

## **GENERAL PLAYING RULES & TIME PROVISIONS HIGH SCHOOL LEAGUE**

1. Teams will play with a regulation size basketball.
2. Three (3) point field goals will be allowed in the High School League.
3. Games will consist of two twenty (20) minute running clock halves, with the clock stopping for substitutions, official referee timeouts and last two minutes of the second half.
4. The clock will stop every four (4) minutes to allow players to substitute, with the last four (4) minutes being the captains' choice.
5. If the score is tied at the end of the regulation period, teams will play a maximum of two (2) – two (2) minute overtime periods. Jump ball will be performed at the beginning of each period. If the score is still tied after the two (2) overtime periods, then one sudden death free throw shootout will take place.
6. Players will be allowed six (6) personal fouls before fouling out of the game.
7. Each team will be allowed one (1) timeout per half and one (1) timeout per overtime period.
8. There will be a four (4) minute period to warm-up before each game and a three (3) minute halftime.
9. Each team will play two (2) games every Sunday, excluding playoffs.
10. No Earrings allowed. If you have earrings in, you will not be allowed to play. You cannot wear bandages over them to hide them; they must be completely removed. No exceptions.
11. Games must be played in the official J.D. Lewis League T-Shirt. No shirt no play.
12. Players must play in at least five (5) regular season games to be considered eligible for the ALL-STAR team. DNP's are considered a missed game.
13. No Coaches. Every team will have a Team Captain.
14. The team captain is responsible for the teams' rotation, the teams' offensive/defensive strategies and is expected to use each player to their strengths.
15. Team captains are expected to be leaders and motivators to their respective teams. If the team captains have concerns they should be addressed with the Commissioner of the league.