

ADULT CITY LEAGUE BASKETBALL RULES

Two (2) 20 minute halves and 5 minute half time.

Clock runs continuous for first half and first 18 minutes of 2nd half.

The clock will stop on all dead balls the last 2 minutes of the 2nd half if the lead is less than 10 points.

Shooting fouls only occur during the last two (2) minutes of the second half when the lead is less than 10 points. All shooting fouls are two (2) shots.

Overtime: 5 minute continuous clock

Time Outs: 3 per game plus 1 extra for overtime.

Offensive or defensive player can call fouls.

Player substitutions: only during dead ball situations.

Individual players cannot foul out; however, excessive fouling beyond what would be considered sportsman-like conduct may be dealt with by reprimand, suspension and league expulsion if the Recreation office determines it is warranted.