



Men's Basketball League Rules

(Updated: March 2014)

1. **Rules:** Current NFHS rules will govern all games with following league exceptions:
 - A. **Clock:** Each game will consist of two 20 minute halves with a running clock until the last (1) minute of each half. In the first 19 minutes of each half, the clock will only stop for timeouts, official's timeouts, and injuries; in the last minute of each half, the clock will stop on every dead ball. Each team will have 2 timeouts per half.
 - B. **Mercy Rule:** If the point-spread is 20 or more with 1 minute in the ball game, the clock will continue to run even in dead-ball situations.
 - C. **Overtime:** Overtimes will consist of a 3 minute running clock with the exception of the last minute; it will stop for every dead ball situation. If after two overtimes the score is still tied, the game will go to sudden-death overtime (the first team to score wins).
 - D. **Free Throws:** College rules will apply during free throw attempts ONLY.
 - i. Players occupying the lane spaces will be allowed to vacate their lane spaces once the shooter has released the ball.
 - ii. Shooter and players outside the three-point arc may not pursue the ball until the ball hits the cylinder.
 - E. **Technical Fouls:** After a player receives 1 technical foul, he must sit out for 10 minutes. If he receives a 2nd technical he will be done for the rest of the game and can not play in the next scheduled game. If a team receives 3 technical fouls in one game it will result in a forfeit.
 - F. **Dunking:** It is NOT recommended and the person will be held responsible for broken rims and injury to oneself or others. Excessive hanging on rims will result in a technical.
2. **Unsportsmanlike Conduct:** Including but not limited to fighting and flagrant fouls. This conduct will result in suspension or removal from league.
3. **Rosters:** Max of 10 on a roster. No roster changes will be made after 4th week of games. Any additions/changes need to be made through the Parks and Rec Supervisor. Once a player is on a roster and has played in a game, that player cannot play for another team. Use of a non-roster player may result in a forfeit.
4. **Alcoholic/Tobacco:** NEITHER is allowed on school grounds.
5. **Officials:** Officials will be provided and have authority for all on-court decisions. They may stop the clock for their discretion due to injury, delay of game, to confer with the scorekeeper, and any other problem that may arise.
6. **Disclaimer:** The Pleasant Hill Parks and Recreation Department reserves the right to remove any player/spectator from competition for any unsportsmanlike behavior and is not responsible for accidents occurring in or around the facility before, during, or after play. All children and spectators must remain in the gym area while games are being played with the exception of bathroom use. A player ejected from a game must sit out the team's next game. A player being ejected twice during the season MUST meet with the Recreation Supervisor before being permitted to play again. The Recreation Supervisor reserves the right to make changes in the rules in order to promote a positive recreational experience.

NOTE: In case of inclement weather, cancellations will be posted on the rain-out number 1 hour prior to the first game of the day. Call (913) 791-2600 for cancellation information.