



PARKS & RECREATION ATHLETICS DIVISION

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Adult Basketball League

Game Rules

- A) **GOVERNING RULES:**
National High School Federation rules govern play except where these supplemental rules indicate otherwise. Any matter not covered in these rules will be left up to the discretion of the League Director.
- B) **GAME TIMES:**
1. (2) 20-minute halves with a running clock.
 2. 4 minute half time.
 3. **Grace Period** of 5 minutes for the 6 pm game ONLY.
- C) **GAME CLOCK:**
The game clock will stop during the following;
1. Dead ball situations during the **final minute of the 1st half and last 3 minutes of the 2nd half, UNLESS POINT SPREAD is 20+ (2nd half only).**
 2. Game ball leaves the gym area (stage bleacher, hallway).
- D) **OVERTIME:**
1. **2-minute period (stop clock last 1 minute).**
 2. If the score is still tied after one Overtime period, the game will be decided by a **sudden-death period, ending when one team scores.** During playoffs, the championship game will play 1-minute stop clock in place of sudden death for extra overtime periods.
 3. 1 timeout per overtime period. No accumulation of timeouts for overtime use.
 4. Jump ball will determine possession.
- E) **TIMEOUTS:**
1. **Three (3) 60 second timeouts** may be charged to each team during a regulation game.
 2. Each team will receive 1 additional timeout for each extra period(s).
 3. **UNUSED Timeouts accumulate and may be used at ANY TIME (exception – overtime Use see Rule D #3 above).**
- F) **TEAM FOULS:**
1. Upon committing the 7th team foul per half, opposing team will shoot “1 & 1”.
 2. Upon committing the 10th team foul per half, opposing team will shoot “2” (double bonus).
- G) **PLAYER FOUL LIMIT:**
A player is **disqualified** from the game upon receiving their **6th foul.**
- H) **MINIMUM PLAYER REQUIREMENTS TO BEGIN GAME:**
Team(s) will be allowed to start a game with (4) players. Less than 4 players, forfeit loss.
- I) **INTENTIONAL FOUL:**
2 free throws and possession of the ball to the opponent.

(Game rules continued on the back side)

J) **UNIFORM REQUIREMENTS:**

1. Team participants MUST wear **SIMILAR COLORED JERSEY'S** with a number on the front or back. **A maximum of (1) player, per team, will be allowed to wear a jersey with no number listed. Violations will result in non-participation.**
2. Shorts with pockets are allowed and must be worn above the hips.
3. Jewelry is allowed unless, in the judgment of the staff, it's dangerous to other players. Hats and bandanas are not allowed.

Penalty; Any violation(s) to the uniform requirements will result in a maximum of (1) administrative technical foul charged to a team.

K) **FREE THROWS:**

Player(s) may enter the lane when the ball is **"RELEASED"** by the shooter. Exception; Player(s) behind the free throw line and shooter must wait until the ball hits the rim.

L) **FIGHT – PLAYERS & BENCH PARTICIPANTS PENALTIES:**

If a FIGHT occurs during a game, the following will be enforced;

1. **Player(s)** – Each player involved will be ejected and subject to a 1-year suspension.
2. **Bench Participant(s)** - Any bench participant(s) **WHO LEAVE THE BENCH AREA** will be ejected and subject to a 1-year suspension.
3. Ejection(s) count as (2) unsportsmanlike technical fouls (see rule N #1b below).

M) **TECHNICAL FOULS:**

1. **UNSPORTSMANLIKE** technical fouls include, but are not limited to, taunting, profanity and disrespectful behavior towards a game official, opponent and/or spectators.
2. **FLAGRANT** technical foul is a technical foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to, violent contact such as: striking, kicking, kneeling or undercutting a player already in the air. If technical, it involves dead-ball contact or non-contact at any time which is extreme or persistent, vulgar or abusive conduct. Fighting is a flagrant act.
3. **ADMINISTRATIVE** Examples include; uniform violations, excessive time-outs, etc.

N) **TECHNICAL FOUL PENALTIES:**

All technical fouls result in; 2 points and possession of the ball to the opponent.

1. **PLAYER and/or COACH:**
 - a) **1st Unsportsmanlike Technical** Personal and Team Foul
 - b) **2nd Unsportsmanlike Technical** Immediate ejection; leave facility
 - c) **Flagrant Technical** Immediate ejection; leave facility
2. **TEAM:**
 - a) **3rd Unsportsmanlike Technical same team** **Immediate game forfeiture**
 - b) **Administrative Technical** Team Foul

NOTE:

Player or coach ejected/disqualified from a game must leave the facility, within a timely fashion, or risk further discipline & the game declared a forfeit.

O) **CHILDREN AT GAMES:**

Children brought to the game **MUST** be accompanied by a non-playing adult who supervises the child's activity. If a game is interrupted (i.e. child is running in the hallways, onto the court, ball rolls onto the court) the following penalties will be imposed. **First offense, team captain is given a warning, Second offense team captain is given a technical foul and 3rd offense will result in a forfeit.**