

LNSP Mens Basketball

Adjusted League Rules - March 1st, 2026

1) JERSEY RULE:

Non-matching color jersey rule

- One technical foul is assessed to any player who does not match the color jersey of the team. The opposing team will receive jump ball automatically and 2 points per player who does not match

2) FREE THROW BONUS:

On the 7th team foul in the half, the offense will be awarded 2 free throws. We no longer will have "1 and 1"

3) TRANSITION TAKE FOUL:

A foul committed intentionally by the defense to stop a fastbreak opportunity without a legitimate play on the ball.

Award: One free throw (attempted by any player in the game) =, plus team possession.

Exception: This rule does not apply in the last two minutes of the second half or OT, allowing teams to use fouls for clock management.

4) INBOUND ADVANCE TIMEOUT:

Any backcourt inbound situation after a granted timeout at the 2min mark or under in the second half or OT can be advanced up to halfcourt