

**SOUTHEASTERN CONNECTICUT REGIONAL
GIRLS BASKETBALL LEAGUE
BY-LAWS 2025-2026**

I. ORGANIZATION

A. The organization shall be known as the **Southeastern CT Regional GIRLS BASKETBALL League** and shall consist of a girls' league only. The organization shall be non-profit.

II. PURPOSE & ELIGIBILITY

A. The league is organized to promote, develop, supervise and voluntarily assist the interests of youth who participate in the New London, Groton, East Lyme, North Stonington, Preston, Griswold, Colchester, and Ledyard Girls Leagues.

B. The Girls league shall be open to all girls 8-15 years of age who are participants of the above regions.

III. GOVERNING BODY

A. **Southeastern Regional GIRLS BASKETBALL League** shall be governed by the League Presidents (one from each region).

B. The Administrators from each region shall have the authority to suspend any person affiliated with the league whose conduct is considered detrimental to the best interest of the league.

IV. OFFICER RESPONSIBILITIES

A. The Presidents or Recreation Directors shall conduct all meetings and appoint all committees and shall perform all other duties as directed. In addition, the Presidents shall arrange for and schedule practice gyms on an equitable basis, and reschedule all postponed or suspended games. The Presidents shall assume responsibility for the overall operation of the league.

B. Each region shall be in charge of its own registration, tryouts, rosters, and shall maintain a complete file of all league players and all players eligible for league teams. All player and personnel changes shall be handled by the respective region. Rosters (names) with numbers will be shared for each team in each region prior to the first game with the other regions and any additions to the rosters after the first game will be emailed within 3 business days to the other regions.

V. MEETINGS

A. There shall be regular meetings of the Governing Body at designated and publicized day, time and place or held virtually.

B. Any interested person may attend any regular meeting.

C. The Order of Business shall be:

1. Call to Order
2. Unfinished Business
3. New Business
4. Adjournment

D. Additional meetings can be held separately in each Region.

VI. LEAGUE OPERATION

A. Head Coaches

1. Each team shall have a Head Coach appointed by a League President. The President is allowed to fill any vacancies. **Only one person will be able to stand during the game at any time per bench.**
2. Assistant coaches are assigned in a manner determined by each Region.

B. Compulsory Playing Time

1. Micros (8-9) and Juniors (10-11):
 - a. Every player in uniform shall participate in each game for a minimum of half the game. At approximately half way through each period, subs will come to the table and will be called into the game by the referee only. All teams will follow the rules laid out on the "Rotation sheet" which is attached in Appendix A. This sheet will be turned into the score table by coaches **5 minutes prior** to the start of each game. After names are copied into the scorebook coaches will receive the sheet back to follow. Every effort will be made by League Presidents to limit the roster to 10 players. However, it is the goal of the league to get every child interested in playing basketball onto a team.
 - b. Monitoring of compulsory playing time will be conducted at the scorekeeper table.
 - c. Substitutions may only be made from the table at the start of a period, or midway through a period. Substitutions at the midway point are called by the referee or score table on a dead ball or at a time when no immediate scoring or change of possession is possible.
 - d. **If a player is unable to play for an entire shift due to injury or other reason, the player(s) with the least number of playing time slots will be used as the sub.** Every effort is made to allow the player to return to

the game to maintain the goal of equal playing time. The substitute will remain in the game in the same number spot as they started the game.

- e. **If a coach violates the rules of the rotation sheet, the team will be given a warning by the referee.** For the second violation, the team will receive a technical foul. For each subsequent violation, an additional technical foul will be given.

2. **Seniors (12-15):**

- a. The Senior Division will use a more advanced level of play time. Each Player in attendance will have a required minimum playing time of 12 minutes (approx. 35%). If a player is late and cannot enter the game until the second half, they will have a required minimum playing time of 6 minutes. Substitutions will be made like a real game where players report to the scoring table for entry into a game. It is the responsibility of the head coach to ensure each player meets the minimum 12-minute playing time rule. Failure to comply will result in a possible forfeit of the game and a 1 game suspension of the Head Coach. Each starting player must be substituted for at least one during a game. If a player fouls out of the game, the 12-minute minimum playing time rule does not apply

C. **Equipment**

1. All games must be played on regulation type courts, regulation basketballs must be used, baskets must be 10' high, foul lines must be 15' from the backboard. 8-9 and 10-11 year old players have the option to use the 12' line to shoot foul shots. 8-9 year old players will use an intermediate size ball (27.5). 10-11 and 12-15 year old girls will use a women's size ball (28.5).

D. **Game Regulations**

1. Games shall be played in accordance with the most current standard High School rules (except for changes specifically outlined by these bylaws) and will include the three (3) point shooting range.
2. There shall be **one minute between quarters and three (3) minutes between halves. Subs will sub from the table in all divisions. There is no timeout at the mid period substitution.** Coaches who continue to take a timeout could receive a technical foul at the discretion of the referee.
3. Game shirts with original numbers on the back are to be worn in every game. Players must wear non-marking athletic shoes in all practices and games.
4. No player is to damage or remove the sleeves of the uniform.
5. Games will be composed of four (4) eight-minute time quarters with a running clock the whole time except for the last 2 minutes in each half.

6. The clock will be stopped for foul shots.
7. Games are limited to one hour.
8. Each team is allowed 2 time-outs per half. Unused time-outs cannot be carried over the next half.
9. Each player is allowed five (5) fouls. At that time, the player will be ejected from the game. The player is not eligible for any overtime period. The bonus will begin with two free throws awarded for a common foul beginning with the team's fifth foul in each quarter. The fouls rest at the end of each quarter.
10. Score will be stopped after a team is 15 or more points ahead.
11. There will be no full court or pressure/swarming defense allowed once a team is ahead by 10 or more points. Referees will call a technical foul after one warning, and the offensive team will get the ball back. Full court of pressure defense is:
 - Allowed in the 12-15 year old league any time a team is ahead by fewer than 10 points.
 - Prior to Winter Break – Allowed in the 10-11 year old league only in the last TWO minutes of each half when a team is not ahead by more than 10 points. After Winter Break (after January 1st) – Allowed in the 10-11 year old league any time a team is ahead by fewer than 10 points.
 - NOT allowed in the 8-9 year old league during regular play. Teams must get back to half court. Will be allowed in the last 10 seconds of a playoff game.
12. 8-9, 10-11, and 12-15 year olds may play man to man or zone defense. Double teaming is allowed. However, in the 8-9 year old league, the referees will call a violation if 2 or more players are swarming a given player outside the three point line. A warning will be issued by the referee for the first violation. A technical foul will be issued for subsequent violations. For the 10-11 year old division, this same rule will apply in the beginning of the season before January 1st. After the first of the year, pressure is permitted unless a team is winning by more than 10 points.
13. All coaches will have first aid kits available for use.
14. If a team does not have 5 players to start the game, the refs will wait 10 minutes before declaring a forfeit. At that time, a scrimmage will be played, if possible, for the remaining time.
15. Overtime periods shall be three (3) minutes. One overtime period will be played if necessary in the 10-11 and 12-15 age groups.
 - Any five players may play. Fouled out players are ineligible.
 - Team fouls reset, player fouls carry

E. ROSTERS

1. If a player is dropped or leaves a team, a replacement player may be assigned by a Region. The new player added to the team to fill the vacancy should then become a permanent member of that team. Players may not be added after the halfway point of the season.
2. Trading of players among teams is not allowed without approval of Region.
3. A player may play up a division. However, after playing in two games the player may not again play in the younger group.
4. Ages determined by December 31, 2025.
5. Leagues are separated by 8-9 years old, 10-11 years old, and 12-15 years old.
6. Each region will designate their own rules for selecting teams.
7. Unregistered players may not practice or play.

VIII. SCHEDULES/PLAYOFFS/STAFF

- A.** Every team will play at least once each weekend unless there is an odd number of teams in which case one team will have a bye each week or double-headers will be scheduled if gym time is available.
- B.** Games begin the first week of December.
- C.** All games are to be refereed by two certified referees.
- D.** All games will be staffed with a designated on-site supervisor who will oversee any dispute, behavior problem, or coach's question.
- E.** The season consists of regular season play of a minimum of 8 games per team followed by a tournament or "Super Saturday" schedule in mid-February which will determine a Champion for each division.
- F.** Each region is to conduct a parents' meeting at the start of each regular season to discuss rules and expectations of player, coach, and parent behavior. Coaches will also meet with their players at this time to discuss schedules, practice times, and procedures.
- G.** Each region is responsible to schedule their own staff to run the score clock, monitor playing time/rules and schedule referee staff for all games they are responsible for. There should be two referees for all games. First aid kits will be available onsite as coaches do not travel with kits in every region

IX. SPORTSMANSHIP AND PLAYER CONDUCT

- A.** Coaches will be responsible for the conduct of teams before, during and after the game.
- B. DISCIPLINARY TECHNICAL FOULS** – Any player/coach who receives (2) disciplinary technical fouls (unsportsmanlike) in one game will be suspended for the remainder of the game and face a one game suspension. A second game with two technical fouls will result in expulsion from the league. It is the discretion of the Presidents to supersede rules with the on court referees under advisement. For a Saturday or Sunday game; the decisions should be made by Monday as to the consequence of the action. Fighting will result in a minimum of 1 game suspension with a decision on the total suspension to be within three days of the incident.
- C.** The Presidents shall have the authority to resolve any problems dealing with sportsmanship and player conduct. The decision of the Presidents shall be final concerning all parties.
- D.** Coaches must remain in the bench area during the game. Abusive language will not be tolerated.
- E.** Any parents who use abusive language or display unacceptable behavior will be immediately removed from the gym by the referee. The on-site supervisor will contact the region the parent is from to discuss the situation and any further action required.

Appendix A
Player Rotation Sheet

SECT BASKETBALL LEAGUE ROTATION SHEET

Player Time Sheet

Date _____
 Team _____

Player's Num	Name	Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									

- 1 Check each period that player will play in and submit to head table before the start of the game.
- 2 With 11 players 7 will play 4 periods and 4 will play 3 periods
- 3 With 10 players each will play 4 periods
- 4 With 9 players 4 will play 5 periods and 5 will play 4 periods
- 5 With 8 players all will play 5 periods
- 6 With 7 players 5 will play 6 periods and 2 will play 5 periods
- 7 With 6 players 4 will play 7 periods and 2 will play 6 periods
- 8 A player can not play all periods in one half
- 9 A player can not play in all periods unless 6 or less players present.
- 10 Coaches should reward players who attend practices with more periods of play.