

Adult Basketball Rules

Overview

- Two 20-minute halves
- 2 time-outs per half- unused time-outs do not carry over to 2nd half
- Running clock except for the final 2 minutes of the 2nd half
- Running Clock except for final 2 minutes of the 2nd half
- With Co-Ed league- a minimum of 1 female per team must be on the court at all times during the game
- Must have a team manager and/or Scorekeeper

Beginning the Game

The beginning of the game starts with a jump ball. Possession for all following jump balls are alternate possessions. The start of all overtimes begin with a jump ball.

Team Size

Each team shall field no more than 5 players on the court at one time. For co-ed, no more than 3 men may be on the court at one time. A legal game requires a team to have at least 1 female when playing. In the co-ed and Men's League, teams may have up to 12 players on their roster. All rosters must be finalized by the fourth week of the regular season. Players added after the fourth week that are not on the team roster or waive will not be eligible for playoffs.

Forfeits

Each team shall field no more than 5 players on the court at one time. Teams will have until 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 4 players, at least 1 being a female if in the co-ed league. Teams fielding less than 4 players or without any females will receive a forfeit. (Exception: Teams with less than 4 players may still play a legal game but only with the opposing team's consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win)

If you know in advance that your team is going to forfeit a game, we encourage you to email or call Twin City Adult Sports as soon as possible so we can contact your opponent.

Teams have until ten minutes past the designated start time to field a full squad (or the league minimum of players required according to rules). If at the time a team is unable to field a legal team, it will be up to the staff, referees and/or the opposing captain to determine whether a team will receive a forfeit win or if a team will allow the opposing team to play a legal game with less than league minimum of players required according to the rules.

Substitutions

Teams are allowed to make substitutions on dead balls only with the okay from the referees.

Time

Play is divided into (2) 20- minute halves separated by a 5 minute half time.

There will be a running clock except for the final 2 minutes of play. During the final 2 minutes the clock will stop on all whistles and timeouts. During the final 2 minutes, time will remain running during made field goals. The clock will not stop in the last two minutes of the second half when one team is ahead by 15 or more points. The clock will be maintained by the scorekeeper or one of the referees. Each team is granted 2 timeouts per half and unused time outs do not carry over to the second half.

Overtime

Personal /Team Fouls

Personal fouls will be recorded for all leagues. Players will foul-out after being awarded their 5th personal foul. All technical fouls will be recorded as personal fouls.

A team begins shooting two foul shots on all common fouls on the tenth (10) team foul of each half and continues shooting two (2) foul shots on any subsequent common fouls. If a technical foul happens to be the tenth team foul, the team will shoot the two (2) free throws for the technical foul and receive the ball, however they will not receive the bonus free throws. All shooting fouls are two (2) shot fouls unless the shooter is attempting a 3 point shot. Then they will receive three (3) shots. If a foul is an intentional foul the player will receive two (2) shots and possession of the ball.

Technical Fouls

Technical fouls are counted as personal fouls. Any player that obtains two technical fouls will result in being ejected from the game. (Depending on the severity of the technical foul a player can be ejected after being assessed 1 technical at the discretion of the referees)

All technical fouls result in two (2) free throws and ball possession.

Clarifications

- The 3-point field goal is in effect if the court has a line marked.
- Backcourt violations will be in effect unless otherwise noted.
- Dunking is allowed when the facility permits.

- Playoffs

The last game of the season will be the play off game to determine the seed each team will finish with. Teams are seeded according to winning percentage.

Tie-Breaking procedures

- Two teams: head-to-head, total points for, total points against
- Multi-team: total points for, total points against
 - To break a two-team tie within a multi team tie, we will use the two-team tiebreaker procedure

League Policies

Referees

Twin City Sports will provide 2 paid referees for each game. Referees have the power to remove any player(s) from a game or the facility if deemed necessary. The league is run by Twin City Adult Sports staff and a representative may or may not be on-site to interpret rules and (together with the refs) will have final say in all rulings made by the on-court officials.

Standings

The updated standings will be posted weekly online. The standings will display each team's rank and rank is based on winning percentage.

Waivers

In order to participate in the league, each participant must sign the online Player Waiver & Release form. Waivers are online and must be completed and submitted online no later than the first night of play. Players not present the first week of play will still be required to submit a waiver before participating. Players must complete the online waiver in order to be eligible for playoffs.

Player Conduct

The purpose of Twin City Adult Sports is to have fun. We hope that all participants keep that in mind when becoming involved in our sports. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. Any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or league. Twin City Adult Sports reserves the right to remove anyone from a game or a league. Twin City Adult Sports will not tolerate fighting. Fighting will be an automatic ejection from any game and in most cases from the league for the remainder of the season.

An official may call a forfeit for unsportsmanlike conduct at any time, including after the game clock has expired. Twin City Adult Sports has the authority to suspend and/or expel a player or team from the league and/or future game(s) at its discretion with no refund of monies for such acts. These guidelines apply to players and spectators.

Game Cancellation Policy

Games may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. Twin City Adult Sports staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. All updates will be on the Twin City Adult Sports website and will also be emailed to all participants and/or team managers.