



League Name: Basketball

THE FIRST AND LAST RULE OF THE LEAGUE IS RESPECT.

Teams or individuals who show a lack of respect to the officials, staff, players, and/or spectators of the league may have to immediately forfeit all games and will not be allowed to return. Teams are responsible collectively for the actions and behavior of their players, coaches, parents, and fans on the fields as well as in the Body Zone Sports & Wellness Complex and on Body Zone Sports & Wellness Complex property. Body Zone Sports & Wellness Complex will not tolerate fighting, profanity or any other action seen as unsportsmanlike conduct or offensive to others in any way, shape, or form. Body Zone Sports & Wellness Complex reserves the right to suspend, expel and terminate play by an individual, a team, a competition or a league based on inappropriate behavior by one or all parties involved. Some detailed rules will follow according to this facility's policy.

Age Divisions: Adult Men's Open A, B, Tuesday men's, +35

Rosters: Each team will consist of a 12 player league roster, which is due prior to the start of the league. No players may be added after the 4th competition date (Rosters will be verified at this point). Players listed on the roster may compete at any point during regular play of the league. A player must play in at least four regular games in order to be eligible for the playoff roster, which will be provided to each team by the league director and will be based upon the players listed during the course of the regular league. Team will be required to complete individual game rosters for all regular season games.

Captains: Captains will be designated prior to the start of the game. The team captain is responsible in checking that all players that are present are marked on the score sheets to get credit for their game. Captains will be the only players allowed to talk to referees during a game about an issue. Any other player approaching a referee may be assessed an unsportsmanlike conduct penalty.

Team Benches: Team benches are allowed a maximum of 2 coaches on the bench. Players and coaches are the ONLY personnel allowed in the team bench area. No children, photographers, parents (not coaching), or others not on the roster. Due to safety and insurance reasons this rule will be enforced to provide spectators with a safe environment to watch the game. Body Zone is not responsible for any items that are not taken after the game. Please keep your bench area clean.

Uniforms: No player may compete in the league without a matching team uniform shirt. Team shirts are required to have a number on the middle back of shirt and teams are required to have matching colors. (It is strongly suggested that teams have 1 dark colored uniform and 1 light colored uniform. The number must be a minimum of 6" in height and of contrasting color of the shirt. Teams without proper uniforms after the 1st week of competition will get a technical foul and the other team will receive two points at the start of the game. Pinnies will only be used as a last resort.

*** All players must wear a shirt! Hats – Not allowed on the court at anytime. Jewelry/Sunglasses - Not allowed at anytime. Shorts must not have pockets, pouches, or resemble tear-away pants. No zippers or designs that allow fingers to be caught in.**

Officials: Each team will pay 1 official the standard rate for officials. If there is only one official both teams will pay the one that shows. No game shall start until officials are paid. Teams will forfeit the game if they cannot pay the official and are responsible to pay both officials for the forfeited game. If this is not paid prior to next game the team will not be allowed to play.

Prizes: The winning team will be provided with a team award.

Regular Season Game Play:

Age Limits: Players competing in the +35 division must have reached their 35th birthday prior to the completion of the league. Players competing in the open division must be 18 years of age or older prior to the start of the league. High School teams may enter adult divisions based on registrations or level of competition, but must have an adult representative present at all games.

Time/Length of Periods:

Art. 1. Playing time for games shall consist of two halves of 20 minutes running time, with an intermission of 1 minute. The first extra periods shall be 2 minutes each in length. The following extra periods will be 2 minutes in length.



- A) 1st Half – Stopping in the last minute of half.
2nd Half – running time (same as 1st Half) until the last two minutes of play, except when there is equal to or greater than 20 point difference. Then the time will continue to run until the 20 point margin is reduced.
* The two minutes of the 2nd half will stop for; 1) Foul shots, 2) Injuries, 3) Timeouts, and all referee whistles.
* Mercy Rule: If a team is winning by 25 points or more with 2 minutes left to go the game will be called. This is for the safety of the players

Art. 2. Overtimes -The extra periods shall be 2 minutes in length.

Lateness:

- 1) All teams should try to be here at least five minutes before game time. Games will be started on the listed time unless there is a delay in the game before. **Note: A shortage of players is not considered a reason for delay.**
2) Teams may start and play with 1 less player than a regular starting lineup (5). If a team does not have four players to start the game the clock will start and run for ten minutes, if a player doesn't shows up the game will be a forfeit and the team that doesn't have enough players will have to pay the referee fees for both teams. (\$50)
3) If a team fails to produce the minimum required starters (4) by the start time of the game, which is the scheduled time, that team will forfeit that competition and follow the procedures noted below. Teams may play but referees are not required to provide service. They must end five minutes prior to the next game.

Forfeits:

- Art. 1. When a forfeit is declared, the score shall be recorded as 20 and all statistics (other than the teams', player's that were here for the game and coaches' won/lost records) shall be voided, unless 30 minutes of playing time has been completed on the game clock. In that case, the score at the end of play shall stand and all other statistics shall count.
Art. 2. When the team that is behind in the scorebook is to be declared the winning team that score shall be marked with an asterisk in the official statistics; and it shall be noted that the game was won by forfeit.
Art. 3. When a game is interrupted because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption unless the teams agree otherwise or there are applicable conference, league or association rules.

Timeouts:

- Art. 1. A maximum of 2 timeout requests per half will be granted. Timeouts will not carry over to consecutive periods or overtimes. If a request for a timeout is made and no timeouts are left, the result will be a Technical Foul on the player calling the timeout and an automatic 2 points will be awarded to the unoffending team. Possession will also be granted to the unoffending team. In the event of overtime, each team will be awarded 1 timeout. Timeouts remaining from regulation or previous overtime periods will not carry over.

Substitutions:

- Art 1. Substitutions must report to the scorer's table and may be made only on dead balls. Substitutions may not enter until scorer is notified.

Fouls: Art. 1. Each player will have a total of 5 personal fouls and 2 technical fouls, technical fouls will count towards the personal foul totals. (1 technical foul = 1 personal foul)

Art. 2. Technical fouls assessed will result in an automatic 2 points and possession of the ball to the unoffending team. The player assessed the technical foul will be removed from the game for 5 minutes from the time of the infraction. If a coach or manager is assessed a technical foul, the offending individual will be required to remain seated until the completion of the game and no communication with officials or scorekeepers will be allowed unless required for request of subs or timeouts.

Art. 3. When a 2nd technical foul is assessed to an individual, that individual will be required to remove himself/herself from the game and Body Zone Sports & Wellness Complex Premises (if individual refuses, game will result in forfeit and team will be responsible for forfeit fees (\$50.00) prior to next game. The coach or captain of the team has the final responsibility to make sure this happens. The offending individual will also serve a 1 game suspension and will be reviewed by the league commissioner and Indoor Sports Director on whether the individual can return to competition.



Art. 4. If a 3rd and 4th technical foul is issued to an individual at any point, cumulatively during the league, the individual will be expelled from the league and no longer be able to compete in the current league and any future leagues until approved by Indoor Sports Director.

Art. 5. All technical fouls are cumulative throughout the season and into the playoffs. Technical fouls do not start fresh every game. If a player gets four technical fouls total in one or more leagues he is suspended from all current leagues. Example: A player has one Technical foul in the Sunday A league, One in the Sunday B league and two in the Tuesday night league he may not play in any of the three leagues for the remainder of the session. Body Zone Sports & Fitness will review the issue and determine if the player will be allowed to play the next session or not.

Art. 6. A technical may be called if a team bench contains or has food and drinks, other than water, available. If a spill occurs and delays the game the team will also be assessed a technical foul which will be assessed to the team captain.

Art. 7. A technical may be called if a player or team bench curses that a referee or Body Zone employee hears it. Also for trash talking that an official believes to be offensive or beyond of line of the game.

Art. 8. A referee has the right to call a game after 2 technical fouls by 1 team or by 1 player. The offending team will forfeit the game at that point. This will only be determined if there is a threat of further disruptive behavior or offensive actions. In the result of a fight, upon review by referees and Indoor Sports Director, both teams may be assessed losses for that game.

Art 9. A player will be assessed a technical foul for dunking during warm-ups.

Fighting:

- *Any player instigating a fight, throwing a punch, or taunting or verbally abusing a player, spectator, game official, or Body Zone Sports & Wellness Complex Employee or Representative will be immediately disqualified from the game.*
- *Note: Any player disqualified for the above offenses will be suspended for the remainder of the season and may be subject to additional local law enforcement procedures*

Protests: The Body Zone Sports & Wellness Complex does not recognize or allow protests.

OFFICIAL LEAGUE POLICIES

Each player, coach, official, team/league participant must sign a waiver release acknowledging that they are participating in a contact flag football event, and that they are covered by his/their own medical insurance, and agree not to hold the Body Zone Sports & Wellness Complex, its Agents, officials, or Sports Venue (field), liable for any injuries or harm that may result from their participation.

GAME RESPONSIBILITIES:

- A) Each team must provide & pay \$25.00 total for 1 official for each game.
- B) Body Zone Sports & Wellness Complex Indoor Sports staff will be responsible for running clock and recording scores on scoreboard and reporting scores to the Indoor Sports Desk.
- C) Body Zone Sports & Wellness Complex does not provide liability insurance for players and **STRONGLY SUGGESTS** that teams and players provide liability insurance and supplemental player medical insurance.

Playoff Games: Every team is guaranteed a playoff game based on total number of registrations; a team may choose not to play in the playoffs. Teams will need to inform league commissioner 72 hours before playoffs that they will not be playing to avoid fines. Body Zone Sports & Wellness Complex reserves the right to limit the number of eligible teams and conduct playoffs in any format based on available time and number of teams.

Interpretations:

Rules are interpreted by officials and one official will be designated as head official for each game. The head official will resolve any conflicts. Rules are based on PIAA rule book with modifications noted above for Body Zone Sports & Wellness Complex.

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Thank You for participating in our Basketball League!

Good Luck!

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