

## Quabbin Valley Game Play Rules – Cheat Sheet 2025 Season

**Game Play Rules:** *We play by regular NFHS/MIAA Rules if it is not found in this document.*

1. Jewelry as prescribed in NFHS Rule is illegal and cannot be worn. This includes earrings, necklaces, rubber bracelets, rings, etc... Tape covering earrings is not permissible.
2. The head-coach is the only coach permitted to stand during play. Assistant coaches can stand during timeouts and/or intermissions. If a team has co-coaches, they must designate one coach that can stand prior to the game. This is the NFHS rule.
3. Basketball:
  - a. The 3/4<sup>th</sup> Divisions will use a “Junior” sized basketball (27.0 or 27.5).
  - b. The 5/6<sup>th</sup> Boys and 7/8<sup>th</sup> Girls will use a 28.5 basketball.
  - c. **The 5/6<sup>th</sup> girls will use a “Junior” 27.0 or 27.5 basketball.**
  - d. The 7/8<sup>th</sup> Boys will use a standard “Men’s” basketball (29.5).
4. 10-Second Backcourt:
  - a. There will be a 10 second backcourt violation for all divisions. This includes the 3/4<sup>th</sup> division as we want teams to get the ball over half court and not delay.
5. If a team has less than five (5) players, the teams can agree to play with less than five (play four on four) or the other team can “loan” a player to the other team. Teams are allowed a 10-minute period to field a team.
6. Closely guarded count is for “holding only” in the front court.
7. Free throws:
  - a. Teams will shoot the bonus two (2) shots on the seventh team foul in each half. Teams do not shoot the bonus following team/player control fouls (a foul on the offensive team).
  - b. *Players along the lane line(s) can now enter the lane for a rebound after the shooter releases the ball on a free throw attempt. The shooter and all remaining players behind the 3-point arc must still wait until the ball hits the rim and/or backboard before they can enter that area.*
  - c. ***3/4<sup>th</sup> and 5th/6th Grade Players ONLY - If the player crosses the foul line in the act of shooting, a violation will NOT be called; however, the shooter must start with both feet behind the line, the free throw shooter cannot run in the lane to get a rebound until the ball hits the rim (Officials' discretion).***
  - d. ***In the 3/4<sup>th</sup> division, the player can shoot from 12 feet instead of 15 feet which is the mid-point between the free throw line and the semi-circle closest to the hoop.***
8. Defense: A team can play any type of defense they want, zone or man-to-man. When there are 3 or more subs at one time, teams can quickly request a “match-up” when subbing.
9. There is NO 3-second rule in the 3/4<sup>th</sup> division.
10. Pressing:
  - a. In the 3/4<sup>th</sup> Divisions, there is no pressing. The defensive team must remain in their 3-point arc until the offensive team crosses half court. Once the ball crosses half court, the defense can leave the 3-point arc.
  - b. In the 5/6<sup>th</sup> and Divisions, team can press during the entire game **unless they are ahead by 10 or more points (15 in 7/8<sup>th</sup>).** If they are ahead by 10 or more points (15 in 7/8<sup>th</sup>), that team **must fall back** to **inside the 3-point arc**. Once the ball obtains

front court status with the ball and player in the front court, the defense can then come out of the 3-point arc and play defense anywhere in the front court.

- *Penalty: Teams will be given two warnings for violations of this rule. Any subsequent violation will result in a technical foul assessed to the head coach.*

**Timing:**

Division	Game Length	Halftime	Timeouts
3/4 <sup>th</sup> Grade	Two, 18 min halves	3 minutes	Two @ 60 seconds per game
5/6 <sup>th</sup> Grade	Two, 18 min halves	3 minutes	Three @ 60 seconds Per game
7/8 <sup>th</sup> Grade	Two, 18 min halves	3 minutes	Three @ 60 seconds Per game

9. The first 18 minutes of each half will be running time. The clock will only stop for shooting fouls (will start per normal rules), timeouts and/or injuries.
10. The final two minutes of each half will be regulation stop time and the clock will stop on all whistles.
11. In the last two (2) minutes of the game, the timers may run the clock if one team is ahead by 15 points or more.
12. Timeouts are 60 seconds in length. Teams are expected to return to the floor after the warning horn at 45 seconds and be ready to play for the second horn.
13. Overtime:
  - f. If the game is tied at the end of regulation, there can be one (1) overtime period.
  - g. Overtime will be two (2) minutes in length. The first minute will be running time and the second minute will be stop time.
  - h. Teams will have one (1) timeout during overtime, they lose any unused timeouts.
  - i. If the game is still tied after one (1) overtime, then the game is declared a tie.
  - j. In the playoffs, there is no overtime limit. Teams play until there is a winner.

**Officials/Behavior:**

1. If they receive two (2) technical fouls, they are out for the remainder of that game and the following game.
2. Any spectator ejected from the gym during a Quabbin Valley game will receive a minimum of a three (3) game suspension. Two (2) ejections in the same year will result in a one-year suspension from attending Quabbin Valley games. If the offended individual is caught attending a game, that team will forfeit the game and will risk being removed from the league.