

High School Basketball League Rules

The league rules are based on the Maine High School basketball rules with a few variations.

Time: Two 20-minute halves (running time) with a 3-minute half time. Time will run continuously, except for serious injuries, or in the **final minute of each half** for dead balls and made shots **if teams are within 10 points** of each other.

Warm Ups: Teams will get a minimum of 5 min to warm up, if a game finishes and there is more than 5 min till the next scheduled game league supervisors and officials can start games earlier if both teams have their coach and 5 players.

Overtime (OT): There will be **one 2-minute period OT for regular season games**. The OT will start directly after the end of the regular schedule game play. (Running time until final minute, if teams are within 10 points of each other).

Playoffs - There will be a **max of three 2-minute overtimes**. If there is not a winner after three OTs, the game will go to a 1 v 1 contest. Each team will pick one player, each player will have equal chances on offense. The higher seeded team will be on defense first. The lower seed will be on offense first. The first two score and stop wins for their team.

Timeouts (TO) : Each team will get **two 30 second time outs a half**, the time outs do not carry over. If you do not use your two in the first half you lose them. You will have a total of 4, 30 second time outs. Remaining second half time outs will carry over into OT. You will get one additional 30 second time out in overtime.

Fouls: 7 team fouls per half will put the opposing team in the bonus. All players shoot two shots in the bonus. Fouling Out - 5 total individual foul. Two technical fouls in one game will result in an ejection from the game. If this occurs, the player will have a 1 game suspension. This will be enforced on the next scheduled game. An intentional foul will be recorded as a technical foul. If a defender intentionally wraps a player driving to the hoop within the 3-point arc, the offensive player will be awarded a made shot and receive the ball back. The defender will be issued an intentional foul. For all technical fouls, the opposing team will receive two (2) free throws and possession on the ball.

Free Throws: All shooting fouls will be 1 shot for how many points the shot attempt was for. When a team is in the bonus teams will shoot their two shots or 3 if the foul is on a 3 attempt.