



## Branford Youth Basketball League (BYBL) Recreation Division Rules

### Branford Recreation Basketball Division Rules – Grades 2 & 3

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

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#### GAME FORMAT

- **Warm-Up:** Brief warm-up period before the game.
- **Game Length:** Four (4) 8-minute quarters.
- **Halftime:** 3-minute halftime.
- **Mid-Quarter Substitutions:** Game will stop at approximately the 4-minute mark of each quarter for substitutions.
- **Ball Size & Rim Height:** Ball size 6 (28.5") and all games played on 8-foot rims.
- **Scorekeeping:** Is the coach's discretion at this level

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#### PLAYING TIME & SUBSTITUTIONS

- Coaches must use a rotation chart to ensure equal playing time for all players.
- Substitutions occur only at the 4-minute mark of each quarter unless there is an injury.
- All players should rotate through different positions throughout the season to support learning.

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#### DEFENSE RULES

- **Man-to-Man Defense Only**
  - **No double-teaming**
  - **No zone defense**
- **No Pressing**
  - Defense cannot guard the ball until the offense reaches the **3-point line**.
- After securing a rebound, the offense **may advance the ball immediately**; defense is not required to be set.

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#### OFFENSE RULES

- Offense **may not stall or kill the clock** when leading late in the game.
- Teach spacing, passing, and dribbling — development over competition.

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#### FOULS & VIOLATIONS

- **No foul shooting.**
  - Fouls are not recorded; however, coaches must explain fouls and excessive fouling as teaching moments.
- Instructional Violations:
  - Stop play for **traveling, double dribbling, and fouls on shooters**.
  - Player **keeps the ball** after the instruction.
- **Late Season Adjustment:**
  - During the last few weeks, violations resulted in the **loss of possession** to prepare players for the next level.

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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>