

PBC - Pomperaug Basketball Community *Travel League is part of the FCBL-there rules*

“QUICK RULES” CHART 2025-2026 – For a full rules list go to FCBL site: www.fcblhoops.org

GIRLS DIVISION	BALL SIZE	TIME PER QUARTER	OVERTIME	FOUL LINE	SHOOTER MAY GO OVER LINE	TIME OUTS Per Game	BASKET HEIGHT	3 SEC. RULE	PRESS	3 POINT SHOTS	DEFENSE
5 th	28.5	8	3min 1 timeout	13ft	YES	3 full- 1min 2- 30sec	10 ft.	YES	NO/YES	YES	There will be no backcourt pressing allowed except in the final two minutes of the game (and in any overtime periods) while still observing the 10 point Mercy Rule.
6 th	28.5	8	3min 1 timeout	14ft.	YES	3 full- 1min 2- 30sec	10 ft.	YES	YES	YES	There is full game pressing in the below divisions until a 15 point lead
7 th	28.5	8	3min 1 timeout	15ft.	NO	3 full- 1min 2- 30sec	10 ft.	YES	Yes	YES	There is full game pressing in the below divisions until a 15 point lead
8 th	28.5	8	3min 1 timeout	15ft.	NO	3 full- 1min 2- 30sec	10 ft.	YES	YES	YES	There is full game pressing in the below divisions until a 15 point lead
BOYS DIVISION	BALL SIZE	TIME PER QUARTER	OVERTIME	FOUL LINE	SHOOTER MAY GO OVER LINE	TIME OUTS Per Game	BASKET HEIGHT	3 SEC. RULE	PRESS	3 POINT SHOTS	DEFENSE
5 th	28.5	8	3min 1 timeout	15ft	NO	3 full- 1min 2- 30sec	10 ft.	YES	YES	YES	There is full game pressing in the below divisions until a 10 point lead.
6 th	28.5	8	3min 1 timeout	15ft.	NO	3 full- 1min 2- 30sec	10 ft.	YES	YES	YES	There is full game pressing in the below divisions until a 15 point lead
7 th	29.5	8	3min 1 timeout	15ft.	NO	3 full- 1min 2- 30sec	10 ft.	YES	YES	YES	There is full game pressing in the below divisions until a 15 point lead
8 th	29.5	8	3min 1 timeout	15ft.	NO	3 full- 1min 2- 30sec	10 ft.	YES	YES	YES	There is full game pressing in the below divisions until a 15 point lead

- **Uniforms/Jewelry** – Players must wear their travel uniform and must be tucked into shorts. No jewelry of any kind may be worn.
- **Team Fouls** – PER HALF/PER TEAM: 1 and 1 foul shots start with the 7th foul **BONUS** - 2 foul shots start with the Tenth (10th) foul –**DOUBLE BONUS**.
- **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 full timeout allowed in overtime.
- **Player Foul Outs**- Coach must choose player from the bench
- **Clock** - 8 Minute quarters (4 quarters) - Clock will stop at the blow of the refs' whistle or when they direct the clock worker verbally.
- **Half Time** - 4 min half time
- **Technical Fouls**- Two technical fouls is automatic ejection. Technical fouls must be reported to **FCBL & PBC Board** and Kaylie Costa-Book & Clock Supervisor.