



Branford Youth Basketball League (BYBL) Recreation Division Rules

Branford Recreation Basketball Division Rules – Grades 4 to 8

These rules are designed to teach fundamental skills, promote fairness, and ensure all players have a positive developmental experience.

GAME FORMAT / Time Management

- **Warm-Up:** Brief warm-up period before the game.
- **Game Length:** Four (4) 8-minute quarters.
- **Timeouts:** 2 timeouts per half per team (30 seconds each)
- **Rotations:** Rotations every 4 minutes (not a timeout — coaches must be ready)
- **Foul Shots:** Clock stops for foul shots
- **Halftime:** 3-minute halftime.
- **Ball Size & Rim Height:** Ball size 6 (28.5"), except the 7/8 boys' division will require players to use size 7 (29.5) and all games played on 10-foot rims.
- **Head Coach:** Only the head coach may stand and communicate with officials during the game.
- **Assistant Coach:** Only (1) assistant coach per team if head coach permits and shall remain on bench if head coach is present during game
- **Officials:** The league provides **all officials for games** (referees, clock, and scorebook)

PLAYING TIME

Substitutions (player rotation)

- Substitution pattern needs to be used. NO exceptions!
- 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 return before the rotation ends, they may re-enter. Replacement leaves and returns at their regular rotation.
2. If the replacement finishes the rotation, they remain in and continue their normal shift.

Overtime

- 2 minutes of overtime
- Coach chooses any 5 players
- **No timeouts allowed**

DEFENSE RULES

Man-to-Man Defense Only

- No double-teaming
- **No zones defense**

No Pressing

- Full court press allowed in the first 3 quarters only if losing by 10 points or more
- If losing in the **4th quarter or OT**, full-court press is allowed
- Otherwise, defense begins at **half court**

Additional Defensive Guidelines

- Defense may not guard the ball until the offense reaches the **3-point line**.
- After a rebound, offense may push the ball immediately; defense is **not required to be set**.

OFFENSE RULES

- Offense may **not stall or hold the ball** to kill the clock when leading late in the game.
- Emphasis on development: spacing, passing, dribbling, and team play.



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VIOLATIONS

- Backcourt violations enforced
 - 10 seconds to cross half court
 - 5 seconds to inbound
 - 3-second lane violation
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FOULS & FREE THROWS

- 5 fouls per player
 - 1-and-1 after 7 team fouls in a half
 - 2 shots after 10 team fouls in a half
 - Rebounders may enter the lane on the release; the shooter must wait for the ball to hit the rim
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POSSESSION & TRANSITION

- After rebounding or stealing, the offensive team may **push the ball up the court** without waiting for the defense to set up.
 - Defense sets up once the offense crosses the **3-point line**.
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SUBSTITUTION PATTERN

A recommended substitution chart ensures all players receive:

- Equal playing time
- Opportunities to start
- Rotation through positions

The Rotation Chart can be downloaded from the website under documents for Excel, or click here:

<https://www.branfordbasketball.com/downloads>