

Pembroke Youth Basketball

Rules for Recreational In-Town Play League Play (January 2026)

Note: rules within the sections highlighted in **yellow** differ across ages / divisions

Grades 1 and 2 – Boys & Girls

Equipment

- o Basketball size: 27.5" basketball
- o Basket height: 9'

Game Length & Other Information (1 hour gym slots for this age)

- o Pre-game warm-up / practice: 25 minute practice / skills before each game
- o Length of game: 30 minute games, consisting of two 15 minute halves
- o Half-time: 2 minutes
- o Overtime: no overtime
- o Running time vs. stop-time: clock will run at all times

Timeouts

- o 1st half: N/A - no timeouts (instructional play)
- o 2nd half: N/A – no timeouts
- o Overtime: N/A – no timeouts
- o Coach / player: N/A – no timeouts

Fouls & Free Throws

- o Personal fouls: N/A – personal fouls are not tracked at this age (instructional play)
- o Team fouls: N/A – team fouls are not tracked at this age
- o Technical fouls: N/A – no technical fouls at this age
- o Flagrant fouls: N/A – no flagrant fouls at this age
- o Free throws (shooter): free throw line is at the discretion of the coaches
- o Free throws (other players): players on the lane lines may enter on the release of the shot. Players outside of the 3 point line (or on the perimeter) may enter when the ball hits the rim.

Defense & Pressing

- o Defense: teams must play man-to-man defense. No other defensive systems are allowed at this age. There is no double teaming allowed. Play should be stopped and the children instructed as to how to correct and cover their own player.
- o Half-court defense: N/A
- o Double teaming: N/A
- o Pressing: N/A

Roster / Playing Time / Substitutions

- o Playing time: equal for all players
- o Team roster: N/A – instructional play at this age
- o Mandatory substitution rule: mandatory substitutions every 5 minutes for both teams

Other

- o Referees: N/A - Coaches from each team will function as refs (instructional)
- o Rules: MIAA rules apply unless detailed above. Instructional play at this age (i.e. travels and double dribbles) should only be slightly enforced, and when called should

be accompanied by an explanation to the player).

- o Motto for league play: Coaches coach, players play, parents parent & referees referee

Grades 3 & 4 – Boys and Grades 3 - 5 Girls

Equipment

- o Basketball size: 28.5" basketball
- o Basket height: 10' (standard height)

Game Length & Other Information

- o Pre-game warm-up / practice: 3-5 minute warmup
- o Length of game: 40 minute games, consisting of two 20 minute halves
- o Half-time: 2 minutes
- o Overtime: one 2 minute overtime (if the game is still tied at the end of the single overtime period, then the game is a tie)
- o Running time vs. stop-time: clock will run at all times, except the following:

- Player injuries
- Mandatory substitutions (clock will temporarily stop to allow for subs)

- Stop-time in the final 2 minutes of the game (2nd half), if the game spread is 10 pts or less

Timeouts

- o 1st half: 1 time out for each team (does not carry over to the 2nd half, if unused)
- o 2nd half: 2 time outs for each team (does not carry over into overtime, if unused)
- o Overtime: 1 time out for each team
- o Coach / player: only coaches can call time-outs at this age

Fouls & Free Throws

- o Personal fouls: 5 per player (player fouls out on the 5th foul)
- o Team fouls: teams shoot 2 free throws on the 10th team foul (these foul limits apply to each half). 2nd half team fouls carry over into overtime.
- o Technical fouls: if a player gets a technical foul, then it counts as a personal & team foul
- o Flagrant fouls:
 - First offense - the player will be ejected from the game and is suspended from the next scheduled game
 - Second offense - the player is ejected from the game and is suspended for the season
 - o Free throws (shooter): player starts behind the foul line, but can jump over the line on the shot (this can be further adjusted for younger kids at the discretion of the referee & coaches)
 - o Free throws (other players): players on the lane lines may enter on the release of the shot. Players outside of the 3 point line may enter when the ball hits the rim.

Defense & Pressing

- o Defense: teams must play man-to-man defense. Help and recover systems are legal. No other defensive systems are allowed (i.e. half-court zones, zone traps, box & 1, etc.).
- o Half-court defense: players on the defending team must start on defense within their

own three point line until the ball crosses half court, and can then come out to defend players

o **Double teaming:** Double-teaming the ball is only allowed inside of the 3-point line (double teaming the ball is only allowed in the context of playing help defense within a man-to-man defensive system). Double teaming a player without the ball is not allowed.

o **Pressing:** only allowed in the final 2 minutes of the game (if the game spread is 10 points or less). Man-to-man pressing only (no zone pressing is allowed).

Roster / Playing Time / Substitutions

o **Playing time:** equal for all players (refer to the mandatory substitution rules below)

o **Team roster:** teams are not allowed to borrow players from other teams. Teams are allowed to play with 4 players, if they are short players (anything less than 4 players will result in a forfeit). If a team is short players and wants to borrow players from another team to simply allow the game to be played - this can be done (assuming the coaches agree to it), but the result of the game is a forfeit for the team that borrows players.

o **Mandatory substitution rule:**

Substitutions are only allowed during standard stops for mandatory subs and player injuries (no other substitutions are allowed during the game)

Mandatory substitutions approximately every 5 minutes for both teams. The referee or score table will stop the game at the first natural stop in the game as close to the mandatory sub time. The clock will stop temporarily for subs, at the discretion of the score-keeper and referees (depending on the pace of the game and schedule constraints).

In the event that a team has less than 10 players, no player can play a second series shifts in a row until all other players have played at least one series of two shifts. For the sake of clarity, half-time does not restart this substitution requirement.

If a team has ten or more players, then all five players on the court must be substituted at each stoppage for mandatory subs

If a team has less than ten players, all players on the bench must substitute for the same number of players on the court (i.e. if a team only has three subs for a game, all three subs must enter the game and three players must come out of the game

each and every time the game is stopped for mandatory subs)

In the event of an overtime period, teams are allowed to put any five players on the floor for the first overtime. In the event of an additional overtime period, all five

players must be substituted and shall comply with the normal rules above.

Other

o **Referees:** 1 ref for each game

o **Rules:** MIAA rules apply unless detailed above

o **Motto for league play:** Coaches coach, players play, parents parent & referees referee

Grades 5 & 6 – Boys

Equipment

o **Basketball size:** 28.5" basketball

- o Basket height: 10' (standard height)

- **Game Length & Other Information**

- o Pre-game warm-up / practice: 3-5 minute warm-up before each game (as time permits)
- o Length of game: 40 minute games, consisting of two 20 minute halves
- o Half-time: 2 minutes
- o Overtime: 2 minute overtime periods, until one team wins
- o Running time vs. stop-time: clock will run at all times, except the following:
 - Player injuries
 - Mandatory substitutions (clock will temporarily stop to allow for subs)
 - Stop-time in the final 2 minutes of the game (if the game spread is 10 pts or less)

- **Timeouts**

- o 1st half: 1 time out for each team (does not carry over to the 2nd half, if unused)
- o 2nd half: 2 time outs for each team (does not carry over into overtime, if unused)
- o Overtime: 1 time out for each team
- o Coach / player: coaches & players can call time-outs at this age

- **Fouls & Free Throws**

- o Personal fouls: 5 per player (player fouls out on the 5th foul)
- o Team fouls: teams shoot 2 free throws on the 10th team foul (these foul limits apply to each half). 2nd half team fouls carry over into overtime.
- o Technical fouls: if a player gets a technical foul, then it counts as a personal & team foul
- o Flagrant fouls:
 - First offense - the player will be ejected from the game and is suspended from the next scheduled game
 - Second offense - the player is ejected from the game and is suspended for the season
 - o Free throws (shooter): player cannot cross the foul line until the ball hits the rim (this can be adjusted at the discretion of the referee & coaches)
- o Free throws (other players): players on the lane lines may enter on the release of the shot. Players outside of the 3 point line may enter when the ball hits the rim.

- **Defense & Pressing**

- o Defense: teams must play man-to-man defense. Help and recover systems are legal. No other defensive systems are allowed (i.e. half-court zones, zone traps, box & 1, etc.).
- o Half-court defense: players on the defending team can pick-up their players as they come over half-court (they do not have to start inside the 3-point line, as the younger grades do)
- o Double teaming: Double-teaming the ball is only allowed inside of the 3-point line (double teaming the ball is only allowed in the context of playing help defense within a man-to-man defensive system). Double teaming a player without the ball is not allowed.
- o Pressing: only allowed in the final 2 minutes of the game (if the game spread is 10 points or less). Man-to-man pressing only (no zone pressing is allowed).

- **Roster / Playing Time / Substitutions**

- o Playing time: equal for all players (refer to the mandatory substitution rules below)
- o Team roster: teams are not allowed to borrow players from other teams. Teams are allowed to play with 4 players, if they are short players (anything less than 4 players will result in a forfeit). If a team is short players and wants to borrow players from another team to simply allow the game to be played - this can be done (assuming the coaches agree to it), but the result of the game is a forfeit for the team that borrows players.
- o Mandatory substitution rule:
 - Substitutions are only allowed during standard stops for mandatory subs and player injuries (no other substitutions are allowed during the game)
 - Mandatory substitutions approximately every 5 minutes for both teams. The referee or score table will stop the game at the first natural stop in the game as close to the mandatory sub time. The clock will stop temporarily for subs, at the discretion of the score-keeper and referees (depending on the pace of the game and schedule constraints).
 - In the event that a team has less than 10 players, no player can play a second series of two 5 minute shifts in a row until all other players have played at least one series of two 5 minute shifts. For the sake of clarity, half-time does not restart this substitution requirement.
 - If a team has ten or more players, then all five players on the court must be substituted at each stoppage for mandatory subs
 - If a team has less than ten players, all players on the bench must substitute for the same number of players on the court (i.e. if a team only has three subs for a game, all three subs must enter the game and three players must come out of the game each and every time the game is stopped for mandatory subs)
 - In the event of an overtime period, teams are allowed to put any five players on the floor for the first overtime. In the event of an additional overtime period, all five players must be substituted and shall comply with the normal rules above.

- Other
 - o Referees: 1 or 2 refs for each game
 - o Rules: MIAA rules apply unless detailed above
 - o Motto for league play: Coaches coach, players play, parents parent & referees referee

Grades 7 - 9 Boys and Grades 6 - 9 Girls

- Equipment
 - o Basketball size (boys): 29.5" basketball
 - o Basketball size (girls): 28.5" basketball
 - o Basket height: 10' (standard height)
- Game Length & Other Information
 - o Pre-game warm-up / practice: 3-5 minute warm-up before each game (as time permits)
 - o Length of game: 40 minute games, consisting of two 20 minute halves
 - o Half-time: 2 minutes
 - o Overtime: 2 minute overtime periods, until one team wins
 - o Running time vs. stop-time: clock will run at all times, except the following:

- Player injuries
- Mandatory substitutions (clock will temporarily stop to allow for subs)
- Stop-time in the final 2 minutes of the game (if the game spread is 10 pts or less)

Timeouts

- o 1st half: 1 time out for each team (does not carry over to the 2nd half, if unused)
- o 2nd half: 2 time outs for each team (does not carry over into overtime, if unused)
- o Overtime: 1 time out for each team
- o Coach / player: coaches & players can call time-outs at this age

Fouls & Free Throws

- o Personal fouls: 5 per player (player fouls out on the 5th foul)
- o Team fouls: teams shoot 2 free throws on the 10th team foul (these foul limits apply to each half). 2nd half team fouls carry over into overtime.
- o Technical fouls: if a player gets a technical foul, then it counts as a personal & team foul
- o Flagrant fouls:
 - First offense - the player will be ejected from the game and is suspended from the next scheduled game
 - Second offense - the player is ejected from the game and is suspended for the season
- o Free throws (shooter): player cannot cross the foul line until the ball hits the rim
- o Free throws (other players): players on the lane lines may enter on the release of the shot. Players outside of the 3 point line may enter when the ball hits the rim.

Defense & Pressing

- o Defense: teams must play man-to-man defense. Help and recover systems are legal. No other defensive systems are allowed (i.e. half-court zones, zone traps, box & 1, etc.).
- o Half-court defense: teams are not restricted to half-court defense. Full court man-to-man defense / press is allowed at all times, subject to the point spread limitations detailed below.
- o Double teaming: Double-teaming the ball is only allowed in the context of playing help defense within a man-to-man defensive system. Double teaming a player without the ball is not allowed.
- o Pressing: full court man-to-man pressing is allowed at any point during the game. If a team is leading by more than 10 points they cannot press (the trailing team can still press). If the lead goes back to 10 points or less the leading team may press again. Man-to-man pressing only (no zone pressing is allowed).

Roster / Playing Time / Substitutions

- o Playing time: equal for all players (refer to the mandatory substitution rules below)
- o Team roster: teams are not allowed to borrow players from other teams. Teams are allowed to play with 4 players, if they are short players (anything less than 4 players will result in a forfeit). If a team is short players and wants to borrow players from another team to simply allow the game to be played - this can be done (assuming the coaches agree to it), but the result of the game is a forfeit for the team that borrows players.
- o Mandatory substitution rule:
 - Substitutions are only allowed during standard stops for mandatory subs and player injuries (no other substitutions are allowed during the game)

- Mandatory substitutions approximately every 5 minutes for both teams. The referee or score table will stop the game at the first natural stop in the game as close to the mandatory sub time. The clock will stop temporarily for subs, at the discretion of the score-keeper and referees (depending on the pace of the game and schedule constraints).
 - In the event that a team has less than 10 players, no player can play a second series of two 5 minute shifts in a row until all other players have played at least one series of two 5 minute shifts. For the sake of clarity, half-time does not restart this substitution requirement.
- If a team has ten or more players, then all five players on the court must be substituted at each stoppage for mandatory subs
 - If a team has less than ten players, all players on the bench must substitute for the same number of players on the court (i.e. if a team only has three subs for a game, all three subs must enter the game and three players must come out of the game each and every time the game is stopped for mandatory subs)
 - In the event of an overtime period, teams are allowed to put any five players on the floor for the first overtime. In the event of an additional overtime period, all five players must be substituted and shall comply with the normal rules above.

Referees: 2 refs for each game

Rules: MIAA rules apply unless detailed above

for league play: Coaches coach, players play, parents parent & referees referee

Other

- Other
 - Referees: 2 refs for each game
 - Rules: MIAA rules apply unless detailed above
 - Motto for league play: Coaches coach, players play, parents parent & referees referee