

Town Rec Playing Time and Substitution Policy

As part of their commitment to SYB, all Rec Coaches Acknowledge, Agree, and are held to the following standards:

SYB Town Rec Playing Time and Substitution Rules

It is the policy of SYB that all Town Rec participants be afforded equal participation. To ensure balanced playing time, all SYB Town Rec Coaches agree to abide by SYB's Town Rec Playing Time and Substitution rules below, including the requirement to use the SYB Player Substitution Charts located on the SYB website.

Length of Town Rec games:

- Grade 3/4 Division: games will be played using four (4) 6-minute running time quarters with 1-minute between quarters.
- Grades 5/6 and Grade 7/8 Divisions: games will be played using two 14-minute stop time halves with a 3 minute half-time

Playing Time and Substitutions:

- With the exception of player injury, substitutions will only be allowed every 3 minutes for Grades 3/4 and every 3-½ minutes for Grades 5/6 and Grades 7/8. The officials will attempt to stop play as close as possible to these times to allow for substitutions.
- All players on the bench must be substituted into the game. *This is not a time-out, and your players should be waiting at the scorer's table ready to step onto the court and play.*
- NO PLAYER may play more than one shift more than any other player. To ensure balanced playing time, use of the SYB Player substitution chart is required. Charts are available at www.sandwichyouthbasketball.org.
- Following a time out, all players who were playing in the current rotation must return to the court. Substitutions are not allowed following a time-out except in case of injury or if the time out is called simultaneous to a scheduled change of shift.