

Parks and Recreation Adult Basketball League Rules

- 1) Games will consist of two (2) twenty (20) minute halves.
- 2) The clock will run continuously except for the last (2) minutes of the second half, during injuries or timeouts.
- 3) All substitutions must report to the scorer's table and be signaled into the game by the official.
- 4) Each team will receive two (2) timeouts per half (1 minute). In overtime, each team will receive one additional timeout. Timeouts do not carry over to overtime.
- 5) Full court press is allowed, unless the pressing team is up by twenty (20) plus points, half court D must be played until the lead is less than twenty (20) points. All defenses are allowable
- 6) A player will foul out upon receiving his 5th personal foul. Technical fouls and intentional fouls count as personal fouls.
- 7) There will be one (1) overtime period consisting of two (2) minutes without stoppage, beginning with a jump ball. Each team will be given one (1) timeout. Any subsequent overtime periods will be "sudden death" – the first team to score a point wins. In end of season tournament, we will replay overtime as necessary to determine a winner.
- 8) Any player who receives two (2) technical fouls will result in an ejection from that game and suspension from the following game. That player must immediately remove himself from the gymnasium. Two (2) games will be added to the suspension if that player doesn't leave the gymnasium immediately and that team will forfeit the game. Any fighting with another player, throwing a punch etc. or making contact with a referee will result in a year suspension.
- 9) No dunking, hanging on the rim or net will be allowed during the game or warm ups. The player who violates this will be charged with a two (2) shot technical foul and ejected from the game and the following game. No points will be rewarded as a result of the dunk.
- 10) Only players on the original roster that is turned into the league director are eligible to participate in league games or end of season tournament. The rosters will be locked by week four (4). You must have a roster turned in by the first game however. A player can only be on one (1) roster.
- 11) The end of the year tournament and the seeding of teams will be determined by your overall win-loss record. If still tied, head to head competition. If still tied, a result vs. higher seeds until tie is broken. If still tied, a result vs. lower seeds until tie is broken. If still tied, coin flip.
- 12) Teams must have four (4) players at game time. Game time is forfeit time.