

City of Idaho Falls

High School Regulations

League Rules

This league will be governed by the NFHS High School Basketball Rules except for adaptations noted below.

No individuals that currently play for a High School Basketball team may play in this league, as per Idaho High School Activities Association rule. Players caught doing this will be subject to state consequences.

PLAYERS ARE ALLOWED TO ONLY PLAY ON **ONE** TEAM

Please be considerate of all gyms: **No dunking at school gyms, Do Not hang on rims.**

No pressing if a team is 20 points ahead. Clock will run in second half if a team is 20 points ahead.

Player Check In

All players must print their first and last name clearly on the game roster prior to tip off.

Behavior

A technical foul result in the player sitting for 5 minutes on the bench and counts as a personal foul. If an individual receives a second technical foul in a game they are disqualified for the remainder of the game, referees judgement if they need to leave the facility or not. If a player receives a third technical during the season, they are suspended from participating in the league. At any point in time the City has the right to suspend or disqualify any player, coach or team for any inappropriate behavior.

Any fighting may result in suspension immediately and in ensuing games or suspension from the league. Individuals will be required to meet with Rec Supervisor prior to returning to coaching, playing, or observing.

Game Rule

League will follow high school rules with the following exceptions:

Timing

- 4 (9) minute quarters. Clock will stop on free throws.
- Clock stops the last minute of each half.
- Clock will run continuously in second half if team is 20 points ahead or more.
- 2-20 second timeouts per half
- One 3-minute overtime with one additional timeout.
- Clock stops on foul shots.

Scheduling Changes

Games will not be rescheduled. If you have to forfeit call the rec center and they will find a team to play in your teams place.

If a team wants to change a game, it is the teams responsibility to call a make a switch with another team. Then call the rec center and inform them of the switch. If you are unable to make a switch and need to forfeit then call the rec center first. The rec center will try to find a team to play in your place so the other team still gets to play. 208-612-8580.

Forfeits and Referees

The point of the rec league is to have fun playing a sport that you enjoy as well as engaged in friendly competition. At any point if a referee feels that the game is getting out of hand the referee reserves the right to end the game.

Forfeit time is 10 minutes after the schedule start time unless staff is responsible for a delayed game (a game went into overtime, injury, staff or referee error). For all games, the clock will start at the schedule start time and teams will play whatever time is left on the clock from the tip off.

League Contact

Individuals are welcome to contact the Recreation Supervisor, with questions, concerns or comments at 208-612-8481. Check schedules carefully for gym locations and times.