

Blaine/Centennial 5-Person Basketball League

10/21/25

Rule and Regulations

763-286-6607

All play shall be governed by the National Federation of State High Schools Association Rules with the following modifications.

1. Forfeit time: Each team must have five (5) players at the start of the game. The first game will have a five minute grace period. Forfeit time is game time on all other games scheduled.
2. Officials aware of a team picking up a player from another team to start the game will call the game immediately, all other protests settled by the League Director.
3. A scorekeeper will keep time, record personal and team fouls, time outs and score.
4. Playing time:
 - a. **Two twenty – one minute running time halves.** During the first nineteen minutes of each half, the clock may be stopped by a team or officials time out.
 - b. During the final two minutes of each half the clock will stop whenever the ball becomes dead or when time-outs occur.
 - c. If during the second half the difference in score becomes 20 points or more, the final two minutes shall be played under running time. Stop time shall be resumed if the difference in score becomes less than 20 points.
5. **Two minute overtime with a jump ball to start and the last 30 seconds will be stop time. There are no timeouts in overtime.** If still tied after overtime, sudden death will be played. First team to score basket after jump ball wins.
6. **Three timeouts per team per game.** Timeouts are one minute.
7. Free substitutions on time outs, fouls and violations.
8. Six fouls per player per game.
9. Bonus free throws shall be awarded on each common foul (except player control) beginning with a team's seventh personal foul.
10. Players may enter the free throw lane at the release of the ball by the free throw shooter.
11. No "dunking" is permitted prior a game and shall result in a technical foul and, if repeated, automatic player disqualification.
12. A player will be ejected from the game on his second technical foul. Players ejected will be suspended from at least their next scheduled game, playoffs included. Any player who physically touches or verbally abuses or threatens an official on school district property before, during or after their game, will be suspended indefinitely from all City of Blaine sponsored adult sports.
13. All teams must supply and wear jerseys that are similar in color and differently numbered. Numbers must be permanently affixed and at least 6" high. Numbers applied with permanent marker are acceptable. Penalty: player (s) in violation will receive one technical foul to begin the game with. Opposing team shoots free throws before the game starts.