



2022 Palmdale Promise Basketball League Rules

The Palmdale Promise Basketball League will play by CIF rules with the exception/addition of the following rules and guidelines.

1. WARMUP:

Teams will be allowed a 10-minute warm-up time (each team warms up at the same time at the basket opposite their bench in the first half, and the goal by their bench in the second half).

Teams arriving after the scheduled start time will be allowed a five-minute warmup time.

Teams need at least four (4) players present to avoid forfeiting.

Teams are only allowed two coaches on the bench. Both coaches must be Palmdale School District employees.

2. GAME LENGTH /CLOCK STOPPAGE:

Games will consist of two 20-minute halves with a running clock. The last two minutes of the first half and second half the clock stops on all whistles. If a team is up by 20, then there is a running clock. Halftime break is five minutes long.

3. TIMEOUTS:

Three full timeouts (one minute each) and two 30-second timeouts.

4. OVERTIME:

Three minutes for each overtime period.

5. SUGGESTED PLAYING TIME:

Regular-Season Play: It is recommended that all players play at some point during regular-season games.

Playoffs: Play time is determined by the coach. Players on the team are not required to play.

6. FREE THROWS:

Players enter the lane on the release, except the shooter, who has to wait until it hits the rim.

Free throws awarded:

- One and one on the seventh team foul in each half.
- Two shots on the tenth team foul in each half.

7. PERSONAL FOULS / SPORTSMANSHIP

Players are allowed five fouls per game. Two technical fouls on the same player/coach results in an ejection from the game in addition to two free throws for the opposing team and possession of the ball.

Players need to remain seated. The referee can give a two shot technical at his/her discretion.

8. FULL-COURT PRESS:

If a team is ahead by 20-plus points that team will not be allowed to press, and the team must stay within the three-point arc. After one warning, the referee will issue a team technical, resulting in two free throws and the losing team will be awarded possession of the ball.

9. UNIFORMS:

All jerseys must be matching (the same color) and every player must have a different jersey number.

10. LATE PLAYER ADDS:

Players must have played at least one regular-season game to participate in the playoffs.

11. OFFICIALS:

Officials are to be treated with respect from all coaches, parents, and players at all times.

12. REFEREE NO-SHOWS:

If there is only one referee at game time, the game will start with one referee. If there's no referees ten minutes after the scheduled start time, the game will be rescheduled, if possible.

13. PLAYER ELIGIBILITY:

Players must have a minimum grade point average of 2.0 at the end of the first semester (December 2021 report cards), or students are not eligible to play in the 2022 basketball season.

14. SAME JERSEY COLORS:

If teams have the same jersey colors (ie: maroon), or the referees deem the two teams having colors too similar (ie: black and navy blue), then it will be the home team's responsibility to don (preferably) pennies over their regular jersey (or so other alternative uniforms that have numbers).