

Hoosier Hills Hoops

Individual & Recreational Leagues

—Rules and Regulations—



This league will be governed by National Federation of State High School Associations (NFHS) rules and regulations, except the following:

1. Warm up time shall be based on time available until the next regularly scheduled contest. A minimum of three (3) minutes of warm up shall precede all contests.
2. Middle and high school games shall consist of two (2) 20-minute halves. All elementary games shall last for two (2) 18-minute halves.
3. Clock shall run continuously, except the following:
 - a.) the last one (1) minute of each half; b.) the last one (1) minute of all overtime periods; and, c.) at the discretion of referees or league officials.
4. Halftime shall be three (3) minutes.
5. First overtime period shall be two (2) minutes. Second overtime shall be sudden-death.
6. Each team shall have two (2) 30-second timeouts per half. Each team shall be granted one (1) 30-second timeout in the first overtime period. No timeouts shall be issued in second overtime period. Unused timeouts cannot be carried over to the next half or overtime period.
7. A minimum of five (5) rostered players is required to start an official league game. If a team has less than five (5) rostered player at game time, league officials shall allow a ten (10) minute grace period to be counted down on the game clock before the forfeit is declared. Despite the forfeit, a scrimmage game will be played to allow all league participants court time, except during single-elimination tournament play.

League-specific regulations:

1. Playing time for each rostered player shall be as close to equal as possible. Team coaches shall be responsible to oversee the even distribution of playing time. Parents shall report issues first to team coach, then to league commissioner if no corrective action is made during the team's next contest.
2. No roster changes or additions shall be allowed without the prior approval of the league commissioner. Participation by a non-rostered player will result in a forfeit for team in violation.
3. League-issued t-shirts shall be worn during all contests. Replacement t-shirts, if available, may be purchased for \$30. League-issued t-shirts shall not be altered beyond removal of sleeves.
4. Game time listed on schedule is start time. League officials shall allow a ten (10) minute grace period to be displayed on clock before a forfeit is declared.
5. A team ahead by 20 or more points may not utilize back-court defensive pressure.
6. Backcourt defense will not be allowed in all elementary divisions, except in the final one (1) minute of each game and in overtime periods.
7. Only man-to-man defense is allowed in all elementary divisions.
8. In the event of a tie in the final league standings, seeding for the single-elimination tournament shall be based on the following (in order as listed, if applicable):
 - a.) overall win-loss record; b.) head-to-head result between the two (2) teams tied;
 - c.) point differential of all teams involved in tie (15-point maximum or minimum); d.) defensive points allowed, and, e.) coin-toss.