

2023-2024 HRC Men's Adult Basketball League Rules

1. **LOCATION:** Games will be held at the Hays Recreation Gyms (1105 Canterbury)
HRC opens at 12:45pm on Sunday's.
2. **AGE ELIGIBILITY:** All participants must be at least 18 years old as of 11/18/2023.
3. **EQUIPMENT:** Game balls are provided. Each team is encouraged to get matching jerseys or t-shirts with numbers on back of shirt. The HRC does have reversable jerseys teams can wear during game. Players should bring (NOT WEAR) their basketball shoes to the gym. One warm-up basketball will be provided.
4. **THE GAME:** A game will consist of 2-20 minute halves with a 3 minute halftime. The clock is continuous except for the last 1 minute of each half. If a team is up by 15 or more points the clock will run that last minute. Each team gets 3 time-outs per game. All time-outs are 1 minute. If a team is ahead by 30 or more points with 6 minutes left if the game, the game will end. There will be a 5 minute warm-up between games.
5. **OVERTIME:** The 1st overtime will be 2 minutes. The clock will stop on all dead ball situations during the last minute on the first overtime. Each team will get an additional time-out. The 2nd overtime will be sudden death period with the first team to score 3 points.
6. **FORFEITS:** Forfeit time will be five (5) minutes after scheduled game time. (Example- game time is 1:15pm, forfeit time would be 1:20pm) Teams can start and finish game with 4 players.
7. **PARTICIPANTS:** Are only allowed to play for 1 team. Rosters must be turned in by your first game. Teams need to be at gym and ready to play 15 minutes before schedule game time. On occasion we do run ahead of schedule.
8. **(NEW)** Teams will be awarded 2 free-throws on the 7th team foul. No one & one free throws.
9. **TECHNICAL FOULS:** Technical fouls will be classified as flagrant or non-flagrant. If a person receives a flagrant technical they must sit out the rest of the game and there next scheduled game. That person must also leave the HRC facility. If that player

continues to cause problems after receiving a technical or refuses to leave facility in timely manner, there team will forfeit the game and that player will miss next 3 games and have to meet with HRC superintendent and sports director.

10. **Teams can reschedule 1 game.** Please give 24 hours notice if your team needs to reschedule a game.
11. **Please be respectful to officials and opposing team.**
12. Will follow KSHSAA and/or HRC basketball league rules not listed.

