

Adult Men's Basketball League

RULES AND REGULATIONS

All rules are subject to change

GAME RULES

- All games will be played under NCAA rules. Any exceptions to those rules are listed below.
- **Players are not allowed to wear jewelry of any kind during league play.**
- Due to the potential for damage to Griswold Public School's property and risk of injury, **dunking is always prohibited.**
 - Offense 1: A technical foul will be called against any player that dunks and he will have to sit the mandatory 10 minutes, 4 vs 5 players until player returns.
 - Offense 2: The second time a player should dunk during a game throughout the season will result in a technical foul, suspension from that game, 4 vs 5 for mandatory 10 minutes, and suspension from the following week's game.
 - Offense 3: A player's third dunk will result in a technical foul and removal from the league, 4 vs 5 for mandatory 10 minutes. Teams will be liable for damage to backboards. No points will be awarded for any dunks.
- Dunking during warm-ups will result in a technical foul and subject to the rules above.
- Substitutions must be made only during a dead ball.

TIMES

- Substitutions allowed on all dead ball opportunities.
- Games will start at the time shown on the schedule or five minutes after the prior game if games are running behind.
- Game times are 5:30 pm, 6:30 & 7:30. Either Tuesday or Thursdays.
- Please be available at least 15 minutes before your scheduled time.
- Only the two Teams competing are always allowed on court.
 - Teams arriving for the next game are not allowed to shoot on hoops at any time until the prior game has concluded.
- Games will be forfeited five minutes after your scheduled start time if fewer than 4 players have arrived.
- **We will play games consisting of two 20-minute halves with a running clock, except foul shots.**
- **The only time the clock will stop on all whistles:**
 - **The last minute (1-Minute) of first half, on dead balls & foul shots.**
 - **The last two minutes (2-Minutes) of the second half, on dead balls & foul shots.**
- There is no shot clock in this league.
- **Each team will receive three one-minute timeouts per game.**
- Halftime is a 3-minute maximum.
- Overtime will be 3:00 with the clock stopping on all whistles.
 - Any additional overtime will be 1:00 in length with the clock stopping on all whistles.
 - Teams will have one 1-minute timeout in overtime. Timeouts do not carry over from regulation time or to additional overtimes.
 - Overtimes will begin with a jump ball.
 - All Team Fouls & Player Fouls will do not reset, in overtime.

TEAM REQUIREMENTS

- Bring basketballs for practice.
- Game ball will be supplied by Staff.
- Team members must wear Team Jersey at all games.
- Teams playing with illegal players will forfeit their game.
 - Staff may ask for a player's State issued ID at any time to prove they are on the Team.
- Teams may play with four players.
 - Teams with less than four players must forfeit.
 - Teams must start playing on time if they have four players available.
 - Players may enter the game late if they are on the roster.

FOULS

- Team fouls:
 - 7 team fouls in one-half will get one & one.
 - 10 team fouls in one-half will get two shots.
- Player fouls:
 - 5 player fouls = foul out of game.
- When playing shorthanded with only four or five players, players **will not** be permitted to stay in the game after their 5th foul. If you are shorthanded and you foul out, your team will become even more shorthanded. Games are allowed to finish no matter how many players are left on the floor. If four players are on the court and one fouls out, then that team continues to play with its three remaining players.
- When a technical foul occurs, a player must sit for 10 minutes of the game.
- Players sitting for a technical foul cannot re-enter the game, even if a team is short on players.
- If the player commits a second technical foul in that game, the player is ejected from the game and suspended for the next 3 weeks. **Players ejected from a game must leave the building immediately. Failure to do so will result in suspension from the league and a forfeit will be assessed to the team.**
- Technical fouls will be reviewed by the league Director, as reported by the Referee who issued the foul.
- **Any player that receives three technical fouls during the season will be suspended from the league for the remainder of the season.**
- Any players initiating a fight with another player, making unwanted and unwarranted contact with an official, or threatening a player or official will be suspended from the league indefinitely.
- Any player suspended from the league must apply for reinstatement for future seasons.

CONDUCT AND INTERACTION WITH OFFICIALS AND SITE SUPERVISORS

- Teams will not have a Head Coach or Spokesperson on their bench.
- Audience will be able to attend at no cost but will be required to pick up all debris before leaving.
 - Failure to do so will result in the Team picking up the seating area after their game.
- Players who have consumed alcoholic beverages before playing will be required to leave.
 - Failure to do so will result in a forfeit.
- Teams must show respect to all fellow players, referees, and workers in this league.
 - League directors/staff/referees reserve the right to eject any player or team that is disrupting the league.
 - In such a case, there will be no refund of fees.
- All players are to respect the scorekeepers, Staff and Referees always.
 - Referees are allowed to call technical fouls for disrespecting Staff, Referees or Audience members.
 - Technical fouls will include a 10-minute game suspension of player with violation.

LOCATION AND COMMUNICATION

- All games will be played at Griswold High School.
- Any location/time changes will be communicated to the Team Captain as soon as possible.
- Photos/Videos may be used for promotional purposes through all forms of social media.
- Games might be streamed live on social media and/or YouTube.