



PROVO & OREM RULES HIGH SCHOOL GIRLS



High School Rules Will Govern Play With The Following Exceptions

- **ROSTERS:** Provo: Maximum 10 players. Orem: Team Fee includes 8 players Additional fee required for additional players. (Maximum awards 10 players)
- All players must be on the official roster. The penalty for using an illegal player is that the said game will be a forfeit, (if recognized and reported by either the department or the opposing team).
- Coaches are responsible to have their players read and understand the “League Rules” and the players “Code of Conduct (league specific).” Your team will be held accountable for the information contained therein.
- Each team must have official 2025-26 Jr. Jazz League Issued jerseys with legible numbers (no duplicate or taped numbers allowed).
- A player must be on the official team roster to be eligible for post-season play. Players may be added to the roster at any time as long as they have paid. Coaches are responsible for knowing their player’s eligibility for post-season play.
- No participants can be current players with their high school teams. This includes the freshman, sophomore, Junior Varsity, and Varsity basketball teams.

FACILITY RULES

- **No touching, dunking or hanging on the rims, before, during or after the game.**

Provo: Anyone caught playing with the rims, jamming the ball, or otherwise abusing the facility will be given a technical foul and will sit the next 10 min of game time. It is a Code of Conduct violation if it occurs before or after the game and players can be suspended for a minimum of one week. **Exception:** You may dunk the ball in the course of the game, but you may not hang on the rim unless, in the judgement of the officials, it is to protect yourself. Any player responsible for damage will be charged.

Orem: No touching, dunking or hanging on the rims before, during or after a game. Anyone doing this will be suspended for the remainder of the current game and the next game. The basket will not count and the other team will get the ball under that basket. If this situation occurs after a game, a player will sit the next two games. No technical foul will be assessed for dunking.

- **No food or drink**, (except a water bottle), will be allowed in the gym by players or spectators.

High School Girls Rules

- Any children, including younger brothers and sisters, attending basketball games must have appropriate supervision. Players are not considered appropriate supervision. Unsupervised children may result in the league losing its privilege of using the school facility.

GAME RULES

- Every team must have a responsible adult coach over the age of 18 on the bench at every game and at all times. They are part of the team and must be on the bench in order for the game to start.
- A team captain or representative must fill out and verify the scoresheet with the players' **complete names** and numbers **BEFORE** game time.
- Because of time limits, games will be played as close to the scheduled time as possible. A minimal warm up period of five (5) minutes will be permitted when necessary.
- A five minute warm-up period is allowed prior to the start of each game. The five minute warm-up starts immediately following the previous game. There will be no grace period given if game times are running more than 15 minutes behind. When the officials indicate the game is ready for play, game time will begin immediately.
- Play will consist of two (2) twenty minute halves with the clock stopping during the last two (2) minutes of the game unless at the two minute mark a team has a 15+ point lead.
- Full-court press may be played at any time except when a team is 15+ points ahead (they are no longer allowed to full-court press).
- Two (2) time outs per half -- One (1) minute per time out and they **do not** carry over.
- Overtime:
 - Overtime will be a 3 minute period with a running clock.
 - Each team will be given one (1)-one minute time-out for overtime (these do not carry over).
 - Team fouls stay as they were at the end of the normal game time and are not reset for the overtime.
 - Each overtime period will begin with a jump ball to determine possession.
 - If after the first overtime period the teams are still tied, a second overtime is started, sudden death first to score wins.

FORFEITS

- During the regular season, the game clock will start at game time and run until there is 10 minutes left in the first half. At this point, the game will be ruled a forfeit if a team does not have enough players. If there are only four players, the game must start.

High School Girls Rules

- Game time is forfeit time during the post-season. If both teams are present and ready to play, a five (5) minute warm up period may be given. If a team does not have enough players to begin the game, and the opposing team agrees to wait, the clock will start at game time and a 10 minute grace period will be given. At this point, if the team does not have enough players, the game will be ruled a forfeit.
- **Officials will not officiate forfeited games.**
- An official team is composed of 5 players. A team can play with no less than 4 players. If a team has 4 players at game time they **must** start the game. As players arrive they may be inserted into the game by checking in at the score table.
- The postponement of games will not be considered. All games must be played as scheduled.
- Forfeits will not be tolerated!
 - **2nd forfeit** your team will be suspended for the rest of the regular and post season
- Teams that play with illegal players or players under assumed names will forfeit the game, and be put on probation for the remainder of the year. Illegal players will be suspended from all sports in Provo Recreation for a period of one year. The coach of the offending team will also be suspended for two games. Cheating and the use of illegal players will not be tolerated in Provo Recreation.

SPORTSMANSHIP

Everyone will be expected to display good sportsmanship at all times. Rude or disruptive behavior of any kind will not be tolerated. To ensure good sportsmanship, each team must receive at least a 70% overall sportsmanship score for the season to play in the post-season tournament.

- Staff will be rating teams based on the following scale:

Team Sportsmanship	Points
1. Team checked in on time at the score table	1
2. Coaches keep players, and self under control.	1
3. No technical or flagrant fouls called on team.	1
4. Parents and spectators are positive during game.	1
5. Teams go out of way to show good sportsmanship.	1
Total:	5

- Any team receiving two (2) or fewer total Sportsmanship Points in a post-season game will be disqualified from the remainder of post-season play.
- Coaches or fans that are disruptive will be asked to leave the gym by the Site Supervisor.
- Players and coaches are not allowed to switch any player(s) to a different team.

High School Girls Rules

DISCIPLINE

- Language
 - The use of profane, insulting, or abusive language will not be tolerated. When this type of language is directed at a player, fan, official, or staff member it will result in a technical foul. **The F-Word will not be tolerated.** Any use of this word or any word that sound like it will result in a technical foul and an automatic ejection from the game. **If the word is used again by a team in the same game a second technical foul will be given resulting in the player being ejected and will serve a one-game suspension.**
- Player technical fouls called for Code of Conduct Violations during **any game** will be penalized by two free-throws for the opposing team plus possession, and the following:
 - 1st Technical:** Sit out ten minutes of game time.
 - 2nd Technical (any time in regular and post-season):** \$25 reinstatement fee & a minimum suspension for 1 week.
 - 3rd Technical (any time in regular and post-season):** Suspension for rest of season and tournament.
- These technical fouls are cumulative and carry through the regular and post-seasons. **Game ejection will occur upon receiving two technical fouls in one game.** Serious conduct violations may require additional disciplinary actions.
- Any player who receives a 2nd technical (these are Technical Fouls for conduct or Code of Conduct violations) or is ejected from a game will be placed on probation immediately and must leave the facility immediately. Failure to do so will carry a suspension for the remainder of the season and forfeiture of the game
- Any team which receives **three technical fouls** in a game will be automatically forfeited for that game. Any team which receives **seven** Technical Fouls or Code of Conduct violations over the course of the season (pre-season, regular, and post-season) will be suspended for the remainder of the season (No Refund).
- Any player given a suspension will not be allowed to participate in any Recreation Leagues for the specified amount of time.