



Game Rules

9-12 Grade



- ❖ **Players are to remain on the bench during games while not playing**
- ❖ Game will start with a jump ball. All jump balls and the beginning of each quarter will be determined by the alternating possession arrow

Game ball

- ❖ Men's 29.5 basketball

Court size

- ❖ High School sized regulation court.

Clock

- ❖ 4 – eight minute quarters (8 segments)
- ❖ The clock will stop at 4 minutes for the first 3 quarters for substitutions. The 4th quarter will be free substitutions
- ❖ Clock will run continuously except:
 - The last 2 (two) minutes of each half; if a team is up by 15 or more, the clock will not stop in the second half
 - Shooting fouls; the clock will start when the ball is entered for the 2nd free throw
 - Timeouts or player injury

Substitution Policy

- ❖ Every player must play a minimum of 3 segments with the exception of:
 - Injury sustained during a game
 - A player has received 5 personal fouls
 - Behavioral issue

Pressing

- ❖ Full court press is permitted the entire game unless a team is up by 15 or more points

Free Throws, Violations and Penalties

- ❖ 5 Fouls per player
- ❖ Shots will be taken from regulation foul line
- ❖ Foul shots will be awarded for the following situations:
 - 2 shots for being fouled in the act of shooting
 - 7 team fouls per half (player will shoot one & one)
 - 10 team fouls per half (shooting 2 shots)
 - Players may move on release of ball

Timeouts

- ❖ Each team will receive 2 (30 second) timeouts per half
- ❖ Timeouts may not be carried over from the first half

Overtime

- ❖ Game will be played until there is a winner
- ❖ Overtime is 2 minutes in length. One additional time-out will be awarded per team. Timeouts do not carry over from each overtime period
- ❖ Any player is eligible to play in overtime except for those players with 5 personal fouls
- ❖ Overtime will start with a jump ball
- ❖ Clock will run continuously except for the last minute, shooting fouls, timeouts and injury

Ejections

- ❖ Any ejection for any reason will result in a 1 game suspension
- ❖ 2 ejections in a season player will be suspended for rest of season
- ❖ 2 technicals in a game player will be ejected from the game and suspended from teams next game
- ❖ 3 technicals in a season and player will be suspended for rest of season

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Shirts

- ❖ Game shirts may not be altered in any way. If shirts are altered, the player is responsible for purchasing a new shirt and they will not be eligible to play until the shirt is league approved.

Conduct

- ❖ All players must be registered through the Westlake Recreation Department in order to be placed on a roster and eligible to play in games.
- ❖ All captains/co-captains are held responsible for the conduct of all players on their team. Any misconduct will not be tolerated.
- ❖ Captains/co-captains are held responsible to only allow players that are rostered on their team to participate in a game. False information by any player and/or captain/co-captain will result in the suspension of the player and/or captain/co-captain. In addition, all games in which the ineligible person participated will be forfeited.
- ❖ Profanity is prohibited at the Westlake Recreation Center by all players and fans alike.
- ❖ There are no coaches in this division and no one other than players are permitted to sit on the bench.
- ❖ Roster checks may occur periodically throughout the season.

****The Westlake Recreation Athletic Staff reserves the right to modify/alter these rules at any given time. If changes are made during the season, a written notice via email will be sent out to all participants. Emails that were given at the time of registration will be used for communication.**

Revised 11/18/2025

