

Wahoo Parks and Recreation Department
MEN'S SLOW BREAK BASKETBALL LEAGUE RULES

*It is the responsibility of the team manager to make sure their team understands the rules!
Please read carefully.*

****NOTE...OFFENSE SHOULD CALL FOULS AND VIOLATIONS****

1. Must be 22 years old to play.
2. All teams must have 4 players to start. Teams may pick up players from other teams. Teams will have 5 minutes from game time to field a team.
3. To be eligible for the end-of-season tournament, players must have played in two regular season games.
4. The game consists of two, 20-minute halves. Half time is 2 minutes. The clock stops for time outs only. Exception: If the game is within 10 points during the last minute of the 2nd half, the clock will start and stop according to high school rules.
5. During the last minute of the 2nd half, any foul will result in a bonus (1-and-1) free throw situation.
6. Two minute overtime (rule #7 will apply). Shoot 3's for possession to start overtime.
7. Each team receives one time out per half. Use it or lose it. Clock will start immediately after the ball is inbounded or after one-minute time has lapsed (whichever occurs first).
8. No passing the ball over the half court line. Each team will be given one warning. The next violation will result in the defensive team being given the ball.
9. No pressure of the ball in the backcourt. There will be no pressure on the out-of-bounds throw-in pass or check-in pass in the frontcourt. **This rule applies for the entire length of the game.**
10. Teams must play zone defense only throughout the entire game. **This rule applies for the entire length of the game.**
11. Any misconduct (ex. profanity, verbal fighting) reported to the Recreation Superintendent will result in an **individuals and/or teams** ejection from the league.
12. For any gross misconduct (ex. yelling at the scorekeeper, physical fighting, excessive or flagrant fouls) the scorekeeper will end the game...**the team** involved will automatically forfeit that game and will be suspended from the league. Again, the team will be punished for individual's misbehavior! **ZERO TOLERANCE – this is a Rec adult league.**
13. Dunking is not allowed at any time. Any player who dunks is expelled from the game and will serve a one game suspension. A second violation by the same player will result in expulsion from the league.
14. Please do not bring children to watch the game unsupervised. The Civic Center is closed during league play and only the gym is open to the league.
15. Clean up trash and debris in your area after the game.

**REMINDER – THIS IS A GENTLEMAN'S LEAGUE...WITH PLAYERS SERVING AS THE OFFICIALS!
The honor system is vital for the league not only for calling fouls but rules such as #6.**