ADULT BASKETBALL RULES

1. All rules fall under the jurisdiction of the NFSHSA (High School rules), unless otherwise noted. **Recreation staff is authorized to ask any person to leave the Recreation Center due to unacceptable conduct.**

2. Each game will consist of four (4), ten (10) minute quarters.

3. The clock will be stopped during each quarter for time-outs, injury, or clock issues only with exception to the quarters 2 and 4, where the clock will stop at the two minute mark for out of bounds, fouls and time-outs. If at the two minute mark in the 4th quarter there is a 20 point differential between the teams the clock will continuously run. Overtime will follow the same 2 minute rule that the 4th quarter follows.

4. **The Scorekeepers and Officials maintain the “official score.”** The “paper score sheet” record maintained by the scorekeeper overrides all scoreboard information, which is used as a visual aide only.

5. Each team is permitted six (6) team fouls per half; the seventh foul constitutes the “bonus” (one & one). The tenth foul constitutes the “double bonus” (two shots).

6. Each team is allotted three (3) time-outs per game. **One time-out for overtime** (Any remaining time-outs from regulation will be LOST). Delay of Game: One warning, then a technical foul is issued.

7. **Technical fouls:** Players who accumulate two (2) technical fouls in a game for unsportsmanlike conduct will be ejected and suspended. Ejected coaches must leave the gym. Any ejection may result in a 2 game suspension. **ANY FIGHTING WILL RESULT IN AN EXPULSION FROM THE LEAGUE.**

   Teams are responsible for the conduct of their fans. Spectators can also be assessed technical fouls for unsportsmanlike conduct, which will affect their team. Spectators who are assessed a technical foul must leave the gymnasium; refusal to do so will result in a team forfeit.

8. Teams must be prepared to begin play at game time. Team must be IN GYM at their posted game time. If team is not in the Gym at game time, the game can be forfeited. **Exception:** For the first game scheduled: If a team is not ready to play at the posted “game time” a five (5) minute grace period will be issued. A five-minute running clock will be started and if the team is still not ready to play at the conclusion of the five minutes, the game will be declared a “forfeit”.

9. **No Food Or Drink Is Allowed In The Gymnasium.** If your team is in violation, a technical foul will be assessed. An area just outside the gym will be designated for “personal drinks.”

10. Rosters are frozen for the 4th game (no more roster changes). Once a player plays for one team, he/she cannot change teams. Official rosters must be turned into the Recreation Leader that is in the gym at the present time. **Exception:** If a team gets below 7 players on their roster, they can add players to get to 7. However the players that they take off cannot play for them again (or any other team). They must scratch out any players who they are taking off of their roster.

11. No one other than Officials, players, and village staff involved in the current game is allowed on the court before/ during/after the game: Only substitution players may sit on the bench but must remain in front of their bench and, “off” the court. Technical fouls will be issued if this requirement is not met.

12. Shorts must be pulled up to the natural waist with shirts/strings tucked in. Each team is responsible for providing their uniforms.

13. Non-marring, closed-toed athletic shoes are required while participating in gym activities. Headbands, wristbands and T-shirts underneath the jersey must match the colors on the uniform. Players may not wear jewelry or elastic bands with metal in them to tie back their hair.

14. Captains will decide at the beginning of the game which basketball they will use for the entire game.

15. Players may not say anything to distract the shooter and must keep their hands in their own lane. Officials may stop the game to warn fans/coaches/players about any misconduct of this kind.

*OVERTIME (OT): One 5-minute OT. If still tied, one 3-Minute OT; Then, 1st basket wins.*