

Adult Basketball League Rules and Regulations

Rules

- 1) Game time consists of two, 20 minute halves, with a running clock. Halftime is three minutes long.
- 2) Style – 5v5
- 3) Substitutions- Subs are only allowed on dead ball or stoppage of play opportunities.
- 4) With two minutes to go in each half, the clock stops accordingly with a dead ball (whistle, out of bounds, foul, etc.)
- 5) The clock starts on a foul shot once the ball has made contact with the rim.
 - a. Players are allowed to enter paint on the release of the shot.
- 6) Each team has two timeouts per half. Timeouts do not carry over.
- 7) When there is a time out called with two minutes or less remaining in the second half, the ball is moved up to half court, if the ball is being taken out under the teams own hoop (made basket, out of bounds, etc.)
- 8) Forfeits: If a team forfeits a second time, they are removed from the league with no refunds. Teams need a minimum of 4 players to play each game.
- 9) Individual fouls
 - a. 6 fouls is a foul out.
- 10) Team Fouls
 - a. 7 fouls = 1 and 1 bonus
 - b. 10 fouls = double bonus
- 11) Technical fouls:
 - a. A Technical foul results in one shot for the opposing team, and possession.
 - b. Two technical fouls on the same person, in the same game, results in an ejection and a suspension for one game.
 - c. Two ejections in the same session, results in a suspension from the league indefinitely (upon further review).

****If you are ejected from a game, there is no refund. You are made aware of the rule set, and will not be rewarded for failing to adhere to building and league protocols.**

***Multiple technical fouls in a session (or refusal to follow any rule set) will result in suspension from the league, indefinitely, upon management review. There is no refund. You are made aware of the rule set, and will not be rewarded for failing to adhere to building and league protocols.*

Overtime Format

- 1) First over time will consist of one, 3 minute period.
 - a. The clock is NOT running, it will be stopped with all dead balls, fouls, and timeouts.
- 2) Each team is awarded one timeout per overtime period.
- 3) All bonus and personal fouls carry over into the overtime period(s).
- 4) If the game is tied after the first overtime;
 - a. **Regular Season: 3-minutes running clock, first team to score 5 points wins.**
 - b. **Playoffs: overtime rules will repeat until a winner is declared.**