

PBC *In House* "QUICK RULES" CHART 2025-2026 – *Time Call Outs: Between QT's 1min-Half Time 4 min – STOP Clock @ 5 minutes player change*

GIRLS DIVISION	BALL SIZE	TIME PER QUARTER	OVERTIME	FOUL LINE	SHOOTER MAY GO OVER THE LINE	TIME OUTS	BASKET HEIGHT	3 SEC. RULE	PRESS	3 POINT SHOTS	DEFENSE
2 nd /3 rd	27.5	10	None	N/A	N/A	4	9 ft.	NO	NO	NO	Players must stay behind top of key until ball crosses top of key. MAN TO MAN Defense only. No Double Teaming. No 10 second count. No 3 seconds. No free throw shots at this grade level.
4 th -5 th	27.5	10	1	12 ft.	YES	4	10 ft.	5 SEC.	NO	YES	Players must stay behind top of key until ball crosses mid court. MAN TO MAN Defense only. No 10 second count. No 3 seconds
6 th -8 th	28.5	10	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind top of key until ball crosses mid court.
H.S.	28.5	10	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.
BOYS DIVISION	BALL SIZE	TIME PER QUARTER	OVERTIME	FOUL LINE	SHOOTER MAY GO OVER THE LINE	TIME OUTS	BASKET HEIGHT	3 SEC. RULE	PRESS	3 POINT SHOTS	DEFENSE
2 nd /3 rd	27.5	10	None	N/A	N/A	4	9 ft.	NO	NO	NO	Players must stay behind top of key until ball crosses top of key. MAN TO MAN Defense only. No Double Teaming. No 10 second count. No 3 seconds. No free throw shots at this grade level.
4 th	28.5	10	1	12 ft.	YES	4	10 ft.	5 SEC.	NO	YES	Players must stay behind top of key until ball passes mid court. MAN TO MAN Defense only. No 10 second count. No 3 seconds
5 th /6 th	28.5	10	1	15 ft.	YES	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing. See notes on pressing. MAN TO MAN Defense only.
7 th /8 th	29.5	10	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing. See notes on pressing. MAN TO MAN Defense only.
H.S.	29.5	10	1	15 ft.	NO	4	10 ft.	YES	YES	YES	Players must stay behind center court unless pressing.

- **Uniforms/Jewelry** – Players must wear their team shirt and must be tucked into shorts. No jewelry of any kind may be worn.
- **Playing Time** – Every player must play minimum of half the game. No player may sit out consecutive half/quarters. **Equal Playing Time** is required. Coaches should refer to the “equal play guide” for direction. Player Time Sheets have also been provided to all Coaches.
- **Pressing** – 6/7/8 Girls & 5/6 Boys pressing in the final 2 minutes of the 4th quarter. 7/8 Boys & HS pressing allowed entire 4th quarter. No press is allowed if you have a lead of 10 or more (15 in HS).
- **Team Fouls** – Six (6) team fouls per half. 1 and 1 foul shots starting with the 7th foul each half. Ten (10) team fouls – 2 shots.
- **Personal Fouls** – Each player is allowed five (5) fouls. Upon receiving fifth personal foul, player is disqualified.
- **Overtime** – Overtime will be 3 minutes. No division will have more than 1 overtime. Only 1 timeout is allowed overtime. Running clock with stoppage in the last minute.
- **# of Players** – Teams must have at least 4 players to begin a game. If necessary, you may play with less than 4 once a game begins.
- **Player Foul Outs**- Coach must choose player that has equal ability from the bench.
- **Running Clock**- Clock will run with the exception of the last 2 minutes of a game in 4th quarter ONLY. Score differential of 10 points or less. HS–Clock will stop for foul shots
- **Defense** – In the early grades, coaches should line up the players at each substitution to help players identify who they are defending. Coaches should make their best effort to put their more experienced players defending the other teams more experienced players. No defense will be played beyond the red line at LMES. At PES there is no line, so we usually say half court there.
- **Shooting Fouls** - are NOT called in grades 2/3. Parents should be made aware of this otherwise they will start harassing the officials.
- **"Running Up"** - of the score is never permitted in any grade.
- **Sports Engine** - The winning team is responsible for entering the score into Sports Engine in all grades. No standings for grades 2/3 as there are no playoffs/championships.
- **Technical Fouls** – A player who receives a technical foul will sit for the rest of the quarter. A player receiving a second technical foul same game will receive a mandatory one game suspension and participation in the program will be reviewed by the BOD. Coaches are required to report technical fouls to League Directors within 24 hours.

- **Seating** - No chairs for spectators at PES. Parents can bring their own, but Coaches and parents should not be asking janitors for chairs. The book and clock, and the teams have benches/chairs. That is all we provide.
- **Issues during games:** If any issues come up with the team you are playing that day, parent/spectator issues, ref questions, please report/reach out to your league director within 24 hours.
- **Game ball:** One team should provide the ref a ball to use for that game – refs will determine the best ball to use. The league does not provide game balls.
- **First Aid:** Our book and clock team does have basic first aid kits, blood clean up kits, rubber gloves, paper towels, and disinfectant wipes in their bins. **Coaches** should clean up any blood that gets on the court or on surfaces in the gym.