



Adult Basketball Rules

Game Times:

- Teams should be ready to play on time
- Referees will allow a five-minute grace period
- Teams must have four players from their team to start.
- All players must sign the waiver form in order to play. The team manager is responsible for getting the signatures and turning in the form. If you haven't signed the waiver form you will not play.
 - Rosters may be changed and altered up to the 3rd game. After that rosters are frozen.
 - Players must have played in one regular season game before they are allowed to play in any postseason games. NO EXCEPTIONS!

Game officials and scorekeepers:

- The officials are in charge of each game.
- Officials will eject players, managers and fans from games for flagrant rule violations and unsporting like behavior.
- Scorekeepers will keep the official score and time.
- They will be treated in the same sporting like manner as game officials.

Equipment:

- ***ALL TEAMS MUST HAVE A TEAM SHIRT OR JERSEY WITH NUMBERS* (Reversible jerseys are ideal)**

If you do not have your own jersey's you must wear colored pinnies.

- Each team must be uniform in color
- Permanent numbers are required on shirts. Taped on numbers are unacceptable.
- If both teams have same colored jerseys, a coin toss will determine who will wear pinnies.
- Basketball Shoes will only be worn on the courts.

Jewelry:

- All jewelry must be removed or covered with tape if it cannot be removed.

Game Time:

- Each game will consist of two 18- minute halves, continuous clock until the last minute of each half.
- Overtime will be three minutes. The first two minutes is continuous clock, the last minute will stop on regular situations. Both teams will receive one timeout for overtime. You may not carry over time-outs from regulation.
- The clock will stop for injuries and time-outs.
- **Twenty point Rule:** If a team is up twenty or more points at the minute mark of the second half, the clock will run.

- Each team will be given 1 time-outs per half, they do not carry over.

Managers, Coaches and Players:

- Managers will be in charge of filling out the roster in the book before each game with names and numbers.
- **Any player or manager ejected from a game is suspended from the next game played by their team.**
- **Any player or manager ejected twice will be done for the season.**
- **Any player or manager ejected for physically abusing another player will be suspended from playing at Player's Choice Sports Center. Player's Choice will make the decision if you can continue to play in the future.**

Other Rules:

- Dunking is legal in game situations only.
- You will be responsible if you break the backboard.
- Jump balls will be decided on the alternate possession.
- On the 7th team foul of each half; the bonus free throw will be rewarded. On the tenth team foul double bonus will be rewarded.
- You may enter the lane on the release in free throw situations. The defensive player closest to the basket can stand on the block in free throw situations.
- Technical fouls will give the ball and two points to the other team.
- Two technical fouls on a single player in the game will result in an automatic ejection.
- Three technical fouls on a team in a game will result in a automatic forfeit of the game.
- You may only play on one team in each league. Playing on two teams in the same division is not allowed.