

# Salt Lake County Men's Basketball

## League Rules

For complete rules check on-line at [www.slcorecsports.com](http://www.slcorecsports.com)

---

---

**National Federation of High School basketball rules will govern play with the following modifications and clarifications.**

1. A five-minute grace period will be allowed for each game. A team may play the entire game with four rostered players. If a team plays with 4 players there will be running clock that will only stop at time outs and unusually long delay in game (injury, officials timeout, unplayable ball, etc.). If an eligible 5<sup>th</sup> player arrives the game will return to normal.
2. Each team will have three full and two thirty second time-outs per game. Full time outs may be used at any time and the thirty second timeouts are to be used one each half, use or lose. One extra time out will be allotted per each overtime.
3. There will be two 16 minutes halves. If necessary, three-minute periods will be played for overtime.
4. One-and-one free throws will be awarded on the seventh team foul of each half. Two free throws will be awarded on the tenth team foul of each half.
5. If a team is up by 20 or more points we will have a mercy rule. With the mercy rule there will be a running clock the whole game unless the team that is down gets the score within 15.
6. Any player receiving a technical foul will sit out eight game-time minutes (if this occurs when there is less than 8 min. time will carry over into next game). Two technicals will result in being suspended for the remainder of the game and the next game. Three technicals will result in being suspended from league play.
7. The manager is responsible for the behavior and actions of the team, bench, and spectators/including children. No team member or spectator, including children, shall interfere with any aspect of the game. The officials or score keeper may assess technicals or ask patrons/players to leave the facility. Please do not bounce or play with basketball on the sidelines during game play. **PARENTS ARE RESPONSIBLE FOR KEEPING CHILDREN AWAY FROM THE PLAY.**
8. Dunking is allowed at East Millcreek and Franklin Covey. In all other sites & location there is **NO DUNKING, ATTEMPTED DUNKING, OR HANGING ON THE RIM** allowed.

**PENALTY:**

- a. **First offense** – Player will be assessed a flagrant technical foul and will immediately be ejected.
  - b. **Second offense** – Player will be immediately ejected and suspended for the next two games.
  - c. **Third offence** – Player will be suspended from all Salt Lake County Recreation programs for one year. This rule applies during pre-game warm-ups, at halftime, or after the game. A player who dunks after the game will be suspended for the next league game. Any game suspension will carry over from season to season.
9. The game clock will stop during:
- A. Time outs
  - B. Shooting fouls
  - C. All whistles during last minute of each half
  - D. All whistles during last minute of overtime
  - E. Unusually long delay in game (injury, officials timeout, unplayable ball, etc.)