

Adult Basketball Rules

Format

- The league will have a preseason tournament, a regular season schedule and a postseason tournament.
- There will be an Upper League, a Lower League, a Women's League and a 30-and-Over league. A single player cannot participate in multiple leagues. The league commissioner has the ultimate ruling over which teams play in each division.
 - The Upper League will be a competitive environment. Players in this level are recommended to have played organized basketball sometime throughout their life and have continued to play regularly.
 - The Lower League will be more of a recreation environment. Players who enjoy playing but may not want to play in a competitive environment (Score will still be kept). These players can be skilled but may not have the same mentality as the Upper League players.
 - The Women's League is a regular 5 on 5 format. They will play by the same rules and regulations as the Upper and Lower Leagues.
 - The 30-and-Over League will be played in a 3 on 3 half court setting. You must be at least 30 years old to play in this league.

Equipment

- Jerseys: Teams must have jerseys of the same color and permanent numbers for each player in every game.
 - Taped on numbers will NOT be permitted.

- Legible numbers with permanent marker will be permitted.
- Numbers must be at least 6 inches high on either the front or the back of the player's shirt and big enough to see from across a court.
- Tee Shirts are acceptable.
- Non-Jersey Penalty: In the case of a Jersey rule not being met, a technical foul will be called when he or she enters the game for the first time.
- Basketballs: Games will be played with an official men's sized (29inch) basketball for The Men's Leagues and an official women's sized ball (28.5inch) for the Women's Leagues. Basketballs will not be provided to practice with (unless you practice at the community center and check out a ball with your ID) but will be provided at the games.
- Shoes: Standard basketball shoes or athletic shoes are permitted. No boots, dress shoes, heels, flip flops, cleats, etc.

Roster

- All teams must submit a completed roster prior to their first game.
 - Rosters shall have a minimum of five players and a maximum of twelve for the Upper and Lower leagues and a minimum of 3 players and a maximum of six for the 30-and-over league.
 - Rosters need to contain a current email address for the team captain.
 - Players may be added to your roster until last week of the regular season but players may NOT be removed from your roster unless approved by the commissioner of the league.

- Each player on your roster must be at least 18 years of age and at least 6 months removed from either high school or college basketball for the Upper and Lower leagues and 30 years of age for the 30-and-over league.
- Team members will need to check in at the score table before each game in order to be eligible to play. A team member may check in during a game if arriving late. No player will be allowed to enter the game if they have not checked in.
- Teams must have at least four players on the court to play.
 - Any team that drops to three players due to a disqualification of a player will forfeit no matter what the score is or how much time is left in the game.
 - Any team that drops to three players due to an injury/emergency will have the option to finish the game.

Gameplay

- Games will consist of two 20 minute halves.
- The clock will be running time except:
 - The final 2 minutes of the second half. (unless a team is leading by 20 or more points)
 - An Official's time-out.
 - An injury occurs that requires stoppage of the game for longer than a normal stoppage (this is the officials' judgement).
 - A time-out is called. (Each team has 2 time-outs they can use throughout the game)
- The games will be played by Arkansas High School rules and regulations (Upper, Lower, Women)

- 30-and-over league games will be played in a half court setting. 3v3
 - Ball must be brought back past the 3-point line after every change of possession (Including an air-balled shot and a steal)
 - These games will be **self-officiated**. (Call your own fouls)

Fouls/Ejection Penalties

- Any participant who is assessed five personal fouls will be removed from the game (fouled out).
 - A technical foul is considered a personal foul.
 - **Two technical fouls and the player is removed from the game and suspended the following game.** (This excludes technical fouls for jersey violations) **The league commissioner has the right to suspend a player however many games they feel are necessary.**
 - **If a team has an ejection due to two technical fouls or an automatic ejection penalty (officials' judgement, see below) TWICE in the season, the TEAM will be removed from the league for the remainder of the season and no refund will be granted.**
 - The following actions may result in a technical foul:
 - Use of profanity
 - Complaining about or questioning an official's call by a non-team captain.
 - Persistent complaint about judgement calls by any player
 - The following actions shall result in a technical foul, double technical (ejection) or flagrant foul:
 - Use of profanity toward an official or an opposing player
 - Making a comment that is personal in nature to or about an official or opposing player

- Any attempt to “bait,” taunt or otherwise instigate an opponent
- An attempt to physically intimidate an opponent or official.
- **Any physical contact with an official will result in ejection from the league and notification of authorities.**

24 Hour Rule: Any complaint about officials, other teams, a league ruling, etc. will not be accepted within a 24 hour window of the incident.

Example: If a player gets ejected from a game on a Monday and would like to speak to the league commissioner about the incident, they may not email, call, discuss after the game, or schedule a meeting with them until Wednesday.

Forfeits

- If the team is aware they are going to have to forfeit the upcoming game then please contact the Program Coordinator as soon as possible (see contact at bottom of page).
- A team is allowed to start and finish a game with 4 players. They are allowed to finish with 3 as long as it is due to injury or an emergency. The team will take a forfeit if they drop to 3 players due to an ejection or behavioral issues.
- There is a 5-minute grace period at the start of each game if a team is waiting on their fourth player to arrive. If the team member does not make it in that time frame, it is declared a forfeit and a 10-0 loss.

For any more questions or concerns please contact the Program Coordinator.

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