



TOWN LEAGUE RULES

Updated October 6, 2025

Philosophy:

Hennelly Division (Grades 3/4): This division emphasizes a combination of instruction and competitive league play.
Division 2 (Grades 5/6) and Leighton Division (Grades 7/8/9): These divisions will play by High School rules, as amended herein. Coaches and spectators are to keep in mind that the goal of the League is to create a positive experience for every player.

Rules and Regulations:

All rules and regulations apply to all divisions unless specific details are designated for each separate division.

Referees: The referees' decisions on rules during a game will be final. Coaches, players and fans are expected to treat the referees with respect, which includes refraining from comments regarding calls or missed calls. Contact the division coordinator if you have questions or concerns about the rules and/or referees.

Game Play: All Divisions: The games will consist of four quarters, each lasting 10 minutes, ensuring a fast-paced and exciting experience for all participants. There will be a running clock until 2 minutes left in the game unless a team is up by 20 or more points. To maintain optimal player performance and promote fair play, automatic substitutions will occur every (or as close to) 5 minutes (by both referee and scoring table during a dead ball or stoppage), allowing teams to rotate their players efficiently and keep the action dynamic throughout the game. This structure not only enhances the game's rhythm but also provides ample opportunity for all players to contribute. ****For Division II & Leighton only: Free substitutions are allowed in the last three minutes of the 4th quarter only during stoppage in play.****

Playing Time:

- Coaches should make every effort to balance playing time equally and fairly between all players present. Coaches can not punish a player for being late by docking their time.
- In a game where 10 players must participate, each player is required to play for a total of four 5-minute shifts, ensuring everyone gets equal playing time.
- In a scenario with eight or nine players on a team, it is the coach's responsibility to ensure that each player receives equal playing time as best as possible. This not only promotes fairness and inclusivity but also helps in the development of all players by providing them with valuable on-court experience.
- The coach should strategically rotate players during the game, keeping in mind each athlete's strengths and areas for growth, while also fostering a positive team dynamic.
- By prioritizing equal playing time, the coach reinforces the values of teamwork and sportsmanship, ultimately contributing to a more cohesive and motivated team.

****Under no circumstances should a player who is unregistered be allowed to play in a game or sit on a bench unless they are an approved assistant coach.****

Time Outs:

Hennelly Division: Each team will be allowed 2 timeouts per game and 1 timeout in overtime (1 minute per timeout). Timeouts from regulation time do not carry over into overtime. **Division 2:** 3 one-minute time-outs for each team per game. Maximum of two per half. **Leighton Division:** 3 one-minute time-outs for each team per game. Maximum of two per half.

Overtime:

Hennelly Division: An overtime period shall consist of a two-minute period of running time and one time out for each team.



WJBL

Weymouth Junior Basketball League

P.O. Box 342

Weymouth, MA 02190

weymouthbasketball.com



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Division 2 and Leighton Division: An overtime period shall consist of a three-minute period with stop time and one time out for each team. Up to three overtime periods may be played if time permits.

All games will have a 1 Hour Time limit, except Playoff and Championship Games.

Forfeitures: Teams may play with four players, but not with three. If a team does not have 4 players at the scheduled start of the game, they will be given a 10-minute grace period before a forfeit is declared.

Fouls: A player is disqualified with 5 fouls. On the 7th team foul in a half, the other team shoots one & one. On the 10th team foul, the other team shoots two foul shots. As the season progresses, the referees will enforce the high school rule allowing the foul shooter only 10 seconds to shoot after being given the ball.

Defense and Press:

Hennelly & Division 2: Teams may only play man-to-man defense; no zone defenses are allowed. There is no pressing until **Two minutes left** in the game: defense can only pick up at half court. Pressing is not allowed if a team is up by 20 or more points. You cannot run isolation plays. Teams cannot double-team an opposing player, but may provide help defense if the original defender is beat.

Leighton Division: A team may use any defense, including a full court press. If a team has a **20-point lead**, that team may not use a full court or backcourt press.

Uniforms: All players must wear WJBL shirts. Shirts must be tucked in and should not be altered in any way.

Practices:

Hennelly Division: Each team will have a one-hour practice per week into the month of January. Coaches should plan practice to maximize the entire hour. For a lot of the participants, this is the first time they have played organized basketball. Each week some effort should be made to teach something new (e.g. setting picks, man-to-man defense, the give and go). The last fifteen minutes of practice time is generally used to play the team at the other end of the court in an instructional scrimmage.

Division 2 and Leighton Division: Each team will have a one-hour practice per week for the month of December.

*****No team practices are permitted other than WJBL scheduled practices**.***

Conduct:

All participants shall adhere to the WJBL Zero Tolerance Policy posted on the WJBL web page. Coaches are responsible for the conduct of their players while they are in the gym. Unnecessary roughness, obscenities, or disrespectful conduct is not allowed by any coach, player, or spectator. Referees may call a technical foul or issue a warning at their discretion. If a second warning or technical foul is necessary, the referee or a Board Member may expel the individual from the game, with the possibility of further disciplinary action by the Board of Directors. Board Members coaching during a game will normally refrain from taking any action with respect to the opposing coach or his players.

Fighting will automatically result in expulsion from the game, and the next scheduled game. A second offense will result in expulsion from the league.

Under no circumstances should coaches, players or spectators harass the referees, other coaches or players. Instances of harassment or disrespect may result in a warning or expulsion from the league at the discretion of the Board of Directors. Players, Coaches & parents must not address the score keepers or time keepers directly. Address any issues with the refs or Board Members on site during a stoppage of play and the refs will call a timeout if warranted to make changes or corrections. If a player, coach or participant is ejected from a game, he or she shall leave the gym. The Board of Directors reserves the right to exclude any person from participation in the league for violations of these Conduct rules or the Zero Tolerance Policy.