

Courts Plus Community Fitness Summer Basketball League RULES & REGULATIONS

The basic rules and regulations for the league shall be the same as those utilized by the North Dakota State High School League.

Listed below are rule modifications and/or highlights for the league.

Player Eligibility: Players must be eligible to compete in high school basketball during the 2018-2019 season. Players graduating in the spring of 2018 **are not** eligible to participate. However, it is permissible for player's entering middle school in the fall to compete.

Timing Factors:

Game Length: Games shall consist of two, twenty-three minute halves. The clock will stop on timeouts, injuries, the final minute of the first half, final two minutes of the game, overtime and any other excessive time loss. In the case that a team leads by twenty points at any time during the game the clock will only stop on timeouts and injuries.

Half Time: Half time shall not exceed three minutes.

Time Outs: Each team will be awarded three 60-second timeouts per game. Unused time outs cannot be carried over into overtime period(s).

Overtime Periods: Overtimes shall be a two minute stop time period. Each team is awarded one additional timeout for each additional overtime period (no carryover of unused timeouts).

Warm Ups: Each team will be given a minimum of five minutes to warm up prior to tip-off.

Shot Clock: A shot clock **will not** be utilized during this league.

Equipment

Game Balls: Courts Plus will provide a game ball for all league games. Teams should provide basketballs for warm-ups.

Uniforms: **Jersey tops must be of identical color and should be numbered on the front and/or back.**

General Rules

a) *Ejection Policy:* Any coach, player or spectator ejected from a contest shall be disqualified from participation **in that game and the next game.** You will be allowed to participate after your disqualification has expired.

b) *Technical Foul Policy:* Any player, coach or spectator that receives a technical foul will sit out the remainder of the game. **Any player, coach or spectator that receives a second technical foul during the season will sit two league/tournament games. (Officials Discretion)**

c) Bonus free throws are awarded on the seventh team foul. Double bonus free throws are awarded on the tenth team foul.

d) A technical foul is two shots and the ball. The free throws must be shot by a player on the court.

e) Two refs and a scorekeeper will be present for all league games.