

## PAL Basketball Rules

The basketball rules that all PAL teams play under are the Kansas High School rules, with the following additions and modifications:

1. You must be attending **high school** in order to participate. This includes school suspensions.
2. You cannot be 19 or older at the start of the season. If a player's age is challenged, proof will be required from the player who has been challenged before he/she can play.
3. You cannot play if you are playing on a school team. This not only is a PAL rule, but a Kansas High School rule. Violators will cause a forfeit for each PAL game he/she has played. This includes all levels of basketball – freshman, sophomore, junior and senior.
  - a. **If a PAL Official or PAL Director ask for Photo ID of any player in a game, player will produce the Photo ID. Refusal to do so is a forfeit of their game.**
4. A player can only play on **one** PAL team at any given time. Violators will cause a forfeit for each team in all the games he/she played.
5. There will be **NO** roster changes after **February 1, 2009**.
6. Roster changes **MUST** be called to Tom Powell so the roster can be updated before the new player is eligible.
7. Each team will have a designated captain who is the contact person, and that contact person will be responsible for getting any information to his/her team.
8. **No dunking or grabbing of the rim is allowed in the warm-up time or the game.** An automatic technical foul will be given and the basket will not count.
9. All technical fouls result in 2 shots and possession of the ball by the other team.
10. Flagrant fouls – Personal or Team – result in expulsion from the game. The **second** flagrant foul on the same player in one-season results in expulsion of that player from the league for the remainder of the season.
11. The **third** technical foul on a team in one game will be an automatic forfeit of the game.
12. A referee can set a player out of the game for an undetermined amount of time for a cooling-off period, with no foul or expulsion required. This is done to keep tempers from flaring. That team may substitute any legal player at that time. If no legal players are available, then the team must play with one player short, until the other player can re-enter.
13. Any detection of liquor or drugs on a player prior or during a game will cause the player to be excluded from playing at the referee's discretion. Bad attitudes and taunting (running mouth) will

not be tolerated. This is considered unsportsmanlike conduct and may cause a technical foul and/or expulsion at the referee's discretion. All I want to see is basketball, responsibility, respect and sportsmanship.

14. There will be one-and-one free throws on the 7<sup>th</sup> team foul per half, and two shots on the 10<sup>th</sup> team foul per half.
15. Your team will forfeit if not ready to play at the game time. A team may start with 4 players. (NO GRACE PERIOD AT ALL).
16. At any time during the game your team's eligible players total of 3 or less, the game will be called a forfeit. (Exception is if the referees feel your team has a chance to win).
17. There is a limit of 10 players at any one time per roster.
18. Each game will consist of four 10-minute quarters with a running clock. The clock will stop on the whistle in the last two minutes of the **game**. The only other time the clock will stop is for a referee time-out or a team time-out. If the game ends in a tie, a three-minute overtime period will be played with a running clock, and each team will have one time-out.
19. Each team is allowed two time-outs per half. If a player signals to a referee that he/she wants a time-out and play is stopped, and that team is out of time-outs, it is an automatic technical foul. Each team will get one time-out per overtime.
20. During a free throw, no one can enter the lane until the ball touches the rim. No one can cross the three-point line until the ball touches the rim. Violation is a lane violation and if it's the opposing team, the shooter will shot again. If it's the same team, the shot will not count and it is a dead ball.
21. **No protest allowed:** Any protest or questions about the rules will be discussed between the team captains and Tom Powell, or his designee. Once Tom Powell or his designee has determined that everything is correct and the game is over, then the game will stand and no other protest will be allowed.
22. Block/Charge: Whether a charge or a block is called depends on which player first had the legal position. If the defensive player got to the spot first, had both feet on the floor and was initially facing the opponent, **he/she can legally move laterally, at an angle or backwards to maintain his guarding position.** Referee's must make the call based on that determination not that the defensive player was not "set".

If there are any roster changes or questions, please call me **221-5010**; leave a message if not available or email [tom.powell@topekapal.org](mailto:tom.powell@topekapal.org)

Tom Powell, Director  
Police Athletic League  
(Revised 12/28/02)