

**Monroe Parks & Recreation Department**  
**Johnny "G" High School Basketball League**  
**Rules and Regulations**  
**2026**

**PURPOSE:** The goal of this program is to provide an opportunity for players' grades 9-12 to participate at a recreational level and play basketball in game situations. Sportsmanship, participation and FUN will be emphasized **OVER** competition.

**TIME:** Playing time shall be 4 quarters of 10 minutes running time (stopping on shooting fouls, timeouts & at the 5-minute mark for SUBSTITUTIONS ONLY. The clock will begin again when the ball is handed to the shooter on foul shots. Halftime will be 3 minutes. Each team will have (2) 30-second timeouts per half with no carry over and one additional, 30-second timeout, per overtime period (no carry over). Overtime will be 2-minutes of running time. The game clock will stop on all whistles the last minute of the 2<sup>nd</sup> and 4<sup>th</sup> quarter as well as the last minute in each overtime period. There will be 1-minute between quarters.

**PLAYING TIME:** Each player **MUST** play at least twelve minutes per game and appear in both halves. Team Captains are responsible for player substitutions. See on site program coordinator if playing time is not adhered to. Each player **MUST** wear sneakers, shorts, and the correct team jersey from current year.

**PRESSING:** Full court pressing will be allowed, in any quarter, unless you are winning by 15 or more points. When not pressing, all defenders must return behind half court.

**CONDUCT:** Anyone found roaming the hallways or any other part of the building (including non-players) will be excluded from further league play. Only players participating in the actual game are allowed on the gym floor [includes all timeouts and intermissions].

**SPORTSMANSHIP:** Cheering and words of encouragement only from players, parents & spectators. Profanity, coaching your kid from the stands or any form of negativity will not be tolerated and the offender will be asked to leave the gymnasium.

Please note games may start **EARLIER** than scheduled if teams and officials are ready, please arrive at least 10 minutes earlier than time listed on schedule.

**Playoffs:** There will be no post season tournament for this league. The league champion will be determined by the regular season winning percentage. The tie-breaking criteria is: A) result(s) vs tied opponent(s); B) result(s) vs highest ranked team(s)

**In the event of inclement weather, call cancellation line @ 203-339-6106. We will also send out an email blast from our registration list. Make sure we have the correct email on file.**

**We will do our best to make-up any games that are cancelled due to weather, but they may be on days other than Saturday/Thursdays and at different hours.**

**Have a great season!**

