



# HIGH SCHOOL CO ED BASKETBALL LEAGUE

# RULES AND REGULATIONS

## SPRING 2016

The background of the entire page is a faded, grayscale image of several basketball players in motion on a court. One player is jumping high towards the basket, while others are positioned around the key. The basketball hoop and backboard are visible at the top center of the image.

## **I. The League**

- A) All league play will be governed by the IHSA (Illinois High School Association) rules unless otherwise stated in the Bartlett Park District Rules and Regulations.
- B) The official park district representative has the power to issue a technical foul on a coach, player or fan for unsportsmanlike conduct.
- C) Any coach or parent receiving a technical foul will be suspended from attending the next scheduled game. That parent's child will also be missing the next scheduled game.

## **II. General Information**

- A) Please come no earlier than 15 minutes before your game time. Court 2 may be available for warm up, but is not guaranteed and it will be shared by the next teams about to play.
- B) Uniforms: Game T-Shirts will be handed out before the first game. All players are required to wear their T-Shirt and black shorts.

## **III. Playing Time**

- A) All players must sign the sign-in sheet before the start of each game. Failure to do so may result in a technical foul being issued. Each player must check into the game with the official scorer every time they enter the game.
- B) Every player must play at least 20 minutes of each game. You are responsible for keeping track of how long each player plays. The 20 minutes may be divided up throughout the game.
- C) Every player that shows up for the game must play at least 20 minutes start to finish. There are four exceptions:
  - Three fouls in a given half
  - Illness (be sure to tell opposing coach and the score keeper)
  - Discipline problems (after discussing the problem with the park district)
  - Injury

The background of the document features a faded, grayscale image of several basketball players in motion. One player is prominently shown in the center, jumping high with arms extended towards a basketball hoop. Other players are visible in the foreground and background, also in various stages of movement, creating a sense of dynamic action.

#### IV. Timing

- A) 2 x 20 minute halves, running clock until the last 1 minute in the first half, 2 minutes in the second half which will be played regularly. The clock will stop at the 10 minute mark to allow substitutions.
- B) 2 x three minute overtimes followed by a sudden death overtime
- C) 3 minutes between halves.
- D) 3 timeouts per game
- E) 1 time out per overtime (unused timeouts do not carry over into overtime)

#### V. Special Rules

- A) If a team is ahead by 15 points or more, the clock will not stop the last 2 minutes.
- B) If a team is ahead by 15 or more points, they will not be allowed to apply a full-court press.
- C) Any technical foul called on the bench or any player will be a two shot penalty. Any player charged with an unsportsmanlike technical will have to sit out for 3 minutes. Any player charged with two technical fouls will be ejected from the game, and must leave the gym immediately. Further discipline may follow.
- D) Zone or man-to-man defense can be played.
- E) A regulation size basketball will be used.
- F) If a player is injured and starts bleeding the player must be removed from the game until the bleeding is stopped.
- G) Three-point line will be used.