



Leagues Rules (Basketball)

Men's League

- Roster minimum – 8
- Roster maximum - 10
- Minimum 3 plays to start the game
- 5v5

Coed League

- Roster minimum – 8 (3 women minimum per team)
- Roster maximum - 10
- Minimum 3 plays to start the game
- 5v5 (minimum 1 woman must be on the court at all times)

Teams without the minimum players will forfeit after 10 minutes from their designated start time.

Substitutions during the regular season are allowed. **NO SUBSTITUTIONS DURING PLAYOFFS.**

Game Rules

- All leagues follow NCAA rules unless outlined below
- 12 minute quarters
- 1 minute per half
- Running clock first 3 quarters
- Clock stops in the 4th quarter in the last 2 minutes if the difference in score is 10 or less; otherwise, the clock will continue to run
- NO DUNKING. This is for safety and to avoid equipment damage
- No overtime during regular season games. Games can end in a tie

- Playoffs Only: 5 minute overtime will be played if the games is tied. Additional time will be added if necessary

Fouls and Gameplay

- Fouls and Free Throws are given at the discretion of the referee and may not be argued
- A player will be ejected for their second technical foul
 - o Additionally, any player that receives two technical fouls will be suspended for their next league game
- Any unsportsmanlike conduct or flagrant foul will result in 2 free throws, automatic ejection and loss of possession

Substitutions

- May be made following the whistle, but ONLY after the substitute has been “waved in” by an official

Forfeits

- Any team without the minimum number of players after the grace period of 10 minutes with forfeit the game
- Teams with two or more forfeits can not qualify for playoffs