



Adult Co-Ed Basketball League Rules

- 1) 2-20 Minute Halves
 - a) Clock will stop within final 2 minutes of each Half
 - b) 5 Minute Half Time
- 2) 1 Timeout per half (1 Minute Timeout)
- 3) All Baskets inside the Arc are 2 points, behind the arc are 3 points, and foul shots are 1 point.
- 4) Each team is allowed 6 fouls per half. After 6, a Foul shot will be rewarded. (1 shot)
 - a) Clock **WILL NOT** stop for foul shots, unless within the final 2 minutes of the half.
- 5) The 2nd team foul in the final 2 minutes of the 2nd half will result in foul shots regardless of the team foul count.
- 6) **NO CURSING!** This will result in a technical foul by the referee if it becomes excessive.
- 7) No backcourt violations. Team must cross half court within the 8 seconds.
- 8) Breakaway/Flagrant fouls: For safety reasons, any player fouled from behind while on their way to a layup, will receive an automatic 2 points, and the ball back.
- 9) Teams can sub on the fly. Try to sub on dead balls, or when on offense, if possible.
- 10) Regular season games **CAN** end in a tie.
 - a) During playoffs, a 5-minute overtime will be played until there is a winner.
- 11) Games will be played 5v5
- 12) You can pick up players to avoid a forfeit. If 4 players from the original team are present, picking up players will be not allowed.
 - a) Must have 4 players to play.
 - i) Can pick up from other teams within the league. League Coordinator can deny pick-ups if deemed not appropriate.
- 13) Picking up players is only allowed in regular season.
 - a) No picking up players during playoffs.
 - b) Rosters are final as September 2, 2022
 - c) **GENDER PLAYOFF RULE – 1 woman from the team MUST be present for the game to count.**
- 14) Any special circumstances for roster additions or subtractions must be presented to the league coordinator and cleared before they can play.
- 15) Team players must compete in **AT LEAST 3** games to be considered eligible for playoffs.
- 16) The league coordinator has the right to ask a player to leave a game if they feel their actions are not appropriate. If necessary, Hampden Recreation reserves the right to ask a player to cease playing in the league if inappropriate actions continued. No refunds will be given.
- 17) **PLEASE RESPECT THE OFFICIAL'S CALLS.** To keep league cost lower, we will only have one official. It is very difficult for one ref to see all the action, so please be understanding.
- 18) **ALL OTHER NORMAL GAMEPLAY RULES APPLY & HAVE FUN!**