Rules - Men's Basketball 2026/27

For any rules not listed on this document we will then refer to UHSAA Basketball Rules.

1. Games will consist of two 18 minute halves with a 3 minute break for half-time. A four minute warm-up time will be allowed before the start of the ball game. The clock will not stop unless there is a shooting foul, the clock will stop on all shooting fouls. The clock will stop during the last minute of each half on every whistle. Two time-outs per team each half (none carry over). After all time outs, the ball may be taken out of bounds at half court.

2. Overtime: 1st will be 3 minutes, 2nd will be 2 minutes, 3rd will be sudden death first to score wins. Each overtime will start with a jump ball.

3. Bonus shots: One and one will be shot beginning on the 7th team foul. Two shot penalties will be shot from the 10th team foul on.

4. No players added to your team roster without approval. No player may switch teams during the season. (Do not have friends come and play under assumed names.) New players must be added the day before the next game. **No players may be added after 5:00 PM January 8, 2027.**

5. You can play a game with 4 players. However, if at any time a team falls below 4 players the game will be over and the opposing team declared the winner. Game time is forfeit time except for the 6 PM game. The 6 PM game will have a 10 minute leeway, however the clock will start at 6PM. All other start times, if you don't have 4 players at game time you forfeit.

6. Players on lane lines during free throws may enter the lane on the release of the ball. Players at the free throw line and beyond the 3-point line have to wait until the ball hits the rim.

7. If a team is ahead by 15 points or more in each half of the game, the clock will not stop, NOT EVEN FOR FOUL SHOTS!!!

8. Dunking **will** be allowed **during** the game. **Any touching, dunking or hanging on the rim before, at the half or after the game will result in a technical to the offending player**. Any damage due to dunking will be the responsibility of the player who caused the damage.

9. There are times when the schools may need the gym on a given Monday. Please be prepared to play on an open Monday during the season if this happens

Uniforms

- A player will not be allowed to participate in the game unless he has a jersey with a number, no duplicate numbers are allowed. The Team Captain must help enforce this rule. No jersey = No play. No tape on numbers.
- The home team will wear white, and the away team will wear dark colors.

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Technical Fouls

- If a player gets a Class A technical foul they are ejected from the game, and the team captain must leave the game as well. If a player gets two (2) Class B technical fouls they are ejected from the game, but the team captain will not be ejected.

Class A Technical fouls

- Any and all unsportsmanlike behavior which can include but is not limited to the following.
    - Overly aggressive fouls, shoving and flagrant fouls
    - Swearing directed at the officials, opposing players or loud enough that the stands could hear it
    - Use of the “F” word
    - Arguing with officials
    - Fighting

Class B Technical fouls

- Swearing in any form not listed under Class A
- Flagrant fouls that are deemed accidental by the officials
- Hanging on the rim
- Delay of Game Violations
- Excessive timeouts
- Taunting

Technical Foul Suspensions

These suspensions will be in effect for any player that receives a Class A Technical Foul or two (2) Class B Technical fouls in a game. The player must sit out the rest of the game and must leave the premises. If the technical is in the 2nd half he must sit out the rest of that game and leave the premises, plus the 1st half of the next game. On the 2nd offense during the season, the player must sit the remainder of the game plus full next game. If a player receives back-to-back Class A Technical Fouls (on the same night), they must sit out the rest of that game, plus the next two scheduled games for that league and any games in between (if playing in another SF Basketball League). Team Captains will not be suspended for technical fouls committed by their team mates.

Drug & Alcohol Use

It is the policy of Spanish Fork City & Nebo School District to prohibit any persons who have been using alcohol or illegal drugs from participating in sports activities or using school facilities. If this policy is abused, the player may be suspended from all play without refund.

THERE WILL BE NO WARNING GIVEN. It will be the coach's responsibility to handle this problem. If there is ANY problem, the entire team may be disqualified from further play.

Forfeits

In order to alleviate the number of forfeits that have occurred in the past, each team will be allowed no more than three (3) forfeits in one season. On the third forfeit your team will be removed from the schedule and your season will be over. No refunds will be given and the schedule will be redone to give the teams that were forfeited to their correct number of games.

Unattended Children

Children must not be left unattended in the gym or school. Children will not be allowed to play or run back and forth in the hallways, foyers or balconies. If you are not going to tend your children, please leave them home!