



Adult Basketball Rules

Prestonwood Sports Organization



2 Timothy 2:5, NIV

"If anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules."

THE GAME FORMAT

NCAA rules apply with the following exceptions:

- 1) Three minutes before the game, each team will pray together at half court and be led by the game administrator or home team captain in a focus on the league priorities: great fellowship and competition in an atmosphere of respect and encouragement.
- 2) The 3-point line will be the high school 3-point line in all divisions except the 18+ Competitive division which will use the college 3-point line.
- 3) The restricted arc will be used in all divisions. This arc applies to the secondary defender.
- 4) There will be no shot clock used.
- 5) Each game will consist of two **20-minute running clock halves** with a 3-minute halftime break.
- 6) The clock will stop for player injuries and timeouts (**two 60-second timeouts** per team/per game).
- 7) If the score difference is 20 points or less, **the clock will stop during the last 2 minutes of the game on the official's whistle.** The clock will NOT stop after made shots unless there is an official's whistle.
- 8) During the first 38 minutes of the game, only one free throw will be shot but it will count as 2 points for a 2-shot foul and 3 points for a 3-shot foul ("and-1" free throws will only count 1 point). During the last 2 minutes of the game and the overtime period all free throws will be shot according to NCAA rules.
- 9) International throw-in rule applies in the backcourt. (You do not have to check it with the official unless they are reporting a foul.)
- 10) In the Men's 39+ league there will be no pressing in the backcourt and the ball must be dribbled across the half court line. These rules do not apply to the last two minutes of the game or in the playoffs.
- 11) If necessary, a **2-minute overtime** will be played. The clock will stop as in Rule #7 during the 2-minute overtime. During the overtime, no extra timeouts are given. If the game remains tied at the end of this overtime, a sudden-death overtime will be played (first team to score wins).
- 12) Each team will provide one person to serve as scorekeeper or clock operator for their game.
- 13) Teams must have at least 4 players to begin a game. Only players registered for a specific team may play on that team. The scheduled game time is forfeit time if a team does not have enough players ready to play. A team may pick up a player registered on another team and play the game. However, that will cause the game to be a forfeit. Game scores for a forfeit will be posted as 15-0.
- 14) Every team must attend a post-game "Iron Time" devotion with the team they played. Game report forms on the back of the devo must be turned in to the Front Desk staff before leaving the gym. Teams not doing this devo will receive a "0" as their official game score.

PLAYER SUBSTITUTIONS

- 1) For substitutions each player must check in at the scorer's table. The referee will signal for subs to enter the game at the next dead ball. Due to the running clock, quick substitutions allow for more playing time.
- 2) The clock will stop for injuries to allow for proper care and substitutions. If the clock stops for an injured player, that player must come out of the game and can return on the next dead ball.
- 3) PSO does not govern playing time. That is the responsibility of the team captain.

PLAYER CONDUCT

We have the following expectations for everyone involved in sports leagues with PSO:

- 1) PSO Basketball promotes respect for every player, coach, and official. No negative criticism is allowed.
- 2) Any comments concerning officials' or coaches' conduct should be addressed quietly to the game administrator. He/she is the only avenue for resolution of conflict.
- 3) Technical Fouls relating to conduct will result in player suspension from the rest of the current game and the next game and must be reported to the PSO Director of Basketball. A second technical by the same player will result in a suspension from the rest of the season and possibly the next season.
- 4) No protests or appeals of games or technical fouls are allowed.