FARMINGTON VALLEY RECREATION BASKETBALL LEAGUE

League Rules & Policies

2026 2027

Avon, Burlington, Canton, Harwinton & Farmington

Thank you for participating in the Farmington Valley Recreation Basketball League! The towns of Avon, Burlington, Canton, Farmington and Harwinton have joined together to create this league focused on introducing children to the sport of basketball and empowering them to develop skills and have fun. Please review the following rules and policies.

League Policies

Sportsmanship

The Farmington Valley Recreation Basketball League is dedicated to providing boys and girls an opportunity to learn the fundamentals of basketball in a team setting all while promoting sportsmanship and camaraderie in a safe, fun environment. The league looks to the coaches, parents and staff to foster an environment where participants can learn and grow as players. **By focusing on sportsmanship, we can make this season a success that is measured by small benchmark achievements more than team records. Sportsmanship should be emphasized during every aspect of play throughout the season.**

Sportsmanship: Fair and generous conduct or treatment of others, especially in a sports contest.

Players: One demonstrates good sportsmanship when showing respect for yourself, your teammates, and your opponents, for the coaches, referees, judges, and other officials. Sportsmanship is a style, an attitude and a mindset, and it can have a positive impact on everyone around you.
A competitor who displays poor *sportsmanship* after losing a game or contest is often called a "sore loser", while a competitor who demonstrates poor *sportsmanship* after winning is typically called a "*bad* winner".

Coaches: Volunteers like you continue to allow us to offer quality youth programs of this significance. Some of the endless benefits of participating in programs like our recreation basketball programs include keeping our families and youth active and social, learning fair play, and sportsmanship. As coaches, the players on your team as well as your opponents look up to you; please lead by example.

Although every call may not go your way and every shot may not go in, demonstrating good sportsmanship is key.

Please remind your players and their parents that one demonstrates good sportsmanship when showing respect for yourself, your teammates, and your opponents, as well as for the coaches, referees, judges, and other officials. Sportsmanship is a style and a mindset, and it can have a positive impact on yourself and everyone around you.

Parents: To make sure your child gets the most out of his or her playing experience, parents should show support for all participants, coaches, referees and fellow spectators. In order to maintain a fun and safe playing environment, please continue to bolster positive reinforcement of your child's performance and effort. Parents should be positive role models, including, but not limited to, showing proper sportsmanship at all times and refraining from negativity or taunting of any kind.

By registering for the season, the league expects all players, coaches and parents to follow the general parameters outlined in the sportsmanship section. Continuous violation of this policy may result in removal from the league.

Safety Guidelines

Public Act No. 21-64: Pursuant to the Governor's Task Force on Justice for Abused Children in CT (GTF) all operators of youth sport activities must distribute the Connecticut Safe Sport Policy: Child Abuse Prevention guidelines to each parent or guardian upon registration. All three documents can be found here: https://portal.ct.gov/DCF/GTF-CJA/HB-6113

CDC Concussion Information: All coaches and parents should review the CDC fact sheet for youth sports parents: https://cantonct.myrec.com/documents/parent_athlete_info_sheeta.pdf

Mercy Rule

In the interest of sportsmanship, at the discretion of the League Director/Gymnasium Supervisor/Referee, if teams are separated by more than twenty points at the end of the first half the scoreboard may be reset to 0 – 0 at the start of the second half after a discussion/approval of each coach. Accurate scoring shall still be kept in the books and reported to QuickScores.

Travel Players Policy

The Farmington Valley Rec Basketball League does not accept and will not allow for travel team players to participate in this recreational league. If players have joined a travel league, then they are not permitted to play in the recreational league.

Substitution Policy

Substitutions must occur at the halfway point of each quarter and end of each quarter. No additional substitutions may occur at timeouts or other stoppage of play, except if there is an injury. All age groups must adhere to the substitution policy.

The league is recreational in nature where player development is the number one priority, not winning and losing. Coaches are responsible for providing equal playing time to all players on their team, no matter their individual skill level. Substitution breaks are not to be treated as time outs. During substitution breaks, coaches should only facilitate substitutions, allowing play to resume as quickly as possible.

Timing

Clock is kept running except for timeouts and the last minute of the first half and last two minutes of the second half on dead balls.Time will be stopped (within reason) for substitutions. The substitution period should be strictly for switching players, not to meet with the team. *In the event of a tie, at any age-bracket, overtime will be played if time allows at the discretion of the site coordinator. If time does not allow, or if overtime ends in a tie, the final score will result in a tie.*

The duration of breaks between quarters and half time is at the discretion of the official and/or site coordinator. Breaks may be shortened to keep the site's game schedule on track.

Weather

Weather can be unpredictable and the League will make every effort to make cancellations the Friday before games to give parents/guardians as much advance notice as possible. Please note, the League works together to make the call to cancel; meaning if one site is canceled, all sites will cancel for the day. *The league will try to make up a game, but it is not guaranteed.*

Additional Rule

All jewelry, including necklaces, bracelets, piercings (earrings), and rings, is prohibited for safety reasons. Players are not permitted to play with any jewelry until it is removed, and it cannot be covered with tape. Religious and medical-alert medals are exceptions and must be taped.

Grade 2 & 3

- Boys and girls in grades 2 & 3 will play with a 27.5” basketball.
- Boys and girls in grades 2 & 3 will play with 9’ hoop
- **ONLY Man-to-Man Defense will be played**
- Double-Team will not be permitted.
- Stealing off of the dribble will not be permitted.
    - *No stealing while the player is in possession of the ball (holding or dribbling). Only stealing off the pass is permitted.*
- Full-Court-Press will not be permitted.
- In lieu of free throws, players will be given a lay up attempt on shooting fouls only - no bonus,
- 8 minute quarters (running time)
- No scores will be recorded on the scoreboard during game or on website standings
- When a shooting foul occurs, the fouled player will take a lay-up instead of foul shot
- Two 30 second timeouts per half
- In keeping with the recreational nature of this league, officials may use their discretion to keep the pace of the game by guiding players through infractions as opposed to stopping the play (whistling).

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Grade 4

- Boys and girls in grade 4 will play with a 27.5” basketball.
- Zone and Man-to-Man Defense will be permitted. Stealing is permitted.
- NFHS basketball rules shall apply unless otherwise noted, with exception to the following:
    - Double-Team will not be permitted.
    - Full-Court-Press will only be permitted by one player during the last two minutes of each half. Teams shall not press if up by more than 10 points.
- 10 minute quarters (running time)
- Two 30 second timeouts per half
- In keeping with the recreational nature of this league, officials may use their discretion to keep the pace of the game by guiding players through infractions as opposed to stopping the play (whistling).

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Grade 5/6

- Boys and girls in grades 5 & 6 will play with a 28.5” basketball.
- NFHS basketball rules shall apply unless otherwise noted, with exception to the following:
    - Full court press will only be permitted by one player during the last two minutes of each half. Teams shall not press if up by more than 10 points.
    - Three Second Rule: Verbal warnings shall be given for the first offense. Upon a second offense stoppage of play will occur, which will result in a turnover.
- 10 minute quarters (running time)
- Two 30 second timeouts per half

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Grade 7/8

- Girls in grades 7 & 8 will play with a 28.5” basketball.
- Boys in grades 7 & 8 will play with a 29.5” basketball.
- NFHS basketball rules shall apply unless otherwise noted.
- 10 minute quarters (running time)
- Two 30 second timeouts per half

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