



PARKS & RECREATION ATHLETICS DIVISION

680 LEBO BLVD. • BREMERTON, WA 98310
360.473.5427 • www.ci.bremerton.wa.us



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 to the discretion of the League Director.
- B) **GAME TIMES:**
1. Two 20-minute halves.
 2. 4-minute half time.
 3. **GRACE PERIOD**
 - a) 5 minutes for the 6 pm game **ONLY**. After 5 minutes has expired, the game will be declared a forfeit.
 - b) Team will be charged a **TIME OUT** if the grace period is needed.
 - c) ***If a team has four (4) players at the scheduled start time, the game will start.***
- C) **GAME CLOCK:**
Game clock will stop during the following:
1. Dead ball situations during the **final minute of the 1st half and final 3 minutes of the 2nd half, UNLESS POINT SPREAD is 20+** (2nd half only).
 2. Game ball leaves the gym area (stage area, hallway).
- D) **TIMEOUTS:**
1. **Four (4) 60-second timeouts** may be charged to each team during a **regulation game**.
 2. Each team will receive one (1) **additional timeout** for the **1st overtime period** only.
 3. **Unused timeouts do not carry over into overtime periods.**
- E) **OVERTIME:**
1. 1st Overtime Period: **2-minute period (stop clock last 1 minute).**
 2. 2nd Overtime Period: The game will be decided by a **SUDDEN DEATH PERIOD**, ending when **one team scores** (either a field goal or free throw).
 3. Each team will receive one (1) timeout for the 1st overtime period only.
 4. Jump ball will determine possession.
- Note:** **For the End-of-Season Tournament**, games will use a 1-minute stop clock in place of a sudden death period after the 1st overtime has expired.
- F) **TEAM FOULS/BONUS FREE THROWS:**
1. Upon committing the 7th team foul per half, opposing team will shoot the “1 & 1” bonus.
 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 START GAME:**
A team is required to have a minimum of four (4) players to start a game and avoid a forfeit.
- I) **INTENTIONAL FOUL:**
Two (2) free throws and possession of the ball to the opponent.

(game rules continued on the back side)

- J) **ENTER THE LANE ON FREE THROWS:**
 Player(s) may enter the lane when the ball is **“RELEASED”** by the shooter.
Exception: Player(s) located behind the free throw line and shooter must wait until the ball hits the rim before entering the lane.
- K) **UNIFORM REQUIREMENTS:**
1. Team participants must wear **SIMILAR COLORED JERSEYS** with a number on the front or back.
 2. A maximum of one (1) player, per team, will be allowed to wear a jersey with no number listed.
 3. Jewelry is allowed unless, in the judgment of the staff and/or game officials, it’s considered dangerous to other players.
 4. Hats, hoodies and bandanas are not allowed.
- Violation(s) to the uniform requirements will result in the following:**
- a) **Maximum of one (1) administrative technical foul charged to a team and opposing team will be rewarded with two (2) points to start the game.**
 - b) **Entire team is required to wear the red jersey’s provided by the athletic staff.**
 - c) **Non-participation, at the staff’s discretion.**
- L) **TECHNICAL FOULS:**
1. **Unsportsmanlike technical fouls** include, but are not limited to, taunting, profanity and disrespectful behavior towards a game official, opponent, staff 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.
 3. **Administrative** examples: uniform violations, excessive time-outs, etc.
- M) **TECHNICAL FOUL PENALTIES:**
 All technical fouls result in the following: Two (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, 2 game suspension**
 - c) **Flagrant Technical** **Immediate ejection; leave facility, 2 game suspension**
 2. **TEAM:**
 - a) **3rd Unsportsmanlike Technical** **IMMEDIATE GAME FORFEIT**
 - b) **Administrative Technical** **Team Foul**
- NOTE:**
Player or coach ejected/disqualified from a game must leave the facility, within a timely fashion, or risk additional discipline & the game declared a forfeit.
- N) **FIGHT – PLAYERS & BENCH PARTICIPANTS PENALTIES:**
 If a **FIGHT** occurs during a game, the following penalties will be enforced:
1. **Player(s)** – Each player involved will be ejected and subject to a 1-year or more suspension.
 2. **Bench participant(s)** - Bench participant(s) **who leave the bench area** will be ejected and subject to a 1-year or more suspension.
- O) **CHILDREN REQUIREMENTS AT GAMES:**
1. Children brought to the game **MUST** be accompanied by a non-playing adult who supervises the child’s activity.
 2. If a game is interrupted (i.e. child is running in the hallways, ball rolls onto the court, etc.) the following penalties will be imposed.
 - a) **First offense**, the participant is given a **warning**.
 - b) **Second offense**, the participant is given a **technical foul**.
 - c) **Third offense**, the participant is given a **2nd technical foul** and instructed to leave the facility.