

GAME RULES

ESSL BASKETBALL LEAGUE

- 7-minute running time quarters, except the last 2 minutes of 2nd & 4th quarter. Clock will stop for free throws & time outs, throughout the entire game.
- 3-minute overtime period. Each additional overtime will be 1 minute.
- Time outs; 3 full and two :30 second and 1 additional full time out per overtime.
- Free throws; one and one for team fouls after 7 and two shots after the 10th team foul.
- Full court press; teams may full court press. However, teams must defend from the half court, once leading by 10 points or over.
- Halftime is 3 minutes long if there is a performance or special presentation, notify the referee before the game.
- Game is supposed to start at 4:00PM there is 30-minute grace period. After that the forfeit clock will start and you will lose a point per minute. If the game starts after 4:45PM (with permission of hosting team) there will be no breaks in-between quarters.
- Home team must have an official book, clock & scoreboard, along with 2 people working the table...individuals working table must be 15 years of age or older.
- Up to 2 assistant coaches are permitted to sit on the bench, ONLY the head coach is permitted to stand during the game.
- Utilize regulation size ball; 29.5.
- Game will not start without game book, game clock and game scoreboard. An administrative technical foul will be handed to hosting teams who are not fully equipped with their game book, game clock & game scoreboard.