



Adult Basketball League Rules

Covid-19 Guidelines

Please stay home if you have any of these symptoms. Cough, fever, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting and diarrhea.

Confirmed Covid-19 cases – Please notify league supervisor Whitney Dorsett at wdorsett@southportland.org or at 207-767-7650 if you or a person you had close contact with test positive for covid-19. If a league supervisor is notified of a player's positive covid-19 results we will immediately notify city health and safety administration staff and begin contact tracing. If the player is believed to have participated in the league within 48 hours of showing symptoms or a positive test, we will alert the league and officials. We will follow up with directions from city administration staff and Maine CDC.

- If you have an outstanding covid-19 test please do not attend the program.

Standard Adult Basketball League Rules

Guidelines: This league is intended to be a social league where men and women have equal opportunity to play competitive basketball. **Good sportsmanship is required. Arguing with officials, players, spectators and league supervisors is prohibited. This behavior may result in a technical foul or game/league suspension.**

Game play: 5 v 5. One female and one male need to be on the court from each team at all times. *In the event there is no female or male represented for any given team the game will result in a forfeit for that team.* 1 female and 1 male must be on the court for each team for the whole game or the result is a forfeit.

Equipment: Men's regulation ball 29.5.

Uniforms: Each team will receive league t-shirts at the beginning of each season.

Each team must wear their league team color shirt for each game.

If a player does not have their league shirt for a game they **CAN NOT PLAY.**

A player cannot enter the game if they are wearing the same shirt color as the opposing team.

JEWELRY – No jewelry is allowed during a game.

Roster: All players must be registered prior to playing in any game. The roster minimum is 8 players including at least 1 female and male player. Roster minimums are due 10 days to 1 week prior to the start of the league. All roster changes must be approved by the **1st** week of the season. No new players may register after week **1** games have concluded.

Scoring: Female shots inside the 3-point arc are 2 points. Female 3-point shots made are worth 3 points. Male shots inside the 3-point arc are 1 point. Any male shot beyond the 3-point arc is worth 2 points.

Time: Two **20** minute halves (running time) with a 3 to 5-minute half time.

Time will run continuously, except for serious injuries, or in the final minute of the each half for dead balls if teams are within 10 points of each other.

The referee will start each game time as scheduled.

If a team is not ready by the 5-minute grace period, it will result in a game forfeit. A pick-up game can be played with the players of the game. Officials will officiate within the game time period. However, the score will not be recognized for standings.

Overtime(OT): There will be 1 3-minute period OT for regular season games. The OT is to be played directly after the end of the regular schedule game play.

(Running time until final minute, if a teams are within 10 points of each other).

Playoffs - There will be **three** 3-minute overtimes. Time outs carry into OT. If there is not a winner after three OTs, the game will go to a 1 on 1 foul shot contest. Each team will pick one player to shoot for the entire contest. The higher seeded team will shoot first. The lower seed will need to match the shot. If the lower seed does not match the shot, the higher seed wins the game. If the higher seed misses and the lower seed makes the shot, the result of the game will be in favor of the lower seed.

Timeouts: Each team will have three (45 seconds to 1 minute) timeouts per game.

Fouls: 7 team fouls will put a team in the bonus.

Males shoot one shot

Females shoot two shots

Male players ARE allowed to guard female players HOWEVER rough play will not be tolerated.

Two technical fouls will result in an ejection from the game. If this occurs, the player will have a 1 game suspension. This will be enforced on the next scheduled game. An intentional foul will be recorded as a technical foul. If a defender intentionally wraps a player driving to the hoop within the 3-point arc, the offensive player will be awarded a made shot and receive the ball back. The defender will be issues an intentional foul and will have to set out of the game for 3 minutes.

Players foul out after 5 fouls - personal and technical combined.

For all technical fouls, the opposing team will be awarded two (2) free throws and possession on the ball.

Free Throws

1. Players inside the 3 point arc may enter the lane as soon as the shooter releases the ball.

2. Shooter and players behind the 3 point arc must remain behind the line until the ball contacts the rim or backboard.

Substitution: Subs will enter the game on a dead ball only.

Subs can only be rostered team players.

Disqualification

Paper game forfeit results from:

If the last male or female from a team fouls out, the game will be a paper forfeit. The total score of the game will be recorded in both cases.

Any less than four players on the court per team will also result in a paper forfeit. The total score of the game will be recorded in both cases if a team started with at least 4 rostered players.

Player disqualification results from:

Accumulating 5 personal fouls (technical fouls count as personal fouls)

2 technical fouls (1 game suspension)

1 flagrant or excessive foul (1 game suspension)

A player who is removed from the game may face stronger penalties depending on the severity of the incident.

Team disqualification results from: 4 technical fouls accumulated by players or team in a single game.
Team may be eliminated from the post season tournament.
A game stopped by the official for misconduct.

Fan Behavior: Team Captains are responsible for fans. A technical foul will be assessed to the team captain/bench if fans are acting in an unsportsmanlike manner.

The rest of play rules is based off the Maine Principal Association.

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