

**Monroe Parks & Recreation Department**  
**Men's Basketball Basketball League**  
**Rules and Regulations**  
**2020**

**PURPOSE:** The goal of this program is to provide an opportunity for players to participate at a recreational level and play basketball in game situations. Sportsmanship, participation and FUN will be emphasized OVER competition.

**TIME:** Playing time shall be two 20 minutes halves -stopping on shooting fouls, timeouts & at suggested 5-minute mark for SUBSTITUTIONS ONLY. Halftime will be 3 minutes. Each team will have (2) 30-second timeouts per half with no carry over and one additional, 30-second timeout, per overtime period (no carry over). Overtime will be 2-minutes of running time. Teams have been selected based on rosters that were submitted and individual players were added on a draft basis by the Monroe Parks & Recreation Department. Team Captains are the ones who submitted the initial roster.

**PLAYING TIME:** Each player MUST play at least 15 minutes per game and appear in both halves. Team Captains are responsible for player substitutions. Each player MUST wear sneakers, shorts, and the correct team jersey from current year when they arrive. Prior to that, we ask you wear your assigned color.

**FOULS/FREE THROWS:** A team will be awarded a bonus free throw beginning when the opposing team commits seven team fouls and two shots after the tenth team foul. A player is out of the game for committing a fifth foul.

**PRESSING:** Full court pressing will be allowed, at any time, unless you are winning by 15 or more points. When not pressing, all defenders must return behind half court.

**CONDUCT:** Anyone found roaming the hallways or any other part of the building (including non-players) would be excluded from further league play. Only players participating in the actual game are allowed on the gym floor [includes all timeouts and intermissions]. Smoking is not allowed on St. Jude property or school grounds we may use. Please observe all posted parking signs.

**SPORTSMANSHIP:** Cheering and words of encouragement only from players & spectators. Profanity, unsportsmanlike conduct and any form of negativity will not be tolerated and the offender will be asked to leave the gymnasium.

Please note games start at 7:00 pm and 8:00 pm. Please arrive at least 10 minutes earlier than time listed on schedule so we can get out of gym on time. Please do not arrive earlier than 6:45 pm as there is programming scheduled prior to this league on most nights. All players and spectators must exit the building no later than 9:15 pm.

Playoffs will occur after regular season concludes.

In the event of inclement weather, call cancellation line @ 203-339-6106. We will also send out an email blast from our registration list. Make sure we have the correct email on file.

We will do our best to make-up any games that are cancelled due to weather, but they may be on days other than Thursday and at different hours. Full cooperation is expected.

Have a great season!

