



Adult Basketball League Rules

Guidelines: These leagues are social competitive leagues, where all adults 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. 1 female and 1 male must be on the court for each team for the whole game.

Equipment: Ball size 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 CANNOT PLAY.
- No jewelry on during games.

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

Players on two rosters: Players can register for no more than two teams in a single league. This player must declare one team to play for each hour of play. A player CANNOT move from one game to another during a single game time slot.

Scoring: Female shots inside the 3-point arc are 2 points. Female 3-point shots made are worth 3 points. Any non-female shots inside the 3-point arc are 1 point. Any non-female shots 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 on within a 5-minute grace period.

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 One 3-minute period OT for regular season games. The OT will start directly after the end of the regular schedule game play.

(Running time until final minute, if 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 per half will put the opposing team in the bonus.

All players shoot two shots after 6 team fouls unless the foul occurred during a female 3-point shot attempt.

Fouling Out - 5 total fouls – all fouls combined.

Rough play will not be tolerated in these leagues.

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 issued an intentional foul and will have to sit out of the game for 3 minutes.

For all technical fouls, the opposing team will receive 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.

During the regular season only, a team can pick up to 2 registered players in the league to make 5 people to play. Each team must have 3 people from the rostered team to be an eligible game.

No league subs during playoffs.

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 final score of the game will be recorded.

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 if a team started with at least 3 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.

More than 2 forfeits in a single season will result in a disqualification from post season, potentially the rest of the season and beyond.

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.

Revised 12/2/2024