

2025 - 2026 POCATELLO CITY LEAGUE BASKETBALL RULES

1. **ROSTERS MUST BE TURNED IN BEFORE THE 1ST GAME! A PLAYER IS ONLY ALLOWED TO PLAY ON 1 TEAM IN EACH DIVISION.**
2. **ALL ROSTER CHANGES MUST BE CLEARED AND APPROVED BY GARY CARLSON. ANY TEAM PARTICIPATING WITH AN UNROSTERED/UNPAID PLAYER WILL FORFEIT THE REMAINDER OF THEIR GAMES.**
3. **TEAM FEES MUST BE PAID BEFORE THE NOVEMBER DEADLINE OR YOU WILL NO LONGER PARTICIPATE.**
TEAM FEES ARE: \$830.00 PER TEAM. COVERS 10 PLAYERS. \$40/PLAYER EXTRA OVER 10 PLAYERS
4. **DRINKING, SMOKING, OR DRUG USE OF ANY KIND ON SCHOOL PROPERTY OR IN ANY SCHOOL BUILDINGS OR ANY OTHER FACILITY USED BY POCATELLO PARKS AND RECREATION IS ILLEGAL AND WILL NOT BE ALLOWED. PHYSICAL OR VERBAL ABUSE OF ANY SCHOOL DISTRICT, CITY LEAGUE BASKETBALL PROPERTY OR EMPLOYEES OR GAME OFFICIALS IS PROHIBITED. OFFENDING PARTIES CAN AND WILL BE CITED IF NECESSARY.**
5. **A TEAM MAY BEGIN A GAME WITH A MINIMUM OF 4 PLAYERS AT THEIR SCHEDULED GAME TIME (7:30, 8:30, 9:30pm). TEAMS MUST HAVE THEIR 5TH PLAYER ON THE FLOOR ON OR BEFORE 10 MINUTES AFTER THE SCHEDULED STARTING TIME (7:40, 8:40, 9:40 OR THE GAME IS A FORFEIT. THE 10 MINUTE GRACE PERIOD WILL BE CLOCK TIME IN THE FIRST HALF! TEAMS MAY NOT USE TIME OUTS TO STOP THE CLOCK DURING THE 10 MINUTE GRACE PERIOD. TIME OUTS MAY BE USED BUT THE CLOCK WILL RUN CONTINUOUSLY UNTIL THE 5TH PLAYER ARRIVES OR THE GAME IS DECLARED OVER.**
6. **UNSPORTSMANLIKE TECHNICAL FOULS (NON FIGHT RELATED):**
1ST - SIT OUT 3 MINUTES (CLOCK TIME)
2ND - OUT OF THE GAME AND NEXT GAME
3RD - LEAGUE DISCIPLINARY ACTION
UNSPORTSMANLIKE TECHNICALS ARE ALSO PENALIZED BY A \$20 FINE. THE FINE MUST BE PAID BEFORE THE OFFENDING PLAYER CAN RESUME PLAYING.
FIGHTING WARRANTS AN AUTOMATIC GAME EJECTION & DISQUALIFICATION FROM THE TEAM'S NEXT SCHEDULED GAME! NO EXCEPTIONS / NO APPEALS.
7. **THERE IS A NO DUNK RULE! A DUNK OCCURS WHEN THE RIM BREAKS AWAY. A STUFF OCCURS WHEN THE RIM DOES NOT BREAK AWAY. THERE IS NO PENALTY FOR A STUFF. THIS WILL BE ENFORCED BY THE REFEREES. NO POINTS WILL BE SCORED AND THE OFFENDER WILL BE CHARGED WITH A TECHNICAL FOUL. THIS IS A 2 - SHOT FOUL AND THE OFFENDER WILL SIT OUT 3 MINUTES (CLOCK TIME). ALL REPAIR COSTS FOR ANY DAMAGES TO BASKET RINGS, BACKBOARDS, AND BASKET SUPPORTS DUE TO DUNKING WILL BE THE SOLE FINANCIAL RESPONSIBILITY OF THE OFFENDING PLAYER.**
8. **TWO FULL TIME OUTS AND ONE 30 SECOND TIME OUTS PER GAME**
SHOOT TWO SHOTS ON 5TH TEAM FOUL IN FIRST HALF. SHOOT TWO SHOTS ON THE 5TH TEAM FOUL IN 3RD QUARTER. FOUL TOTAL RESETS TO BEGIN 4TH QUARTER. SHOOT TWO SHOTS ON 5TH TEAM FOUL IN 4TH QUARTER.
9. **PERSONAL & TECHNICAL FOULS COMBINE TO MAKE UP YOUR TOTAL OF 5 PERSONAL FOULS. THEY ALSO COUNT TOWARDS TEAM FOUL COUNT TOTALS.**
10. **1ST HALF: 18 MINUTES STRAIGHT THROUGH (RUNNING TIME)**
2ND HALF: TWO 8 MINUTE REGULATION QUARTERS. (CLOCK STOPS ON ALL WHISTLES)
OVERTIME: 3 MINUTES REGULATION TIME. (CLOCK STOPS ON ALL WHISTLES)
If at any point in the fourth quarter, a team is ahead by 30 points or more the clock will continue to run. The exception would be for a time out or injury. If a team is making a travesty of the game (in the official's judgment), the game will be terminated.
11. **JUMP BALL: START OF GAME AND ANY OVERTIME PERIOD. ALTERNATING POSSESSION ON ALL OTHER HELD BALL SITUATIONS.**
12. **HIGH SCHOOL RULES WILL GOVERN ALL PLAY, WITH THE ABOVE EXCEPTIONS.**
13. **WHEN SCHOOL IS CANCELED DUE TO WEATHER, HOLIDAY OR SANCTIONED SCHOOL ACTIVITY, GAMES WILL NOT BE PLAYED ON THAT NIGHT!!!**
14. **GOOD LUCK AND GOOD SPORTSMANSHIP! GARY CARLSON 208-241-1173**