 players.
- There are no timeouts allowed during overtime.

Pressing

- Full court pressing is allowed in the first 3 quarters of the game only if you are losing by 10 points or more.
- If you are the losing team in either the last quarter of the game or in OT, you can full court press.
- Otherwise, normal defense starts at half court.

Defense

- All teams must play man to man defense. No zones allowed

Time Management

- Games will consist of four (4) 8-minute quarters.
- 2 timeouts per half for each team, 30 seconds.
- We rotate every 4 minutes. Coaches should be ready; this is not a timeout, and the refs will not wait.
- Clock stops for foul shooting.
- Clock stops the last 2 minutes of the game, and during the 2-minute overtime on the whistle.
- Halftime is 3 minutes

Violations

- Backcourt violations will be enforced
- Teams will have 10 seconds to get the ball over half court
- Players will have 5 seconds to inbound the ball
- A player in the lane for more than 3 seconds will result in a violation.
- Jewelry must be removed prior to game time.
- Abusive language or behavior will not be tolerated. This includes players, coaches, and fans. Those who do not obey will be asked to leave the facility.
- Only water is allowed in the gyms. Please make sure your team cleans the bench area for the next game.

Branford Youth Basketball follows good player, parent, coaches Code of Conduct, information can be found here [BYB Code of Conduct](#) any issues can be brought coordinator or board members attention.



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SUBSTITUTION PATTERN
GRADE(s): 4 to 8

9 Player Rotation

Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8
1	6	2	7	3	8	4	9
2	7	3	8	4	9	5	1
3	8	4	9	5	1	6	2
4	9	5	1	6	2	7	3
5	1	6	2	7	3	8	4

8 Player Rotation

Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8
1	6	3	8	5	2	7	4
2	7	4	1	6	3	8	5
3	8	5	2	7	4	1	6
4	1	6	3	8	5	2	7
5	2	7	4	1	6	3	8

7 Player Rotation

Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8
1	6	4	2	7	5	3	1
2	7	5	3	1	6	4	2
3	1	6	4	2	7	5	3
4	2	7	5	3	1	6	4
5	3	1	6	4	2	7	5

6 Player Rotation

Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8
1	6	5	4	3	2	1	6
2	1	6	5	4	3	2	1
3	2	1	6	5	4	3	2
4	3	2	1	6	5	4	3
5	4	3	2	1	6	5	4