Mokena Community Park District
High School Recreational Basketball League
Grades 9 – 12 League Rules

Rosters/Division:

Team rosters shall be made up of 10 players per team in (2) separate divisions, a Freshmen-Sophomore and a Junior-Senior division.

Games:

Games will be 4 quarters with each quarter lasting 8 minutes. Clock will only stop for timeouts, player injury, free throws, and at all referee whistles. EXCEPTION: If a team is leading by 15 points or more points clock will not stop and will continue to run.

Forfeited games (due to insufficient players) will be recorded 10-0 in league standings – no make-up games.

Timeouts:

Each team will be allowed 2 timeouts per half which can be used anytime during each half. Any unused timeouts in the first half cannot be carried over to the 2nd half of a game. In case of overtime sessions, each team gets only 1 timeout per 4-minute overtime, with no carryover of timeouts from the 2nd half.

General Rules:

Jump ball will start each game, then alternating possession based on the possession arrow will determine which team gets the ball to start the next possession. A jump ball shall begin any overtime period.

Teams can choose to use either a man-to-man defense or a zone defense during the game. No team is allowed to full court press if they are leading by 10 points or more.

A 10-second half court rule will be enforced as well as 5-second held ball rule (in the front court only). A 3-second call in the lane will be made at this level. All other basic games rules will be enforced the same as IHSA rules.

Playing Time:

Each coach selects a starting 5 to begin the game. The starting 5 players must play the entire first quarter unless a player get injured, a player gets 3 fouls in the first half, or a player receives a technical foul. In any case previously described, a substitute player can then enter. The players present for the game who did not start the first quarter will then start and play the entire second quarter. If your roster of players is fewer than 10, you can then select a player or players from the starting 5 to also play the entire second quarter. For the second half of the game the coach will again select 5 players to start the 3rd quarter and they will play the entire quarter. The 4th quarter starters will be the players who did not play in the 3rd quarter. With 2 minutes left in the 4th quarter, free substitution is allowed by each coach and subs can re-enter the game either during a time out or dead ball situation.

Any player receiving a technical or flagrant foul for any reason will lose his playing time for that quarter. The coach must replace the offending player with a substitute from the bench, and the offending player does not get to make up for his lost playing time. If a player receives a technical foul during the last two minutes of the 4th quarter or overtime period, he must be substituted and may not re-enter unless there is an overtime (or additional overtime) period.

For overtime periods, the coach can select any 5 players to play and free substitution is allowed during overtime.

Free Throws:

All shooting fouls with either be 2 or 3 shot fouls depending on the 3-point line. All technical fouls called will be 2 points and ball awarded to the opposing team. A technical foul will count as a personal & a team foul. On the 5th team foul called in each quarter the team fouled shall be awarded 2 free throws. Prior to the 5th team foul, a non-shooting foul will result in the offensive team just taking the ball out-of-bounds. On the 10th team foul in each half and all subsequent fouls, the opposing team will shoot 2 free throws.

Players receiving their 5th personal foul will be removed from the game. Only exception to this rule would be a situation where no other players are available to sub in. In this case the player with 5 fouls can remain in the game, but any other fouls by that player will result in 2 points and ball to the opposing team.

Miscellaneous:

Earrings and necklaces may not be worn during games. Referees have the authority to dismiss players from the game that can't remove jewelry prior to playing.

Only 2 coaches are allowed on each player bench. Assistant coaches should remain seated on the team bench during the entire game (does not include timeouts). Only rostered players and assistant coaches are allowed on the team benches.

In the event of a tie in the standings at season' end, the first tie-breaker will be determined by head-to-head results in the games vs. each other. The 2nd tie-breaker will be point differential in those games played against each other, and a 3rd tie-breaker needed would be how each team did against the next best team in the standings.

If a team will be short players for a game (6 or less players), they may request to use a player of equal skill level from the same team in the younger division. All request must be approved by the Recreation Supervisor. If a request is not approved, the team using the ineligible player risks forfeiture of the game. If a player is brought up from a younger division to play in a game, they may not accumulate more game time than the players originally on the team.

Technical Fouls/Ejections:

Coaches or players using profanity or displaying unsportsmanlike conduct will be given a technical foul. Any technical foul given to a player or coach will result in an ejection from the game and suspension from future games. One technical = 1-game suspension (minimum); two ejections = future disciplinary actions ranging from suspension to removal from the league with no refund. A player that has been suspended may not attend his team's games until his suspension has been served.

An accumulation of four technical fouls throughout the season will result in a minimum one-game suspension. Any further technical/flagrant fouls will result in more disciplinary action.

Revised August 24'