

## Summary of Adult Playing Rules

	Men's Recreational	Men's Competitive
Length of Quarters	2 (Two) - 16 Minute Halves	
Clock Stops	Time-Outs and Injuries	
Regulation Last 3 Min of Halves	Regulation Clock Observed Last 3 Minutes of each Half.	
Dunking	PROHIBITED - DUNKING RESULTS IN SUSPENSION FROM LEAGUE	
Player Restrictions	No Players over 6'6" No College Basketball within last 10 years.	No Restrictions
Height of Goals	10 feet	
Foul Line Distance	15 feet	
Three Point Field Goals	19'9" feet	
Number of Time-Outs	3 (Three) Full Time-outs, 2 (Two) :30 - Second Time-outs	
Number of Time-Outs for OT	Only one additional timeout added per team for each OT period.	
Technical Fouls - Players, Coaches, Fans.	2 Technical Fouls for Unsportsmanlike Conduct will Result in Ejection from Game. 3 Technical Fouls on one team will result in <b><u>FORFEITURE</u></b> of Game.	
1 and 1 penalty	Will become effective on 7th Foul of Each Half.	
Double Bonus (2 Shots)	Will become effective on 10th Foul of Each Half	
Overtime (OT) Periods	Three minute periods (regulation clock the last 2 mins.) until a winner is determined.	
Time Outs	The Coach May Call timeout from the Bench	
Grace Period	Fifteen (15) Minutes for the first game of the Day, Night, or Morning.	