

2022

Adult Basketball

Quick Rules

Adult basketball leagues will utilize the current National Federation High School Association rules along with Windsor modifications.

Prior to game

Designated home team wears light side of jersey

If a team fails to provide jerseys for second game, the team will receive a two point unsportsmanlike technical for each player not having a legal jersey.

Line-up cards are due to the scorekeeper 10 minutes prior to game

Game clock

Running Clock - clock only stops for timeouts and injuries

Halves - Two 20 minute halves

Between halves – three (3) minutes, if games are running long, reduce half time break

Last two minutes of game – score is within 10 points, regulation clock will be used.

Running clock will be used when score exceeds 10 points.

Technical Fouls – Clock does not stop, two points automatically awarded plus possession

Overtime – One two minute **running clock overtime period, exceptions; free throws, injuries and timeouts.**

Double Overtime – No clock, Sudden Death, First team to score at least two points wins.

During game

Time outs – two 30 second timeouts per half

Substitutes must check-in at scorer's table and be whistled in prior to entering game

Overtime and double overtime – One 30 second timeout per team

Player penalties

Two Technical fouls or Ejection during game – ejection from current game and suspension for next scheduled game,

Player must pay \$50 prior to playing next eligible game.

Team must pay \$25 to continue current game

Two Technical Fouls during season – player will be fined \$25, paid prior to next scheduled game. Every subsequent technical the offending player will be fined an additional \$25.