

2024 HRC HIGH SCHOOL
INTRAMURAL BASKETBALL
LEAGUE RULES

The Game:

1. Regulation High School Activities Association rules will be followed with the following exceptions:
 - a. 16 minute running clock, except for the last 1 minute of each half, unless one team is ahead by 15 points or more. In the last 1 minute of each half the clock will stop on all dead ball situations
 - b. 2-minute half time.
 - c. 5-minute warm-up between games.
 - d. Please be ready to play 5 minutes before scheduled game time. We will move ahead of schedule of possible.
 - e. Game time is forfeit time. Teams may start or finish a game with four players.
 - f. 30 point rule: If a team is ahead by 30 or more points with 6 minutes or less in regulation, the game will be over. Teams can choose to finish final 6 minutes of game with-out score being kept during regular season games.
 - g. Shirts will be provided by HRC and need to be worn during the games. Please do not cut off sleeves.
 - h. Please give 24-hour notice if team needs to reschedule a game. (teams can reschedule up to 1 game)
 - i. 3 time-outs per game, all are 60 second time-outs.
 - j. A player who receives a technical foul must sit out remainder of game.
 - k. No profanity allowed!
 - l. 1st overtime will be 2-minutes, with running clock for first minute of the overtime period. The last minute of overtime clock will stop on all dead ball situations. 2nd overtime will be sudden-death with first team scoring 3 points wins game.
 - m. On/After the 7th team foul, teams will be in the double bonus.

Eligibility:

All players on your roster must be freshman thru seniors in high school as of the 2023-2024 school year. Failure to comply with this rule will result in forfeiture of that game. Players and subs may only play on one team during the season. (If you need to pick up a sub from another team, you must seek permission from the intramural supervisor and your opponents team manager before the start of the game)