

# BROOK PARK RECREATION

2019

## HIGH SCHOOL BASKETBALL RULES

### THE GAME:

1. Teams may play with 4 players but not 3 or less.
2. Teams will be permitted to call 4 time-outs per game (**2 Timeouts per half**). Timeouts do not carry over to the 2<sup>nd</sup> half.
3. The game will consist of 2 (two) Half's of 18 minutes.
4. The clock will run continuously except:
  1. in the last minute of each half (a regulation stop-clock will be used.)
  2. any time the referee needs to insure the smooth administration of the game. (explaining a call, a rule, retrieving the ball, etc.)
  3. if a team has a lead of 15 or more.
5. Teams will shoot the "bonus" when their opponent has 7 or more team fouls per half.  
**Teams will shoot the "double bonus" when their opponent has 10 or more fouls per half.**
6. A full court press may be used only in the second half in High School anytime during the game. Teams are not permitted to press at any point when they have a lead of 15 points or more.
7. Players are not permitted in the lane during free throws attempts until the ball hits the rim or backboard, or until the free throw ends.
8. The 3 point shot will be allowed in the High School league.
9. There will be no overtime periods in case of a tie.
- 10. High School has free and unlimited substitution, but players must play at least half a game.**
11. Ohio High School Athletic Association rules govern play unless otherwise noted above.

### GENERAL RULES OF CONDUCT:

1. Players, coaches and fans will be required to conduct themselves properly during and after practices and games. Conduct that is considered inappropriate will result in disciplinary action to be determined by the league director/Rec. Dept. Head Coaches are responsible for the actions of their players and fans (to the best of your ability). Coaches can prevent many problems by being a positive role model.

2. Taunting, baiting, disrespect, intimidation, etc. of the referees and/or Rec. Dept. staff will not be tolerated and will result in disciplinary action to be determined by the Rec. Dept. Problems with officials should be discussed with the league director in an appropriate manner after the game and away from the players and/or fans.
3. Under no circumstances are coaches permitted on the court to argue a referee's call.
4. "Trash-talking" by coaches and/or players is strictly prohibited.
5. **Players that receive technical fouls must be removed from the game for the remainder of the half. A 2<sup>nd</sup>. technical foul will result in an ejection (for players and coaches.)**
6. **Anyone ejected from a game must leave the gym immediately and must sit out the next 2 games. A 2<sup>nd</sup> ejection will result in ejection from the league for the remainder of the season.**
7. Unsportsmanlike conduct which does not result in a technical foul and/or an ejection may still result in disciplinary action to be determined by the league director/Rec. Dept.

### **POINTS OF EMPHASIS:**

1. The Recreation Department's main goals in our basketball program are to:
  - a. Teach participants the fundamentals of the game.
  - b. Teach participants teamwork, self-discipline and commitment.
  - c. Achieve a competitive balance between all teams and in all games.
  - d. Insure that all participants have FUN.
2. **Only team players and a maximum of three (3) coaches will be allowed on a team bench.** All players not in the game must remain seated.
3. The Head Coach is to keep an accurate, up-to-date roster of their team at all times and must inform the league director of any participants who have prolonged, unexcused absences.
4. The use of tobacco products and/or alcohol is prohibited at all practices and games.
5. The use of profanity is prohibited at all practices and games.
6. The Head Coach must express his desire to "bench" a player due to behavior, unexcused absences, etc., at least 24 hours prior to a game in order for the league director to waive the play requirement rule for that game.
7. Any procedure, rule, etc will not break ties in the standings. Should two or more teams tie for the championship based on their overall record, all of the teams involved will be recognized as the league champions.
8. "Running up the score" on your opponent should not be practiced at the youth sports level. When teams are comfortably in the lead, every attempt should be made to use players who haven't scored and to run plays that have low chance of scoring.

9. Uniforms are to comply with National Federation High School guidelines. Shirt sleeves are not to be cut, frayed, or ragged. Player's names only may be placed on the back of shirts. Players may not have inappropriate abbreviations phrases, nicknames, artwork, etc. on their uniforms. Recreation Department shorts must be worn as a part of your uniform and properly displayed at all times. Violations of this rule will result in the player being removed from the game until the player complies with the rule.
10. Teams may not scrimmage or practice with teams that are not affiliated with the Brook Park Rec. Dept.
11. Injuries which result in bleeding must be treated and covered before a player may resume participating in a game. The length of delay is subject to referee judgement.
12. Changes in league schedules or supplemental rules may be made by the league director/Rec. Dept. if deemed to be in the best interest of the program.
13. The Rec. Dept. will arbitrate any violation or grievance pertaining to the youth basketball program with the Rec. Commission serving as a board of appeal.