



Adult League Basketball Rules

Sportsmanship Rule

No swearing or poor sportsmanship. Respect all referees, clock and scorekeepers.

GAME TIMES

20 minute running clock per half

5 Minute half time

Last 2 minutes of SECOND half- stop clock- high school rules

Time Outs, 10 Second Rule and Overtimes

10 second backcourt

On ball 5 second count while dribbling is in affect (Front court only)

Time Outs: 2 Full timeouts each half. 1st half does NOT carry over to 2nd. 2nd half time outs DO carry over to overtime.

Each team will be given 1 additional Full timeout during overtime

Overtime period 2 minute stopped clock.

Second Overtime- Sudden Death- first basket wins.

Fouls

A player is disqualified on the 6th personal foul

Technical fouls count as a personal foul and a team foul.

2 technical fouls on any individual player or coach will result in an ejection from the game

1 & 1 on the 7th team foul, shooting double bonus on the 10th team foul

Free throws

All players may enter the lane when the ball is released.

6 players in the lane plus the shooter below the top of the key.

Tie Breakers

Mercy rule, if a team is up by more than 30 points, no full court press.

Forfeiture

Teams need to have 5 players to start a game- High school rule!

If a team is more than 10 minute late, they forfeit.

If the team is late and within the 10 minute grace period, then that team is penalized giving the other team a 2 shot technical and the ball out of bounds.

If both captains and the referees agree, the halftime can be reduced to 2 minutes, adding 3 minutes back on to the clock for the first half. This will keep games on schedule and be fair to everyone.

League Rules

Please check in at front desk

If you have no jersey, then you will be given 0 or 00.

If teams have the same color, it is the referee discretion to decide if one team must wear the red pinnies.



Score Keeper/ Clock Rules Job Function

1. No Cell Phone or iPhone During Game
2. Clean up the benches of all water bottles and garbage from courts after each game
3. Have Home Team do the Score Sheets
4. Make sure they have their team name and final scores on the sheet.
5. Return Score Sheets to Clay or Dan.

IF THERE ARE ANY PROBLEMS WITH A COACH Please CALL

Coach Dan 925-708-7939

Clay- 925-876-4700.

Do not attempt to handle yourself.