

MENS BASKETBALL LEAGUE RULES & REGULATIONS



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AGE DIVISIONS	18 & Over, 35 & Over
DIVISION ELIGIBILITY	A player's age as of January 1 determines the player's division placement/eligibility for the year. Players may "play up" a division, however under no circumstances is a player allowed to "play down."
NUMBER OF PLAYERS	All Divisions play 5 players vs. 5 players. Teams are allowed to play with 4 players to avoid a forfeit or for good sportsmanship purposes.
ROSTERS	The minimum team roster size is 8 players, but the league will accept team rosters that are larger. All players are required to register before each season's defined registration deadline. Players will not be allowed to play in a game unless registered. The use of a non-rostered player is strictly prohibited.
GAME LENGTH	All men's divisions will play two (20) minute halves where the clock stops on every whistle during the last one (1) minute of the first half and two (2) minutes of the second half. A (2) minute break is given at half time for all divisions.
TIP OFF/JUMP BALLS	The game begins with two opposing players in the center circle, each jumping to tip the basketball that the referee tosses up. The team that does not gain the tip-off gains the possession arrow and will be awarded the basketball the next time it is tied up between opposing players. The teams will switch off with the possession arrow on every jump ball situation or at the beginning of a half. A jump ball will only be used again at the start of an overtime period.
SUBSTITUTIONS	Players wishing to sub into a game in progress must report to the scorer's table and will be allowed to check in to the game on a dead ball.
FOULS	All fouls will be called in accordance with National Federation of High School Association (NFHS) rules. A player will be disqualified from the game upon drawing their 5 th foul. On the 7 th team foul of each half, 1 and 1 will apply. On the 10 th team foul, 2 shots will be taken.
TIME OUTS	Each team is allowed three (30 second) timeouts per game. One (1) time out will be allowed if the game goes to overtime. Time outs do not carry over into the overtime, but only one (1) time out is allowed in OT regardless of how many overtime periods are required to determine a winner.
OVERTIME	All games that are tied at the end of regulation time will go to a (2) minute overtime period. If the game is still tied at the end of the first overtime, consecutive one (1) minute overtimes will be played until a winner is determined.
JERSEYS	All players are required to wear matching jerseys with permanent numbers (no tape). Shirts must be tucked in. T-shirts worn under the uniform jersey must match the color of the uniform jersey.
BENCHES	Only the head coach and one (1) assistant may be on the bench along with the players. Any direct or indirect technical foul assessed to any coach will result in loss of the "standing" privilege. (Seat belt rule). Two direct or three indirect technical fouls on a coach will result in ejection from court and stands. Further disciplinary action may be assessed as deemed appropriate by the league. The Head coach/captain may address the officials only. Players are required to be seated on the benches during the game.
EQUIPMENT	A size 29.5 basketball will be used for all divisions.
RIM HEIGHT	The rim height will be set to the standard 10 feet.
SPORTSMANSHIP	The league has a zero tolerance rule for poor sportsmanship. Any player violating The Sports Arena's Code of Conduct will be penalized appropriately up to and including game ejection, future game suspensions and league expulsion. All Code of Conduct violations will be reviewed in detail and administered by the league.