



Adult Basketball League Rules

Feb. 2021 COVID-19 Changes. *Revised 2/4/2021*

- Currently only Cumberland county residents are allowed to play in the league.
 - The county is comprised of 3 cities: Portland, South Portland, and Westbrook and 25 towns: Baldwin, Bridgton, Brunswick, Cape Elizabeth, Casco, Chebeague Island, Cumberland, Falmouth, Freeport, Frye Island, Gorham, Gray, Harpswell, Harrison, Long Island, Naples, New Gloucester, North Yarmouth, Pownal, Raymond, Scarborough, Sebago, Standish, Windham, and Yarmouth.
- No spectators. Players only in the facility/gym
- Masks must be worn at all times.
- No player can enter the facility more than 10 minutes before game time.
- All players must leave within 5 minutes of the end of their game.
- A staff member will be at the entrance of each facility to moderate temperature checks.
 - Temperatures will be checked at the entrance of all facilities each time you enter. If you have a temp of 100.4 you will not be allowed into the facility.
- **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.**
- **If you are witnessed experiencing/displaying any of the COVID-19 symptoms you will be asked to leave the facility immediately. Future action may be taken by the department towards a player and team captain allowing players to play with known symptoms.**
- One person in the bathroom at a time. No showering allowed at any facility.
- NO SUBS ALLOWED from other teams or outside the league.
- Teams MUST wear their league shirts in order to know who is playing on what team.
- ROSTERS – MIN 8 / MAX 10. All registrations must be completed 1 week prior to the league starting. No registrations will be accepted after that point. The minimum of 8 people must be registered 10 days prior to the league starting.
- Teams must sit 6 feet apart on the bleachers. Huddles can only last 45-60 seconds
- No shaking hands at the end of any game. Saying, “Good game.” is strongly encouraged.
- TIME: 18 minute halves. Running time except the last 60 seconds of the game if teams are within 10 points of each other.
- NO GRACE PERIOD will be allowed for starting games. If your team is late it will result in a forfeit. A pick-up game can be played with the players of the game. Officials will officiate within the game time period.
- MUST HAVE 4 people from team roster to start the game. 1 male and 1 female minimum
- NO OVERTIME in Regular Season
- Basketballs will be wiped down during half time, time outs and between games. Each team will get 2 balls for warm ups and halftime. There will be 1 game ball.

Confirmed Covid-19 cases – Please notify league supervisors Whitney Dorsett

wdorsett@southportland.org and Alicia Hoyt ahoyt@southportland.org or at 207-767-7650 if you or a person you had close contact with test positive for covid-19. If league supervisors are 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 postpone games and 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.
- If a player on your team notifies you and the league of new potential covid-19 symptoms and you or other players have been in contact with this player within a 48 hour window of symptoms your team game will be rescheduled.

Credits v Refunds – If your team is unable to continue play due to covid-19 a prorated credit will be put on your account. If we (as the league) have to stop leagues altogether a prorated refund will be sent back to you within 2 weeks.

Standard Adult Basketball League Rules **with Covid-19 changes**

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.*

Equipment: Men's regulation ball 29.5.

Uniforms: Each team will receive league t-shirts at the beginning of each season. ~~if registration deadlines are met.~~ **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.** ~~MUST sit for the first 10 minutes of each game.~~

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 prior to the start of the league. **Max of 10.** All roster changes must be approved by the ~~2nd~~ **1st** week of the season. No new players may register after week ~~2~~ **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~~ **18** minute halves (running time) with a 3 to 5-minute half time.

The referee will start each game time as scheduled.

~~The will be no more 5-minute grace period to wait for players.~~

If the players are not ready, by the 5-minute grace period it will be a game forfeit. If a team shows up late a scrimmage may take place but the score will not be recognized for standings. Play will begin as soon as the minimum of four players (at least 1 female and 1 male) are on the court.

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

Overtime(OT): ~~There will be one 3-minute overtime period if the score is tied at the end of a regular season game.~~ (Running time until final minute, if a teams are within 10 points of each other).

*Playoffs - There will be ~~one three~~ **one** 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 issued an intentional foul and will have to sit 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. During the regular season only, a team can pick up a registered player to make 5 people to play. Each team must have 4 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 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.