

## 2019-2020 Adult Basketball (call your own foul) Policies & Regulations

MSHSL rules apply with the following exceptions:

### I. Self-Officiated Rules of Play

- Players that either committed the foul or got fouled are the only individuals that may call a foul, no other person is allowed to dispute a foul or non-foul.
- The defense will get the ball if there are simultaneous fouls or violations if it is unclear which team forced the ball out of bounds, etc...
- The ball must be checked at the top of the key for (non-shooting) fouls and violations.
- THERE IS NO STALLING, remember this is a recreational league.
- All jump balls are awarded to the defense
- Players should not intentionally foul to prevent baskets. Fouls that are committed in the act of shooting will result in 1 free throw (worth 2 points) to be shot by the player that was fouled. All fouls committed in the last 2 minutes of the game will result in 1 free throw (worth 2 points) to be shot by the player that was fouled.

### II. There are no player or team foul limits. Players do not foul out of the game.

- If there is a technical foul, 2 points will automatically be awarded to the non-offending team and possession of the ball back.
- REMEMBER: the scorekeepers are not officials, and are not there to provide rulings on plays. They may however, administer technical fouls for unsportsmanlike conduct and have the right to eject any player. Please treat the scorekeepers with respect!
- NO GRACE PERIOD – Be on time or your team will forfeit! Other groups use the gym after us. a. A minimum of 4 players must be present on each team in order to start a game. If a team cannot field at least 4 players by game time, it is a forfeit. b. If during the game, players are reduced to less than 4, it's a forfeit.
- Games will consist of two 22-minute halves, running time except during the final two minutes of each half.
- Home team will start with the ball, visitor will get the ball to start the 2nd half.

- Each team will be awarded (2), 30-second time-outs per half. Time outs are not cumulative.
- Substitutions may be made only during dead ball situations
- Overtime consists of a two-minute period; the first minute will be running time and the second minute stop time. Each team will get 1 additional time out per overtime period. Home team starts with the ball. A second overtime will be a one minute overtime with the visitor being awarded first possession. NO STALLING.

### III. Technical Fouls- Unsportsmanlike Conduct

The following will result in a technical foul:

- Excessive physical play
- Abusive, profane, threatening language or excessive trash talking will not be tolerated and will result in a technical foul, at the discretion of scorekeepers or league directors.
- A second technical foul on any player shall be considered flagrant and that player ejected.
- Teams receiving three technicals in a single game shall forfeit the game.
- Depending on the severity of the misconduct, the technical foul may be skipped and the player immediately ejected.

Teams should have a light and dark color option and managers decide who will wear what color. Pinnies are also available. Numbers are not needed as there are no personal fouls.