

Men's Basketball League Rules

any kind is allowed in the gym.
 2. Basketball or court shoes are mandatory for use on the gym floor.
 3. It is against state law, school policy, and Capitola Recreation

PLAYING TIME

1. The game will consist of two 20-minute halves with a three minute period between halves.
2. Each team will have three time-outs per game.
3. Running clock except for the last two minutes of the game when it will be stopped every whistle. The clock will not be stopped in the last two minutes if either team is ahead by 20 points or more at the two-minute mark.
4. In the case of a tie game there will be a two-minute overtime period, with a stopped clock. Each team will be given one additional time-out. If the game is still tied after the first overtime period, there will be a second sudden death overtime, with the first team to score a point being declared the winner.
5. A team that does not have 4 players present 10 minutes after the official game time will forfeit the game. The clock does not reset, and the team waiting for their player will lose one point every two minutes of waiting.

LEAGUE RULES

1. The manager will be the official representative of his/her team unless he designates one of the players to be team captain prior to the game.
2. Unless otherwise stated, Official High School Rules govern league play.
3. A team must have 4 players to begin a game, and can continue to play with 3 players if they are not down by more than 15 points at the time the fourth player leaves the game. A team may not continue to play with fewer than 3 players.



4. Dunking the ball is not allowed. Penalty: the player will receive a technical foul.
5. If a player receives a technical foul, s/he must sit on the bench for 5 minutes of playing time. A second technical foul will result in immediate ejection from the game. Any player ejected from the game must immediately leave the gym and school grounds.

PLAYER CONDUCT

1. Players are required to conform to the SANCRA "Player Code of Conduct". Failure to do so may result in the entire team being subject to the designated penalty. A player or team suspended by one public recreation agency will automatically be suspended from all other recreation leagues in this area.
2. **Any player who is ejected from the gym will automatically be suspended for at least one game.** Players may be suspended for longer for any reason by the league director.

rules to smoke and/or consume alcohol on school property. Evidence of violation of these policies is grounds for suspension from the league.
 4. Please deposit all litter in trash receptacles.

PLAYOFFS

1. League standings will be determined by overall win/loss records at the end of the season.
2. Various playoff formats may be used and may be scheduled on days other than the regularly scheduled day for a particular league.
3. In the case of a tie in the standings at the end of the regular season, the following tie-breaking system will be used:
 - ◆ Who beat whom in head-to-head competition between the 2 teams in question.
 - ◆ Which team had less points scored against them in the games between the two teams.
 - ◆ Which team had less points scored against them during the entire season.
4. If there is a 3-way tie at the end of the season, the "top seeds" will be decided by using the standings based on the games with those three teams only. After that, the team that gives up the least amounts of points defensively in the games between the three teams will be declared the "top seed".