

# Nashoba Rec Basketball League Rules

2016-2017

	3-4	5-6	7-8
<b>Keeping score</b>	YES	YES	YES
<b>Basket heights</b>	9 Feet	10 Feet	10 Feet
<b>Length of games</b>	2-20 minute halves running time, halftime 5 minutes	2-14 minute halves, stoptime. Halftime 5 minutes	2-15 minute halves, stoptime. Halftime 5 minutes
<b>Substitution Rules</b>	Clock stops every 5 minutes for subs	Open	Open
<b>Substitution Requirements</b>	Equal playing time	Equal playing time	Equal playing time
<b>Time Outs</b>	2 per half, no carryover.	2 per half, cumulative. 1 per overtime	2 per half, cumulative. 1 per overtime
<b>Overtime</b>	No. Games end in ties.	Yes, 3 min periods	Yes, 3 min periods
<b>Foul shot distance</b>	Where they can reach the basket	Standard	Standard
<b>Personal fouls</b>	Not counted but excessive fouling results in warning to coach	5 fouls out	5 fouls out
<b>Team fouls</b>	Not counted	7 teams in half 1 and 1, 10 teams in half 2 shots	7 teams in half 1 and 1, 10 teams in half 2 shots
<b>3 point shots</b>	Not allowed	Allowed	Allowed
<b>Defense</b>	Man to man	Man to man	Man to man
<b>Double Teaming</b>	Not allowed	Allowed	Allowed
<b>Pressing</b>	Half court only	Only last 2 minutes of each half unless ahead by 8 points	full court unless ahead by 10 points
<b>Ball size</b>	28.5 ball	28.5 ball	Girls: 28.5, Boys: men's regulation
<b>Court violations</b>	5 second key, over and back, no 10 second rule	3 second key, over and back, 10 second rule	3 second key, over and back, 10 second rule
<b>Refs</b>	Two per game	Two per game	Two per game
<b>Standings</b>	No	Yes	Yes
<b>Playoffs</b>	No	Yes	Yes