



# ADULT BASKETBALL LEAGUE RULES & GUIDELINES

## **GENERAL BASKETBALL RULES**

4 on 4, Full Court

## **AGES**

14 and up

## **COST**

\$30 per player

## **NUMBER OF PLAYERS**

All games are 4 on 4 — Teams must start and finish the game with four players. If a team does not have four players at tip-off, the game is forfeited. A team can have anywhere between 4-10 players.

## **GAME CLOCK**

The length of the game is 40 minutes, divided into two halves of 20 minutes with a running clock. The clock will be a regulation clock during the final 2 minutes of each half.

If a team is winning by 20 points within two minutes remaining in the game, the clock will not stop.

## **FOULS & FREE THROWS**

Each team will be in the bonus at 10 team fouls; no double bonus. Players will be removed with five fouls in any one game.

A foul on the floor results in possession. A shooting foul will result in free throws. Once in the bonus, all fouls will lead to double free throws.

Players can leave their position on the block on the release of the shooter.

## **OVERTIME**

Overtime periods will be 5 minutes each and the clock will stop the final minute of the overtime period.

## **TIMEOUTS**

Each team is awarded two timeouts per half and one timeout per overtime. Timeouts do not carry over

## **STANDINGS**

Any teams that are tied with the same record at the end of the season will have the tiebreaker determined by head to head matchup.

Standings will kept throughout the season resulting in an end of season tournament (playoffs). Number of teams registered will determine how many teams make the playoffs.

## **REFEREES**

There will be two refs per game. Refs word is final!