

IDAHO FALLS PARKS AND RECREATION ADULT BASKETBALL REGULATIONS

- 1) **ALL ROSTERS MUST BE ADDED ONLINE.** Once a team signs up for the league, they will get an email from Quickscores to enable the coach to add players to the rosters. Name, phone number and email address are needed for each player. Once a player is added to the roster, they will receive an email through Quickscores to join the team and sign the waiver. **ALL PLAYERS MUST SIGN THE WAIVER.** Players not added to the roster or don't sign the waiver will be considered ineligible and teams will forfeit games. Players not on the roster or don't sign the waiver won't be given attendance credit until they are added to the roster and sign the waiver.
- 2) If a team picks up a player to field a team on any given night and the player is not on their roster, that team will forfeit the game.
- 3) Games are governed from the Idaho High School Basketball rules unless otherwise stated.
- 4) **All teams will make the playoffs. Players eligible for the playoffs must be on the roster and have played in a minimum of 3 games.**
- 5) A team must have four (4) players to begin a game. A 10 minute grace period will be allowed for the first game only. After that, game time is forfeit time.
- 6) Four time outs allowed per team per game.
- 7) A technical foul is five (5) minutes on the bench. Two technical fouls and the player is ejected from the game. If the player does not leave the game or gym quietly and promptly, a player could be suspended from future games. Technical fouls are personal fouls. A player that receives a total of 3 technical fouls at any time during the season will be suspended for the remainder of the season (including the tournament).
- 8) Game will run on (4) 9-minute quarters with the clock stopping on free throws and the last 2 minutes of each half only. Clock will run in the last 5 minutes of the game when teams are up by 20+.
- 9) Any fighting will result in an ejection from the league.
- 10) All individuals playing in the Idaho Falls basketball program should display good sportsmanship before, during and after all games to opponents and officials. Teams with a problem player should restrain them. If not, a team game suspension could follow.

11) During tournament play a player is allowed to play only on ONE team.

12) Overtime is 3 minutes and one additional timeout.

13) Other than the rules listed above, high school rules will be used.