

High School Basketball Rules
Updated (11/2/2023)

Special Rules for this league

- 10-foot goals will be used. A men's regulation sized ball will be used. Games will consist of two 18-minute halves with a running clock. Clock will stop the last minute of the first and second halves. Overtime will be two minutes. During the regular season if the game is still tied at the end of the 2-minute over time the game will end in a tie. For tournament play. We will continue to have 2-minute overtime period if needed.
- When 7 team fouls have been committed, teams will shoot one-and-one free throws. When 10 team fouls have been committed, teams will shoot two free throws. Team fouls reset at half time.
- Teams must have 4 players (minimum) to start game. A 5-minute grace period will be allowed if 4 players are not present. If team does not have 4 players before 5-minute grace period ends, game will be declared a forfeit.
- Two timeouts per half. You cannot carry over unused timeouts. Over-time period each team will have 1 timeout.
- Any coach, player, or spectator, who is ejected for unsportsmanlike conduct, will not be allowed to participate for the remainder of the game and may have to sit out the following week's game if Recreation Director deems necessary or banned from the league. If a player/coach/spectator is ejected from 2 games during the season they will be expelled from the league.
- Any coach who receives a technical foul this season is subject to suspension/expulsion from the league (Recreation Director's discretion). Any coach who receives (3) technical fouls in a season will have a mandatory one game suspension. Technical fouls do not have to be committed in the same game or consecutive games for this rule to apply. If a coach receives (4) technical fouls in a season, he/she is subject to another game suspension and/or will be expelled from the league (Recreation Director's discretion) and will not be allowed in the gym for the remainder of the season. NFHS technical foul rules still apply (if a coach receives 2 technical fouls in a game, the coach is ejected from the game and will face possible suspension (Recreation Director's discretion) from the next game).
- Technical Fouls (Player) - Any player receiving a technical foul must immediately leave the game and must sit for a minimum of 5 minutes (If technical occurs with under 5 minutes remaining in game, the time WILL carry over to the start of the players next scheduled game). Any player receiving two technical fouls in a game is disqualified from the game and will be remanded to the bench. The player will also be subject to suspension/expulsion from the league (Recreation Director's discretion). Any player receiving a flagrant foul, must immediately leave the game and will be subject to suspension/expulsion from the league (Recreation Director's discretion)
- Spectators need to sit in their teams designated section. (Home or Guest) They may be asked to move into their section if causing issues and/or removed from the gym facility if needed.
- Only Two coaches are allowed on the bench and only one coach is allowed to stand up and coach. As soon as two coaches are up off the bench coaching and/or complaining to officials; there may be a technical foul called. If a technical foul is issued on any of the

coaching staff or bench personnel, the head coach must sit on the bench the remainder of the game, and no assistant coach may stand and take the head coach's place. See Rule 10 section 5 and 6 of the NFHS Basketball Rule Book.

- **No Roy High or any other High School Basketball players may be on your team, even if their season has ended.**
- **Rosters are FINAL by game 2 (January 15)**
- **No more than 10 players per team.**

If you have questions or concerns, please call Lizzy Badger 801-774-1048.

*****We encourage all parents and fans to practice good sportsmanship*****