

# Young Adult Basketball Rec League Rules

## Tournament Format

### Time:

- Two (2) twenty (20) minute running clock halves.
  - Stop clock for the last (1) minute of the first half.
  - Stop clock the last two (2) minutes of the second half (*if the score is within 15 points or less*).

All overtime periods will be one (1) minute stop clock.

**Time-Outs:** Each team will receive two (2) time-outs per game that they may use at any time. Each team will receive an additional time-out per overtime.

**Fouls:** These Foul rules apply during the running clock segment

### During running clock play:

#### **2 Point Attempts:**

- All players fouled while in the act of shooting a two point basket will shoot one free throw to earn 2 points.
- If they make the Free Throw, they receive 2 points.
- If they miss the Free Throw, they receive no points.
- If they are fouled and make the basket, they will be awarded three total points without shooting the free throw.

#### **3 Point Attempts:**

- All players fouled while in the act of shooting a three-point basket will be awarded two points and one free throw.
- If they are fouled and make the basket, they will be awarded four total points.

#### **Team Fouls:**

- All team fouls will be counted. The team foul count totals apply to the Stopped Clock play.

#### **Technical Fouls:**

- All technical fouls will result in two points and possession of the ball.

### During stop clock play in first and second half:

- All CIF high school rules apply in the final minute of first half and final 2 minutes of second half.
- All foul shots will be taken based on the bonus (7 fouls) or double bonus situation (10 fouls).
- No individual fouls will be counted.