

**HYLAND HILLS PARK AND RECREATION DISTRICT  
ADULT BASKETBALL RULES**

The National Federation of State High School Associations (High School Basketball Rules) will be used with some modifications as described in this document.

1. This league is open to all adults, 16 years and older, who are not currently participating in interscholastic, intercollegiate or professional basketball programs.
2. Teams must wear similar colored shirts with non-duplicating numbers. (Players without the proper uniform will not be allowed to participate.)
3. A team may begin the game with a minimum of four (4) players.
4. Games will consist of two twenty (20) minute running halves.
5. The clock will stop on dead balls the last two minutes of the second half if there is a difference of 10 points or less, or anytime thereafter the score becomes ten points or less. The clock remains a stop clock regardless if the score becomes eleven points or more.  
EXAMPLE: A team is ahead by nine points with 1:59 remaining in the game. If the team that is leading scores to make it an eleven-point lead, the stop clock will still be in effect.
6. Each team will have two (2) time-outs per half. One (1) time out will be allowed in the overtime period. Time-outs are not cumulative.
7. Half time will be 4 minutes long.
8. Game times are forfeit times. However, in case of mitigating circumstances, forfeiture will be left to the discretion of the supervisor/scorekeeper.
9. In case of a tie, a two (2) minute stop-clock overtime period will be played. If the score remains tied after the 1<sup>st</sup> overtime period a sudden death overtime will be played, with the 1<sup>st</sup> team to score two (2) points being declared the winner.
10. **“Free Throw” – Players will fill the free throw lane line spaces starting above the box. Defensive players, offensive players, defensive players. Those players filling the lane spaces may enter the lane on the release of the ball from the free throw shooters hand. The free throw shooter and anyone outside the designated free throw lane area cannot enter the lane until the ball hits the rim.**
11. **Dunking is allowed in leagues where the games are played at Hidden Lake H.S. or at Clear Lake M.S. If games are played at an alternate site, dunking will not be allowed.**
12. Technical fouls will result in the opposing team being awarded two (2) points and will receive the ball out of bounds at mid court.
  - A. First technical foul will result in:
    1. Player(s) removed from the game for a cooling off period for two (2) minutes with **NO** substitution allowed. (5 on 4 for two minutes)
  - B. Second technical foul will result in:
    1. Automatic ejection from the game.
    2. Banished from the gymnasium.
    3. Minimum one (1) game suspension for the player ejected.
    4. \$50 team fine. This fine must be paid to Hyland Hills before team may play again.
    5. If the fine is not paid or the suspension is not served, the offending team will forfeit all games until the penalty requirements have been met.

- C. If any team accumulates three technical fouls, the game will be forfeited and the team will be fined \$50.
13. Drinking or possession of any alcoholic beverage, tobacco, or any illegal substance at the facility, including the parking lot and school grounds is prohibited by city ordinance. Individuals violating this policy will be asked to leave with the possibility of law enforcement being called.
  14. No player shall at any time lay a hand upon, push, shove or threaten to strike an official or Hyland Hills employee.
    - A. Player will be suspended from the league indefinitely.
    - B. Team will forfeit game.
    - C. Summons may be issued by local law enforcement.
  15. Team managers and/or coaches are responsible to make all team members aware of the league rules.
  16. **Rosters – Each player must fill out and sign the roster form before playing in any game. Player is considered an illegal player if that player is not on the roster or has not signed the roster. Teams can only protest a roster before the player in question enters the game. The player in question must provide identification (Drivers License) within 5 minutes. If the player in question cannot provide proof, that player will not be allowed to participate. Once a player has entered the game, no roster protests will be accepted. Teams may add to their roster through the 5<sup>th</sup> game of the season. Rosters will be considered frozen beginning the 6<sup>th</sup> game.**
  17. **Elastic Power:** Any and all situations not specifically covered in the High School rule book or this document shall be acted upon by the Athletic Supervisor and/or the Athletic Coordinator, and all such action taken shall be final.

Athletic Information and Weather Line 650-7551 ext. 7551.