

American Fork Recreation

7th - 12th Grade Basketball

General League Rules

Teams

- Teams with participants that do not live or attend TMS, MT. Ridge, AFJR, LPHS or AFHS will be accepted into the league if available space exists.
- All players **must** be registered with American Fork Recreation and your team, before they are allowed to participate.
- Any team that plays any portion of a game with a player, who is not properly registered on that team, the game will be considered a forfeit. The illegal player, if registered on another team, he/she will be suspended from playing with their "registered" team for the next 2 scheduled games.
- Individuals will only be allowed to be registered on one (1) team with American Fork Recreation during a single season.
- Players may not participate in both this league and 9th grade or high school recognized teams.
- Players may play up one grade, but the parent or guardian must coach the team. Only 2 players are allowed to play up per team.
- After the first 3 games of the season, players may not be added to teams. Any exception to this rule will need to be discussed with AFR.

Games

- A game will be considered a forfeit if a team receives an unsportsman-like technical foul without an adult (21 or older) on the bench at the time of the technical foul. Only the players registered to the team, one coach, and one assistant are permitted to sit on the team bench during the game.
- Teams may not bring in sound systems/speakers to use before, during, or after games.
- Teams that forfeit 2 games during the regular season may not be included in the post season play.
- Teams may play man to man or zone defenses.
- Full court press is not allowed if the pressing team is ahead by 15 or more points.
- Game time is starting time—Games may start with as few as 3 players at game time. To continue playing, teams must have their 5th player by the end of the 1st half.
- Games consist of two, 20 minute halves with the clock running. The clock will only stop on time outs and on every whistle during the last 2 minutes of each half.
- If there is a lead of 15 or more points in the 2nd half, the clock will not stop except for time-outs
- Teams are allowed 2 time outs per half. Time outs do not carry over. Teams will receive one time out for each over time period.
 - ❖ Overtime period consists of 3 minutes with the clock stopping the last minute on every whistle. Only 2 overtime periods will be played during league games. Game will be considered a "tie" if game scores are the same at the end of the 2nd overtime period.

Uniform

- All participants shall wear black/white uniform jersey provided by American Fork Recreation without modification. Uniform exceptions to the rule must be approved by AFR prior to start of games.
- 3 points will be added to opposite team score for each individual jersey violation.
- No Jewelry, bobby pins, barrettes, beads, rings, necklaces, watches, bandanas, hats, casts, anything made of hard plastic, metal or anything that the officials or league supervisor views as dangerous to self or to other players may be worn during games. Bubble wrapping a hard cast is not considered acceptable.

Technical fouls

- Unsportsmanlike Technical fouls would include the following incidents, but are not limited to:
 - Taunting
 - Verbal abuse toward players, fans, officials or recreation staff
 - Dunking or hanging on basketball rim or net, prior, during or after games
 - Flagrant fouls
 - Fighting
 - Gestures and disrespectful behavior towards the game or individual

Technical fouls (continued)

- Non-Sportsman-like technical fouls include:
 - Faking being fouled (Flopping)
 - Excessive timeouts
 - Delay of game
 - Improper substitutions

The consequences for any Participant that receives an unsportsmanlike technical foul, are as follows:

- First technical results in the player sitting out the remainder of that half.
- Second technical results in the player sitting out the remainder of that half and is no longer eligible to participate in post season play. That player may earn back his post season eligibility by completing four volunteer hours scheduled with the Recreation Department.
- Third technical foul results in the complete removal of that player from the league with no refund.
 - In the case of a flagrant foul, the player is given a technical and removed from the game.
 - Intentional foul allows a team to receive the ball after shooting free throws, but this may not be a flagrant foul.
- A technical foul can be received before, during and after a game.
- 5 team technical fouls may result in the removal of that team from post season play.

Coaches are held to higher standards...

- Any Coach who is ejected from a game must also sit out the next scheduled game.
- Any coach receiving technical fouls during 2 games will no longer be allowed to coach for the entire season.

The American Fork Recreation Department reserves the right to remove or suspend any player, coach or team from the league or Post Season Tournament for any behavior including but not limited to: fighting, destruction of school property or abusive language directed toward anyone associated with this program in any way.