

High School Intramural Basketball

League Rules & Regulations



**IN CASE OF BAD WEATHER,
Please call 4-INFO at 234-4636 Ext. 4113 after 3pm.**

City of Kearney Website:

www.recsports.org

**Schedule, Standings and League Registration Information
Standings will be updated weekly.**

I. MANAGEMENT

- a) Sponsored by Kearney Park and Recreation.
2005 1st Ave, Kearney, NE 68847, Phone: 237-4644
- b) League Coordinators:
Kiane Alberts, Recreation Coordinator, 233-5032
Jade Meads, Recreation Superintendent, 233-3229

II. SEASON FORMAT

- a) The league will be a round robin format with a post-season tournament.
- b) Awards will be given to league champions and tournament champions.

III. ELIGIBILITY

- a) Teams must have at least six players on their rosters.
- b) Players must currently be enrolled and attending 9th-12th grade.
- c) Players can be added to the roster at anytime during the season and may not play on more than one team. Players must be on the roster before the last game of the regular season to be eligible for the post-season tournament.
- d) Transferring from team to team is prohibited once the season has begun.
- e) Students who are on a sanctioned high school basketball team's roster are not eligible to participate in intramurals (even after the high school season is over). Please check with a coach or athletic director if you have questions regarding eligibility.

IV. PROTESTS

- a) Protest can only be made if an ineligible player participates. Protests must be made by the end of the game in question. Game will be forfeited if a team plays with an ineligible player. Teams are encouraged to make the protest prior to playing the game.

V. LEAGUE REQUIREMENTS

- a) The league will not be furnished with timekeepers and scorekeepers. One person from each team must take care of those duties.
- b) Individual points are not required to be recorded. The running score, timeouts, and individual and team fouls must be recorded. Make sure to separate the first half team fouls and the second half team fouls.

VI. UNIFORMS

- a) For safety reasons, jewelry will not be allowed.
- b) Gym shoes only. **No black-soled shoes that mark the floor.**
- c) Teams are highly recommended to have identically colored jerseys with numbers. Numbers will help with recording individual fouls.

VII. GENERAL PLAYING RULES

- a) High school rules will be used with following exceptions.
- b) Player's names need to be entered on the official score sheet prior to entering the game.
- c) If a team does not have at least four (4) players by five (5) minutes after the scheduled game time, the game is forfeited.
- d) All games will be played with 16 minute running clock halves. **The clock will be stopped on all dead balls during the last one (1) minute of each half** and in each overtime. The clock will not stop after made baskets.
- e) Overtime periods will be two (2) minutes.
- f) There will be a three (3) minute halftime period if time allows.
- g) Each team will have four (4) time-outs per game plus one (1) for each overtime. Time-outs are one (1) minute in length.
- h) The alternation jump ball rule will be in effect.
- i) Bonus free throws will be shot on and after the 7th team foul. Two free throws will be awarded on all fouls on and after the 10th team foul.
- j) Two free throws and the ball will be awarded on all technical fouls. Clock will stop on all technical fouls. A personal & team foul will be awarded.
- k) Three technicals in a game by a team will result in a forfeit of that game and the next scheduled game. Two technicals by a player will result in ejection from the game and the next scheduled game.
- l) On the first dunk attempt, the team will receive a warning & points will be disallowed. On the second attempt the player will receive a Technical Foul & points will be disallowed. This includes warm-ups.
- m) Plays made off another person (i.e. jumping off someone's back or riding on their shoulders) will receive a Technical Foul.
- n) Slapping the backboard or grabbing the rim or net will be ruled as goal tending if it affects the shot.
- o) If a discrepancy exists between the scorebook and scoreboard, the officials will examine the situation, but will most likely rule in favor of the scoreboard. It is the responsibility of **BOTH** teams to keep the score, time and fouls.
- p) Five (5) seconds will be called on a closely guarded player.
- q) Players can substitute on dead balls only.
- r) If a team is leading by 20 or more points, they may not press in the backcourt.
- s) During free-throw attempts, only four (4) defensive and two (2) offensive players will be permitted in the marked lane spaces leaving the top lane spaces (closest to the shooter) open.
- t) Profanity Rule - If a player uses loud profane language, a formal warning will be issued to the team. A second use of loud profane language will result in a technical foul charged against the player. Normal technical foul rules will follow with regard to player and team ejections.

VIII. COURTESY

- e) Poor behavior in hallways and/or in parking lots will not be tolerated and will be considered unsportsmanlike.
- f) Please bring a separate pair of shoes to play in.
- g) Please hold all basketballs along side of court while a game is in play.
- h) Please pick up your trash prior to leaving.

VIII. SPORTSMANSHIP

- a) A high level of sportsmanship is the standard of KPR leagues. Team captains should recruit players that can display acceptable behavior.
- b) To encourage good sportsmanship, officials will rate each team between 0-4 at the conclusion of each game. At the end of the season, the highest rated team in each division will receive a gift certificate. If a tie occurs, the team with the poorer record will be declared the sportsmanship winner.
- c) Scoring is as follows:
Four: All team members demonstrate a high level of sportsmanship.
Three: All team members demonstrate a reasonably high level of sportsmanship, but some minor unwarranted actions, profanity, complaints, or arguments occur that possibly require a warning from an official or supervisor.
Two: A team member receives a technical foul for any reason.
One: Two technical fouls by a team, or if a team member receives a technical foul and additional unwarranted actions, profanity, complaints, or arguments occur.
Zero: A forfeit by a team for any reason, including not having enough players for a game or three (3) technicals.
- d) Unsportsmanlike conduct will not be tolerated by players or fans on or off the court.
- e) Any player ejected from the game will be automatically suspended for the next scheduled game.
- f) On the first flagrant technical foul, the officials have the authority to sit a player out for the remainder of the game. If a second flagrant technical foul is assessed to a team, the game will be forfeited.
- g) The following cases will result in a technical foul: Negative comments toward an official's character, continuously or harshly second guessing calls, multiple dunking, or other unsportsmanlike actions.
- h) **THE TEAM CAPTAIN IS THE SPOKESPERSON AND IS RESPONSIBLE FOR THE TEAM.**
- i) Physical violence by a player will result in removal and suspension from the league.
- j) Alcohol, tobacco, illegal drugs/paraphernalia and firearms are illegal on school property. Players who break this rule will be suspended for the entire season.



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