

Adult Basketball League

Rule Highlights

National Federation High School Basketball rules will govern league games in conjunction with supplemental league rules.

Forfeits: If a team appears to have less than 4 players at the scheduled game time. A ten-minute grace period will be given for the first game only. There is no grace period for the consecutive games.

Game time: A regulation game shall consist of 2, 20-minute halves with a running clock. The last two minutes of each half, a stop clock is in effect. Overtime shall consist of a 3-minute stop clock.

Timeouts: Each team has 2 timeouts per half and 1 timeout per overtime. Timeouts do not carry over.

Free throws: Players may enter the key upon shooters release of ball.

Technical Fouls: Any player receiving a technical foul must immediately go to the bench for a total of 5 game time minutes. The scorekeeper will record the infraction. The player may re-enter the game at the first dead ball after the 5-minute penalty has elapsed.

Any technical foul will result in 2 automatic points and possession of ball.

Suspension: Any player receiving 2 technical fouls before, during, and/or after a single game will be ejected immediately. The player will be automatically suspended for the next two consecutive games.

Any player receiving 3 technical fouls during the season will be suspended from the league for the remainder of the season including playoffs.

Player Eligibility: Ex-college players must be at least 35 years of age to participate in the City of Renton Adult Basketball League

Possession: The alternate possession rule will be used.

Dunking: No dunking or hanging on the rim prior, during or after game. Result will be a technical foul.

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