Christiansburg Recreation Basketball Rules

1. Each basketball game is 2 twenty minute halves.
2. Each team gets 2 timeouts per half for a total of 4 timeouts per game.
3. If the game goes into overtime there is a 3 min running clock, if the game remains tied after the 3 min period the game ends in a tie.
4. The clock runs continuously, except for the last 2 minutes of the game and time-outs.
5. Teams may press (man to man or zone) at any time, with one exception-- If a team is ahead by 8 or more points, they can’t press until the score drops below 8. Mite and pee-pee there is no pressing at all.
6. Slaughter rule is as follows: up 20 or more the leading team must be in a 2-3 zone inside of the three point line. The clock will not stop.
7. For all other rules we use the VHSL rules.
8. No food or drinks are allowed in the gym.
9. If Montgomery County Schools are closed or released early due to inclement weather, all games are postponed.
10. Games are held at Christiansburg Recreation Center.
11. VHSL players (JV or Varsity) cannot participate in our youth recreational league sports

**Goal height**
7.5 foot goals for five and six year olds
8.5 foot goals for seven and eight year olds
10 foot goals for all other ages

**Ball sizes**
27.5 size youth ball for the mite and pee-pee leagues
28.5 size ball for the minor leagues, major leagues, and girls senior
29.5 size ball for the boy’s senior leagues