



Summary of Adult Playing Rules

Summer 2016 Rules Summary

	Adult Basketball
Player Restrictions in REC League	No Players over 6'6" in Rec League No College Basketball within last 10 years in Rec League
Game Length	2 Halves - 16 Minutes Each
Overtime (OT) Periods	3 minute OT with regulation clock the last 2 minutes
Dunking	PROHIBITED IN REC - DUNKING RESULTS IN SUSPENSION FROM LEAGUE
Height of Goals	10 feet
Foul Line Distance	15 feet
Three Point Field Goals	19'9" feet
Clock Stops	Time-Outs and Injuries
Clock Procedures	Regulation Clock Observed Last 3 Minutes of each Half. Running Clock if team winning by 25 points or more
1 and 1 penalty	Will become effective on 7th Foul of Each Half.
Double Bonus (2 Shots)	Will become effective on 10th Foul of Each Half
Time Outs	The Coach May Call timeout from the Bench
Number of Time-Outs	3 Full Time-outs, 2 30-Second Time-outs
Number of Time-Outs for OT	One additional timeout per team for each OT period.
Technical Fouls - Players, Coaches, Fans	2 Technical Fouls for Unsportsmanlike Conduct will Result in Ejection from Game. 3 Technical Fouls on one team will result in <u>FORFEITURE</u> of Game.
Grace Period	Fifteen (15) Minutes for the first game of the Day, Night, or Morning.