



Milford Recreation Department
Parsons Government Complex
70 West River Street
Milford, CT 06460
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2025-2026

RULES AND REGULATIONS GOVERNING YOUTH GIRLS' BASKETBALL

The Milford Recreation Department reserves the right to make any decisions it feels to be in the best interest of the leagues, the Milford Recreation Department and/or the City of Milford. Rules not described within this document shall be determined by the National Federation of State High School Associations Rules Book.

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ELIGIBILITY:

1. All players must be full-time residents, or their parents must be real estate taxpayers in the City of Milford.
2. During the 2025-2026 Season, players who are members of a competitive organized basketball team in High School playing varsity, JV or freshmen basketball in either a public, parochial, or private school are ineligible to participate in recreation league play.
3. In all leagues, a player may participate in a higher age division above his/her age (i.e. a player may always play up but never down a division) but players are not be allowed to play for more than one team in any one league or participate in more than one league run by the City.
4. Grade as of September 1, 2024, will determine a player's eligibility. Eligibility exceptions will be handled by the League Director on a case-by-case basis.

EQUIPMENT

1. The 28.5 Women's Basketball shall be used for all Divisions.

COACHES

All coaches must be at least 21 years of age.

ROSTERS

Rosters are created and governed by the Milford Recreation Department. All decisions regarding roster additions and/or subtractions are at the discretion of the League Director. Please be mindful that there are likely wait-listed players prior to offering to take players. Please refer all unregistered players to the Recreation Department.

UNIFORMS

1. Matching jerseys with basketball numbers will be provided. All jerseys must be tucked in.
2. Jewelry shall not be worn. This includes watches, bracelets, rings, and earrings. Medical Alert tags are allowed but must be taped to the body to remain visible. Any exposed metal may be worn if covered with a soft material and taped.
3. Plaster or other hard cast may not be worn.
4. All players must wear sneakers.
5. Cut-offs, jeans, dungarees, etc. are not permitted.

THE GAME

1. **Time:** All leagues will play two (2) Halves, each consisting of 20:00 minutes running time, clock will stop under one minute remaining in each half. If a team is up 20 points the clock will run.
2. **Foul Shots:** Foul shots will be awarded on all shooting fouls and in the one-and-one situation. Note that in the 11U/2nd&3rd Grade Divisions, leagues all players will be allowed to shoot foul shots from a line three (3) feet closer to the basket. When a foul shot is attempted, the ball will become live when it is released. All players occupying the lane must hold their position until the ball is released from the shooter's hands.
3. **Bonus Free Throws (the one-and-one situation):** The bonus free throw is a second free throw which is awarded for each common foul committed by a player of a team beginning with the team's seventh (7th) personal foul in a half, provided the first free throw for the foul is made. The one-and-one situation begins with the team's seventh (7th) personal foul.
4. **Personal Fouls:** Players who commit five (5) personal fouls are disqualified from the game. After committing a personal or technical foul, the player must raise their hand in clear view of the scorer's table for I.D. All players MUST have

numbers on the back of his/her uniform.

5. **Technical Fouls**

A. Two technical fouls by a participant (player or coach) will warrant immediate expulsion from the game and building. Technical Fouls are also subject to additional disciplinary actions pending further investigation by the League Director.

B. Any participant or coach receiving three technical fouls during the course of the season will be expelled from the league (if conduct related.)

C. Three technical fouls (conduct related) by a team (including coach) in a game will result in the automatic termination of the game (forfeit) and subsequent disciplinary action.

D. Any team receiving 5 or more technical fouls will warrant immediate expulsion from the league.

7. **Intentional/Flagrant Fouls:** This will result in a two-shot technical and loss of possession. If a player is in the act of shooting, the team will be awarded an automatic two (2) shots and possession of the ball. Two intentional foul calls will result in the player and/or coach being ejected from the game. Flagrant Fouls are also subject to additional disciplinary action pending further investigation by the League Director.

8. **Time Outs:** Only two (2) time outs will be allowed per half and one (1) per overtime period. No carryovers. Time Outs shall be one-minute in duration.

9. **Overtime:** At the end of regulation playing time there will be a 3:00 overtime period. If a tie still exists a 3:00 maximum sudden death period will follow. If a point is not scored during sudden death overtime, a tie will be declared. Time stoppage will be the same as regulation.

10. **25-Point Rule:** At any point during the course of a game if a team builds a lead of 25 points or more points, no further points will be awarded. Leads of more than 25 points will be represented in the scorebook, but not on the scoreboard at any time.

11. **Pressing**

Girls 14U

Pressing will be a normal part of the game. When a team holds a lead of 20 points or more, they are not permitted to press.

Girls 11U

Full court pressing will be allowed only if **both coaches** agree prior to each game. Should one coach express a no pressing rule be in effect, the opposing coach will have to start their defense start on their defensive side of the half court line, allowing the other team to inbound the ball and bring it up court and over the half court line before defending. Half court pressing is allowed; however, the offensive team must be allowed to move the ball over the half court line before pressing or trapping.

12. **Four-Foot Rule**: In all youth leagues four feet must be allowed along the base line under the baskets during all out of bound situations.

13. **Three-Point Field Goal**: Are permitted in all leagues.

14. **Banners**: The league/division champion of each respective league will be represented on a banner in the Parsons Gymnasium. No individual trophies will be awarded.

15. **End of season playoff**: At the end of the season, there will be a playoff held to determine the championship. Teams will be ranked based on their regular season record. The first tie breaker to determine seeding will be head-to-head. If teams are still tied, a coin toss will be held. Playoff format will be determined by the league director.

16. **Shorthanded Rule** – At the scheduled start time, teams with four (4) players MUST start the game; additional players may be added at any time. There is no grace period. A forfeit in standings will apply.

17. **Blood Rule**: A player, coach, or referee who is bleeding or has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time that is reasonable is left to the referee's judgment. Once the bleeding has been controlled or the uniform with blood on it has been changed the player or referee may continue participation in the game. The uniform requirement may be suspended due to the Blood Rule.

EXCEPTIONS BY LEAGUE

All Leagues

Please note that attendance at practice and team functions could impact the "Mandatory Playing Time Rule." The coaches do have the permission of the Milford Recreation Department to hold a player out if he/she has unexcused absences at practice and/or team events.

Mandatory Playing Time Rule

Mandatory substitutions will be the first stoppage after the five-minute mark. All players on the court come off and all bench players (up to five) go on (please see chart below for exceptions). The scorekeeper will chart the players on the court however it is the coach's responsibility to be sure the rule is being followed properly.

14U Girls will have free substitution. The scorekeeper will not stop the clock for substitutions. 11U will have free substitutions as long as both coaches agree before the game begins.

- A. All players, prior to entering the game, must check in with the scorekeeper so the jersey number is logged and their time in the game is appropriately recorded. The scorekeeper will log all substitutions although it is also recommended that each team log their own substitutions as well as their opponents. Official Recreation Department score sheets will be made available to all coaches.
- B. At half time the referees, scorekeeper, and coaches will confer to be sure both teams are applying the rule properly. The coaches shall then confer with each other and indicate to the referees and scorekeeper who needs to play in the second half and for how long. Coaches failing to abide by this rule risk disciplinary actions including, but not limited to, probation, suspension, and/or expulsion from the league pending further investigation by the league director.
- C. Coaches may substitute freely only for an injured player. If the player is out of the game, they must now follow the new formula based upon the number of players. If abuse of this free injury substitution is suspected a rule allowing the opposing coach to pick injury substitutions will be implemented.
- D. Any overtime period is exempt from the playing time rule, free substitution is permitted.

2nd & 3rd Grade Rules:

- A. Games will be two 20-minute halves. 2 Time-outs per half. Time out do not carry over.
- B. Hoops will be lowered to 8 ft.
- C. The Mandatory Playing time rule from above still applies.
- D. Players will have 6 personal fouls before they are expelled from the game.
- E. **NO PRESSING IS ALLOWED.** The defensive team must be positioned behind the three-point line.

- F. In the event of a tie at the end of regulation. Each team will shoot a free throw to determine who wins the game (visiting team shoots first). Each team will get an opportunity to match. If one team misses and the other team makes it, the game is over. If there is no winner after 5 rounds, the game will end in a tie.
- G. This is a developmental league (referees will not make every call-they have been instructed to help explain the rules to the players). The main goal is to play, learn, and have fun.

PLAYING TIME DISCREPANCIES

- A. If a coach feels that the opponent is in violation of the playing time rule, they must formally protest the game to the referee prior to the game's conclusion. The referee will make the other coach aware of the protest.
- B. It is important to note that the referee's role is to aid the coaches at half-time in the interpretation of the rule in order to help determine who needs more playing time and whose time may be limited in the second half.
- C. The League Director and the coaches themselves, not the referees, shall police the enforcement of the rule. In-game discrepancies should be worked out between the coaches. If the discrepancy remains the game must be protested in order for the League Director to launch an inquiry.

THE MINIMUM PLAYING TIME RULE IS AS FOLLOWS

<u>NUMBER OF PLAYERS</u>	<u>MINIMUM NUMBER OF MANDATORY PERIODS REQUIRED</u>
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Every player must play for a minimum of 20 minutes.

END OF GAME PRESSING EXCEPTION

11U:

- The losing team may full court press in the last one-minute of the game if they are within ten points of tying the score.
- The team in the lead may full court press in the last one-minute of the game only if their lead is six or less.

FORFEITS, PROTESTS & RESCHEDULED GAMES

1. All games are to be played as scheduled. Games are typically only rescheduled due to inclement weather but in the event that you cannot field a team please contact your specific league director with your circumstances.
2. Any team using an illegal or ineligible player shall automatically forfeit all games said player participated in.
3. Protests will only be heard in the case of rule interpretation, playing time rule or ineligible players. No protests will be heard on cases involving the referee's judgment. Only managers may file protests.
4. All requested documents (scorebook, birth certificate, etc.) must be turned over to the League Director no later than 24 hours after notification to do so, from the League Director.
5. All protests shall be filed with game officials while the game is still in progress. Then it must be submitted in writing to the League Director within 24 hours (Monday by noon for Friday or weekend games) of the completion of the game accompanied by a \$50.00 protest fee. This fee will be refunded if the protest is upheld.
6. Any team forfeiting two (2) games shall be dropped from the league, unless, in the judgment of the League Director, extenuating circumstances exist, or it is in the best interest of the league to not drop the team.
7. Ineligible players shall be suspended one game for each game he/she participated in. The offending coach shall be assessed with the same penalty.

CONDUCT

1. Any player-coach-team participating in a fight (or any violent act towards another person) will be ejected from the game, to be followed by further disciplinary measures pending investigation by the League Director. Disciplinary measures include but are not limited to suspension, probation, and/or expulsion. All decisions levied by the League Director are final.
 - a. **Suspension** – Is defined as when a player, coach, or spectator may not participate or attend a game or games as set forth in the specifics of the disciplinary letter for the League Director.
 - b. **Probation** - Is defined as when a player, coach, or spectator is subjected to a period of review at the League Director's

discretion as a result of a violation of rules, regulations, policies, and philosophies with the possibility of suspension and/or expulsion if standards are not met.

- c. **Expulsion** - Is defined as when a player, coach, or spectator has been permanently eliminated from the league by the League Director for the duration of the regular season and playoffs, if necessary. The length of an expulsion is at the League Directors discretion and MAY EXCEED ONE YEAR. Violators may not participate or attend any game or practice while expelled. He/she must sever all ties with their former team.
2. Only a team manager, coach, or designated captain may discuss a play with the officials and only at the appropriate time (i.e. timeouts, half time). Any other persons doing so may be ejected from the game.
3. Any player and/or coach making disparaging or insulting remarks gestures, trash talking, or threats toward a referee, player, coach, spectator, or recreation official or representative will be ejected from the game to be followed by further disciplinary measures pending investigation by League Director. Second offense will result in expulsion from the league. If this violation, in the judgment of the officials or Recreation Department Representative, is considered flagrant, it will result in expulsion from the league with further disciplinary measures to follow, pending investigation.
4. ANYONE PHYSICALLY APPROACHING OR THREATENING ANY REFEREE OR RECREATION DEPARTMENT REPRESENTATIVE WILL BE SUSPENDED FROM ALL RECREATION DEPARTMENT ACTIVITIES INDEFINITELY, PENDING INVESTIGATION.
5. The drinking of alcoholic beverages or taking of restricted or illegal substances by a participant before, during, or immediately after a game is prohibited. If discovered to be on person or on premises, violators will be ejected from the game and facility with possible further disciplinary measures to be taken at later date.
6. A participant may be ejected from the game without warning if in the mind of the Recreation Department representative, a person's behavior warrants expulsion.
7. In all of the above instances, the person(s) in question must leave the facility immediately. Failure to comply will result in Police notification and warrant forfeiture of the game and further league discipline.

8. A referee/Recreation Official may terminate a game if they feel the ideals of recreation play are not being observed.
9. Any player/coach ejected from a game will be automatically suspended for the next scheduled game, to be followed by further disciplinary measures pending investigation by League Director and placed on probation for the remainder of the season.
10. Any player/coach expelled for flagrant misconduct will be suspended indefinitely from all Recreation Department activities based on severity of the incident and pending investigation by the League Director.
11. Coaches are responsible for the conduct of their assistants, players, and spectators.
12. If not described in league rules and regulations, the League Director may take any measures he deems necessary against players, coach, team, and/or spectators.
13. The Seatbelt Rule will be administered at the discretion of the referee. If a coach has become unruly, he may be assessed the seatbelt rule. This rule states that the coach must sit down for the remainder of the game (excluding timeouts and injuries). A technical foul does not have to precede the assessment of the seat-belt rule, however, if a coach is assessed with a conduct related technical foul the seatbelt rule shall automatically go into effect for the remainder of the game.

COACHES / PARENTS RESPONSIBILITIES

1. A maximum of three coaches will be allowed on team bench or on gym floor during games. *All coaches must submit a background form.
2. No child is to be dropped off at the gym more than 15 Minutes before scheduled game time. Parents are responsible for the behavior, supervision, and safety of their children at all times.
3. All players must be given an equal amount of playing time according to the playing rules set forth above.
4. Sportsmanship - is your primary concern. Your integrity and concern for the development and welfare of your players should come before winning. Coaches are encouraged not to attempt to recruit players off of other teams in order to strengthen their own team.

5. Coaches are responsible for turning in their team's roster to the Recreation Department by the League Director's established deadline. All rosters must be turned in prior to playing in any games; failure to do so will result in forfeit. The Official Milford Recreation Department Roster is available at the Recreation Department (this is an official form that requires parental consent via his/her signature; it is not a typed list of names).

SPECIAL NOTES

The Parsons Complex and West Shore Recreation Center have strict controls established for its use. Our department is asking for your cooperation in effort to maintain this quality facility. Please familiarize yourself as well as your players and spectators of these guidelines that are to be followed at all one of our playing sites.

1. No food or beverages are allowed in the gymnasium at any time.
2. All players are asked not wear their "game sneakers" into the gymnasium. Please try to bring them and then change into them.
3. Horseplay or ball playing is not permitted in any of the common areas (hallways, lobbies, restrooms etc.) at any facility, including the gymnasiums. All spectators should be seated in the chairs/bleachers provided or standing in the spectator area.
4. The League Director may make any decision he deems necessary to be in the best interest of the City of Milford, Milford Recreation Department, the League, and/or its participants.

INCLEMENT WEATHER

In the event of inclement weather, cancellation information will be posted at 4:00 pm at www.milfordrecreation.com and on social media.

Please note that no decisions will be made prior to 4:00 pm. It is the coach's responsibility to be aware of any inclement weather-related cancellations. The League Director shall be responsible for distributing reschedule information. Our decision to cancel is not based on the actions of the Board of Education. Do not assume that games will be cancelled on days that school is cancelled or dismissed early.

