

INTERTOWN RECREATIONAL BASKETBALL LEAGUE

2025-2026 “QUICK RULES” CHART

DIVISION	BALL SIZE	TIME P/QTR	O.T.	CLOCK	SHOOTER MAY GO OVER F.T. LINE	TIME OUTS (30-second)	PRESS	DEFENSE
3 rd / 4 th	28.5	8	NO	Running, except TO's, subs & last 2 mins of 4 th quarter	YES	4	NO	Man-to-Man or Zone – defenders cannot engage attacker until (s)he crosses center court. – No Double Teaming
5 th /6 th	28.5	8	NO	Stop Clock	YES	4	NO	Man-to-Man or Zone – defenders cannot engage attacker until (s)he crosses center court. – No Double Teaming
7 th /8 th	29.5 (28.5 Girls)	8	NO	Stop Clock	NO	4	YES (only in 4 th QTR)	Games follow NFHS Rules
H.S.	29.5 (28.5 Girls)	8	NO	Stop Clock	NO	4	YES	Game follows NFHS rules

Book & Clock:

Home team is responsible for maintaining the official scorebook.

Game Duration:

No game will be permitted to last longer than 1 hour in duration.

Playing Time:

Equal Playing Time is required. Coaches should refer to the “equal play guide” for direction.

Substitutions:

Substitutions will be made at or near the 4-minute mark of each quarter (3&4 Grade). During a stoppage of play (Grades 5+).

Pressing:

No press is allowed if you have a lead of 20 or more.

Score Disparity:

Team with a twenty-point lead must drop back behind the 3-point line to defend.

Team Fouls:

Five (5) team fouls per quarter. 2 shots starting with the 5th team foul each quarter. Reset the fouls at the end of each quarter.

Personal Fouls:

Each player is allowed five (5) fouls. Upon receiving fifth personal foul, player is disqualified.

Offense:

No clear-out, isolation or similar offensive plays are allowed (all 5 players must be in active play). Coaches are encouraged to allow all team members to handle and dribble the basketball during the game (3&4 Grade Only).

Coaching:

Only head coach can stand to coach during the game.

Technical Fouls:

Coach must sit if they receive a technical. 2 technical fouls and they are ejected and cannot coach the next game. Technical fouls must be reported to the town’s director immediately after the game.

Concussion Protocol:

If a concussion is suspected the player should be removed from play immediately and the player should be evaluated by a doctor. If a concussion did occur then a doctor’s note is required before the child can return to play.

Revised: 12/9/2025