



## Adult Basketball League Rules

**Guidelines:** This league is intended to be a social league where men and women have equal opportunity to play competitive basketball. **Good sportsmanship is required. Arguing with officials, players, spectators and league supervisors is prohibited. This behavior may result in a technical foul or game/league suspension.**

**Game play:** 5 v 5. One female and one male need to be on the court from each team at all times. *In the event there is no female or male represented for any given team the game will result in a forfeit for that team.*

**Equipment:** Men's regulation ball 29.5.

**Uniforms:** Each team will receive league t shirts at the beginning of each season if registration deadlines are met. Each team must wear their league team color shirt for each game. If a player does not have their league shirt for a game they MUST sit for the first 10 minutes of each game. A player cannot enter the game if they are wearing the same shirt color as the opposing team.

**Roster:** ALL players must be registered prior to playing in any game. All roster changes must be approved by the adult league coordinator by the 2nd week of the season.

\*Ringer Clause: If before your game or during the first 10 minutes of your game, you feel that a player on the opposing team is not on an official roster and could possibly affect the outcome of your game, it is the responsibility of the team captain to approach the umpire/referee and/or league coordinator/supervisor. If the opposing team captain confirms a player on their team is not on their roster and a possible "ringer", then the non-rostered player in question must sit out that game or the rest of the game. However, if both teams agree to play with a sub or non-rostered player, then it will be played as a true game and the player must sign a waiver form and register at the front desk.

**Scoring:** Female shots inside the 3-point arc are 2 points. Female 3-point shots made are worth 3 points. Male shots inside the 3-point arc are 1 point. Any male shot beyond the 3-point arc is worth 2 points.

**Time:** Two 20 minute halves (running time) with a 3 to 5-minute half time. *The will be no more than a 5-minute grace period to wait for players.* The referee will start each game time as scheduled. If the players are not ready, the clock will still start as scheduled. Play will begin as soon as the minimum of 4 players (at least 1 female) are on the court. Time will run continuously, except for serious injuries, or in the final minute of each half for dead balls if teams are within 10 points of each other.

**Overtime(OT):** There will be one 3-minute overtime period if the score is tied at the end of regulation. (running time until final minute).

\*Playoffs There will be up to two 3-minute overtimes. Time outs carry into OT. If there is not a winner after 2 OTs, the game will go to a 1 on 1 foul shot.

**Timeouts:** Each team will have 3 (45 seconds) timeouts to be used at anytime.

**Fouls:** 7 team fouls will put a team in the bonus.

Males shoot 1 and 1 Females shoot 2 shots

Male players ARE allowed to guard female players HOWEVER rough play will not be tolerated.

Any foul by a male player deemed to be excessive by the official on a female player will be considered a technical foul.

Two technical fouls will result in an ejection from the game. If this occurs, the player will have a 1 game suspension. This will be enforced on the next scheduled game. **An intentional foul will be recorded as a technical foul. If a defender intentionally wraps a player driving to the hoop within the 3-point arc, the offensive player will be awarded a made shot and receive the ball back. The defender will be issued an intentional foul and will have to set out of the game for 3 minutes.**

Players foul out after 5 fouls - personal and technical combined.

For ALL technical fouls, the opposing team will be awarded TWO (2) free throw AND possession.

**\*If the last male or female from a team fouls out, the game will be a paper forfeit. Any less than 4 players on the court per team will also result in a paper forfeit. Total score will be recorded in both cases.**

### **Free Throws**

1. Players may enter the lane as soon as the shooter releases the ball.
2. Shooter must remain behind the line until the ball contacts the rim or backboard.

**Substitution:** Subs will enter the game on a dead ball only.

### **Disqualification**

Player disqualification results from:

Accumulating 5 personal fouls (technical fouls count as personal fouls)

2 technical fouls (1 game suspension)

1 flagrant or excessive foul (1 game suspension)

A player who is removed from the game may face stronger penalties depending on the severity of the incident.

*Team disqualification results from:* 4 technical fouls accumulated by players or team in a single game.

Team may be eliminated from the post season tournament.

A game stopped by the official for misconduct.

**Fan Behavior:** Team Captains are responsible for fans. A technical foul will be assessed to the team captain/bench if fans are acting in an unsportsmanlike manner.

*Revised on 11/30/16*

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