



2022 BASKETBALL

PAL Basketball Rules

- COVID: all participants, coaches, fans, parents, and attendees will be subject to temperature screening prior to admittance to the facilities. Anyone experiences symptoms or feeling ill should refrain from attending.
- GAME TIME: Two fifteen-minute halves, continuous clock except for the last two minutes of second half (continuous clock stops only for time-outs, injuries, and referee's signal). A three-minute halftime between halves. Scheduled game time is game time, no grace period.
- **RULES: NFHS and KSHSAA High School Basketball rules apply, except where noted below.**
- ROSTER will be provided by the coach/captain of each team at least 3 minutes prior to the start of the scheduled game. Each roster should have the following: 1. Name of player 2. Uniform number.
- VOLUNTEER: Each team will be required to provide one volunteer who is willing and able to serve as clock manager or bookkeeper if needed. PAL's site monitor will instruct the volunteers as to their role before the beginning of each game.
- WARM-UPS: Each team may arrive at the scheduled gymnasium no more than 10 minutes ahead of the scheduled game time. Warm ups may be permitted if time and space allows.
- EQUIPMENT: PAL will provide game balls, ball size will be determined by availability.
- TIME OUTS: Each team is permitted 2 time-outs per half. Time-out can be called by coach or player.
- SUBS: Substitute players must check in at scorer's table and be called in by officials.
- DEFENSE: Man-to-man and zone defenses are allowed.
- DEFENSE: Full court press ONLY IN LAST 2 MINUTES of a half
- 3 POINT: three point shots are counted ONLY in gymnasium/courts with proper markings.

- PLAYERS: Team cannot start game with less than four players
 - All players not playing must remain in bench area
 - All players must have PAL uniform and proper footwear to play. The issued PAL jersey is the only jersey to be worn.
 - No jewelry to be worn by players
 - No new players may be added to a roster after February 1st.
- FOULS: Five personal fouls for player disqualification from game. All fouls are shooting fouls from seventh team foul in each half; two shots from tenth foul on in each half.
- TECHNICAL 1 fouls result in two uncontested shots and possession of the ball. Each participant may be awarded only one technical 1 foul per game, subsequent technical fouls will be classified as technical 2 fouls. Examples of technical 1 fouls are:
 - Mild unsportsmanlike conduct.
 - Illegal or ineligible players.
 - Illegal full court defense (after 1 warning per team).
 - Calling time out with no remaining time outs available.
 - Profanity from/towards any player, coach, fan, participant, or league official.
 - Failure to clean bench area after game.
- TECHNICAL 2 fouls result in two uncontested shots, possession of the ball and **immediate disqualification of the offending player(s)**. A participant receiving a technical 2 foul will be disqualified from the current game and a minimum suspension of one additional game.
 - Unsportsmanlike conduct
 - More than one technical foul per game by any participant.
 - Fighting, kicking, punching, pulling, throwing, or pushing any participant of officiant. Any player ejected for fighting will serve a minimum of a two game suspension.
 - Dunking on any basket in the facility.

- **SIT DOWN:** Any referee or PAL official may require a participant to be removed from the game and incur a "sit down" period for a designated amount of time or until the next substitution is allowed. A foul call may accompany a sit down period at the discretion of the official making the call.
- **OVERTIME:** If game is tied at end of regulation time then one two-minute overtime will be played. Same rules as in last two minutes of the second half (see above). Each team will be allowed only ONE time-out in overtime. A tie following the two minute overtime period will be broken by a free throw shoot out. Each team will pick three players and they each will take one free throw. Each basket made will add one point to the final score of that player's team. If still tied after each team shoots, the free throw shoot out will repeat in rounds until the score is untied at the conclusion of a round.
- **WEATHER:** In the event or forecast of severe weather the Police Athletic League may cancel events. All efforts will be made to re-schedule cancelled events. Captains/coaches are responsible for contacting the PAL if they are concerned for weather delays or cancelations. 221-5010
- **PAL OFFICIALS:** At the discretion of the Police Athletic League any player, coach, fan, spectator, or other guest who displays unsportsmanlike conduct may be removed from the game facility and barred from future attendance. PAL officials have the final say in all matters on and off the court.
- **PRACTICE/TRAINING:** There will be no gym time/space available for team practices. PAL may provide a weekly or scheduled training session(s) with local coaches or organizations which will be available to all PAL participants.

Any rule or policy questions, protests, or concerns shall be directed to

Captain Mike Cross at 785-368-9494 or mcross@topeka.org.