



Game Rules

2025-26 Connecticut Basketball Conference Winter League Game Rules

All games are governed by high school rules except for the following:

1. **Game Logistics.** Each game will be scheduled for 70 to 75 minute time slots. A 3-5 minute warm-up period will be allowed prior to each game. Teams are encouraged to stretch outside the gym before their game, if permitted by your host. You are likewise to start early whenever possible.
2. **Length of Game/Quarters.** We **do not** play running time. You will play four 8 minute quarters. Halftime shall be no longer than 3 minutes (and is otherwise a long time out).
3. **Ties.** There are no ties.
 - a. If the score is tied at the end of regulation, two minutes shall be placed on the clock. The team ahead at the end of the two minutes is the winner.
 - b. Overtime will commence with a jump ball.
 - c. There are no timeouts in overtime—just play.
 - d. If still tied at the end of the two minutes, place another two minutes on the clock and repeat process until a winner is declared.
4. **Fouls. (2023 Rule Change).** Team fouls reset at the beginning of each quarter as in the CIAC play for all divisions.
5. **Foul Shots.**
 - a. 4th-5th Grade Boys and 5th Grade Girls may shoot fouls 1 foot inside of the foul line (or to jump over the line). Referees are encouraged to call only blatant violations on the foul shooter at these ages.
 - b. Teams now shoot two free throws for each foul committed after the opponent reaches five fouls in each quarter. The fouls will reset back to zero at the beginning of each quarter. **(2023 Rule Change).**
6. **Ball Size.** 4th Grade Boys, 5th Grade Boys and all Girls divisions will use a 28.5" ball.
7. **No Pressing Rules in the 4G and 4B Divisions (2022 Rule Change).** There is no pressing in the 4G and 4B Divisions, Specifically this means:

Following a defensive rebound or a steal resulting in the creation of an offensive possession, the opposing team must retreat beyond half court and play standard defense.

There is no double teaming allowed outside the 3 pt area.

If 2 or more players are swarming or playing pressure defense to a given player outside the 3 pt line, the referee will issue a warning, then a technical foul.

In the last two minutes of each half, full court defense is allowed as long as a team is not ahead by more than 10 points.
8. **Time-outs.** Each team shall be allotted one-full (60 second) and two 30 sec. time-outs per half. (No timeouts carry over.) There are no timeouts in overtime even if you have timeouts left over. Either coaches or players may call a time-out.
9. **Mercy Rule.** There is mercy rule when a team is up by 20 points or more—which means that all pressing must cease. Further, good sportsmanship is appreciated.
10. **Referees.** Board certified referees will officiate each game.
11. **Coaches Conduct.**
 - a. Three coaches are permitted to be on the team bench (or behind the bench).
 - b. Only one coach may stand and communicate with the referees.
 - c. The bookkeeper and/or clock keeper must sit at the scorers table and do not count as coaches.



- d. If a technical foul is issued, the Coach must immediately sit down and remain seated for the remainder of the contest.
- e. If a Coach is ejected, they must immediately exit the facility.
- f. If ejected from a game, **the ejected coach shall coach any further in the tournament and serve a three game suspension.** Further, any coach ejected from a game will have their conduct reviewed by the League President and Executive Committee and may be subject to discipline in addition to any discipline meted out by their Club.

12. **Parents Conduct.** Any parent who enters the court during the playing of the game—including the stoppage of play—shall, at the referee's discretion, cause a forfeit of the game.

* A **copy of these rules** be present at each game site.

HOME TEAMS
ONLINE