

2024-25 Mens Basketball League Rules

LEAGUE RULES

1. A player will not be allowed to participate in the game unless he has a matching jersey WITH number, **no duplicate numbers are allowed**. Coach must help enforce this rule. NO JERSEY=NO PLAY. NO TAPE!
2. **TECHNICALS:** Any player receiving their 1st technical, **he must sit out the rest of the game and must leave the premises**. If the technical is in the 2nd half he must sit out rest of that game and leave the premises, plus 1st half of next game. On the 2nd technical (during the season), he must sit the remainder of the game plus the next one. If a player receives back to back technical fouls (on the same night), he must sit out the rest of that game, plus the next two scheduled games for that league and any games in between (if playing in another SF Basketball League). **If a player receives a technical, the coach must leave as well. Control your team!**

If a player receives 3 technical fouls during the season (including tournaments), he will be disqualified & not allowed to participate for the remainder of the season. If a player is disqualified due to technical fouls, he will not receive a refund.

3. There will be no swearing of any kind tolerated. It is offensive to other participants as well as spectators. Our program will not condone this behavior. **Any player that swears or uses inappropriate language will be issued a technical and will be ejected from the game without warning.**
4. Our program will not tolerate any act of aggression (verbal or physical) or retaliation upon any player, official or spectator. Officials are required to immediately eject players involved. If a player is ejected from a game due to aggressive behavior, he must sit the rest of the game, leave the premises, plus the next two scheduled games for that league and any games in between (if playing in another SF Basketball League) **If a player receives a game ejection, the coach must leave as well.**
5. It is the policy of Spanish Fork City & Nebo School District to prohibit any persons who have been using alcohol or illegal drugs from participating in sports activities or using school facilities. If this policy is abused, the player may be suspended from all play without refund. **THERE WILL BE NO WARNING GIVEN. It will be the coach's responsibility to handle this problem. If there is ANY problem, the entire team may be disqualified from further play.**
6. **Forfeits:** In order to alleviate the number of forfeits that have occurred in the past, each team will be allowed no more than three (3) forfeits in one season. On the third forfeit your team will be removed from the schedule and your season will be over. No refunds will be given and the schedule will be redone to give the teams that were forfeited to their correct number of games.



ATTENTION: Children must not be left unattended in the gym. Children will not be allowed to play or run back and forth in the hallways, foyers or balconies.

If you are not going to tend your children, please leave them home!

SPECIAL RULES

1. Games will consist of two 18 minute halves with a 3 minute break for half-time. A four minute warm-up time will be allowed before the start of the ball game. Clock will not stop unless there is a shooting foul, clock will stop on all shooting fouls. Clock will stop during the last minute of each half on every whistle. Two time-outs per team each half (none carry over). After all time outs, ball may be taken out of bounds at half court.
2. Overtime: 1st will be 3 minutes, 2nd will be 2 minutes, 3rd will be first to score. Each overtime will start with a jump ball.
3. Bonus shots: One and one will be shot beginning on the 7th team foul. Two shot penalty will be shot from the 10th team foul on.
4. No players added to your team roster without approval. No player may switch teams during the season. (Do not have friends come and play under assumed names.) New players must be added the day before the next game. **No players may be added after 5:00 PM December 9, 2024.**
5. ***You can play a game with 4 players. However, if at any time a team falls below 4 players the game will be over and the opposing team declared the winner. Game time is forfeit time except for the 6 PM game. The 6 PM game will have a 10 minute leeway, however the clock will start at 6PM. All other start times, if you don't have 4 players at game time you forfeit.
6. All games will be governed by High School rules unless otherwise stated. Players on lane lines may enter lane on the release of the ball, DO NOT have to wait till it hits the rim. Player at free throw line and beyond 3 point have to wait until the ball hits the rim.
7. If a team is ahead by 15 points or more in each half of the game, the clock will not stop, NOT EVEN FOR FOUL SHOTS!!!
8. Dunking will be allowed during the game. **Any touching, dunking or hanging on the rim before, at the half or after the game will result in a technical to the offending player.** Any damage due to dunking will be the responsibility of the player who caused the damage.
9. There are times when the schools may need the gym on a given Monday. Please be prepared to play on an open Monday during the season if this happens.

