



Adult Co-Ed Basketball League Rules

Schedules

- Game time is determined by the official game schedule.
- Teams may receive a "bye" and/or have double headers.
- All schedules will be sent to Team Captains via email, along with a copy of these rules. Make sure your email on your registration is accurate, legible, and one you check often. Schedules will also be available with the gym attendants. The front desk will have schedule information, but will not have hand-outs available.

League Classification

- This is a recreational league ("C" or "D" division).

Rosters/Team Captain Responsibilities

- Team registration form must be complete with names, email and phone number, or home address and phone number for all players and team color/team name. Deadline is April 30.
 - Teams are 10 or more players. Team fee is \$660.
 - Minimum of four players needed to start and continue a game.
 - Team Captain is responsible for keeping roster information up to date.
 - Team Captain is responsible for updating team of any changes, updates, game cancellations, or other pertinent game/league information.

Defaults

- All teams must be ready to play at game time listed on schedule, though there will be a 10 minute grace period. This time will come off the game clock.
- All teams not meeting minimum player requirements will default.
- Defaults will be recorded as a loss.
- You are encouraged to play the defaulted game for fun. No scores will be kept.

Eligibility and Player Conduct

- All team captains must completely fill out and sign the official roster/consent release form with payment prior to the deadline. If player added after season start, captain must forward the updated roster information. No additions past 2 week of league.
- Participants are not allowed to harass, threaten, or deride SBDCRC staff, including game officials.
- In order to protect the Official and SBDCRC Gym Attendants and maintain a fun spirit in the gym, certain actions will lead to game ejection:
 - challenging the Official by questioning the call or their ability to call a good game
 - swearing or showing outburst of anger after receiving a penalty
 - discussing the (poor) performance of the Official to a teammate in the gym or facility during or after the game
- All ejected players must leave the gym immediately.
- Players ejected from game will not play in next scheduled game. Players ejected twice will be removed from the league. No refunds given for ejected players.
- Any player and/or team involved in fighting or unsportsmanlike conduct, during or after a game will automatically be suspended from the League and will not be allowed to return. No refunds will be given for suspension.

General Playing Guidelines

- Team Jerseys: All players must provide their own team shirt **with numbers**. Team shirts must be of same (or similar) color. Players without appropriate shirt will not be allowed to play in game.
- All jewelry must be removed prior to entering the game.

- This league is governed by the 2008-2009 Official High School Basketball Rules, except for the changes stated in this league's rules. It is the responsibility of each player to understand the official high school basketball rules.
- Free throw violations will not be governed by High School Rules. Players may enter the lane upon release of the ball from the free throw shooter.
- Player substitutions will be made when play has stopped or ball is dead.

Game Times

- Please arrive 15 minutes prior to your scheduled game. Games/clock will start promptly at scheduled time.
- There will be a 10 minute grace period. This time will come off the game clock.
- Games will consist of two - 20 minute halves with a two minute half time. The Captains and Officials should use this half time to discuss any sportsmanship issues in the game. The conversation should be open and two-way with the captains making a commitment to each other to keep great sportsmanship going and improve their team's play to make it more fun for the rest of the game. The Official should mediate this conversation and provide feedback for both teams.
 - Time keeping is usually managed by SBDCRC Gym Attendant or volunteer. If none present, teams are responsible for these duties.
- Clock stops for fouls on the last 2 minutes of the game, providing there is a difference in score of 20 points or less.
- Each team will have 3 time-outs per game.
- 3-minute overtime for ties. One 30-second additional time out is given per team. Running clock during overtime, except during time-outs. If the game is still tied at the end of that period, the second overtime period will be sudden death, no time-outs, with the first team to score declared as winner.

Officials

- Officials will be certified referees.

SBDCRC Gym Attendants

- SBDCRC Gym Attendant's role is to set-up the facility and to run the time clock.

Mercy Rule

- Teams submit game when down by 30 or more points with 10 minutes or less remaining. By submitting, the team is accepting a loss. The game will finish out with the scoreboard erased. The clock will continue to run without stoppage and neither team will be allowed time-outs. The referee reserves the right to discontinue the game at this or any point after this, if he or she feels the play is unsafe.

Reporting Results

- If no Official is present at the game, the game is canceled and will be made up.
- SBDCRC will provide a league score book at each game.
- **Team captain or other designated player must fill in play list with player's name and number.** Anyone not listed on score sheet will not be allowed to play.
- If no score keeper available, home team will be responsible for keeping scores.
- Captains or other designated player must sign score sheet at end of every game. If home team has scored, score sheets may be turned in at the front desk or reported directly to Sports and Leagues programmer. If no score sheet turned in, game will count in standings.
- Any score discrepancies must be dealt with at the game.

League rules subject to update without prior notice.