



RALPH BROOKS COMMUNITY BASKETBALL LEAGUE – 35 & OVER

2023 RULES AND REGULATIONS

Identification must be provided if another team questions a player's age.

Each team is allowed only one (1) player that is 34, no younger.

A: Ref Fees/Forfeits.

1. Referee Fee is \$70 per team and must be paid prior to start of the each game.

During the championship series the fee will be \$105 per Team for Three (3) referees.

2. Forfeiture of two (2) games will result in expulsion from the League. Please arrive 10 minutes prior to the start of your scheduled game. The clock will start promptly after a 3 minute warmup. The late team will be penalized 1 foul shot per minute for each minute they are late. You cannot start a game with less than 4 players.

3. Forfeits will happen if a team is not present by the end of the 1st quarter.

If a forfeit happens, the team with the forfeiture shall pay forfeiture fee of \$175.

4. League Fee must be paid no later than the 3rd game of the season.

5. Failure to pay league balance will result in expulsion from league.

B: Sidelines

1. Only Head Coaches and rostered players may be on the sideline during the game.
2. No players or coaches may be beyond the coaches' line except for substitutions.
3. Only the coach or team captain shall report to scores table to get clarity on the game.
4. Benches can be assessed technical fouls. Which must be paid by the coach.(\$25)

C: Uniforms

1. Players MUST have current uniform to play. No Uniform YOU WILL NOT PLAY.
2. There will be no switching uniforms amongst players within games.

D: Rosters

1. Rosters will be frozen after your 3rd game of the leagues season.
2. Maximum number of players per team is 10. (Ten Uniforms)
3. No player may play on more than (1) team at any time.
4. No person may be listed in the game book that is not listed on the team roster.
5. Players must play a minimal 3 games to eligible for the playoff roster.

E: Miscellaneous Playing Rules (Modified NBA Rules - man to man defense):

1. There will be 4 quarters of 9 minutes each. There will be a 2-minute halftime.
2. There will be (5) 30 second timeouts per team/game. One (1) timeout per team, per each overtime will be allowed. *We will make exemptions for excessive heat days. *
3. Timeouts will not be carried over.
4. Each player will be allowed six (6) personal fouls per game in regulation play.
5. Two free throws will begin on the fifth (5th) TEAM FOUL.

Automatic two free throws after two (2) fouls under 2:00 minutes.

6. Two (2) minutes will be allowed for the first overtime period and One (1) minute for each additional period. Games will be played until a winner is determined.
7. The clock will run continuously throughout the entire 1st and 3rd quarter.
8. The clock will stop on all whistles in the final minute of the 2nd quarter. The clock will stop on all whistles in the final (2) minutes of the 4th quarter and overtime.
9. Eight second backcourt rule.
10. Defensive three second rule. Any defensive player, who is positioned in the lane, must be actively guarding an opponent within three seconds. Actively guarding means being within arm's length of an offensive player and in a guarding position.
11. Five second back to the basketball violation. An offensive player in his frontcourt below the free throw line extended shall not be permitted to dribble with his back or side to the basket for more than five seconds. The count ends when (1) the player picks up the ball, (2) dribbles above the free throw line extended or (3) a defensive player deflects the ball away.
12. Shot Clock (24 Second Clock). The shot clock is reset to a certain number of seconds (usually 24) when the ball touches the rim or goes into the basket; and when possession of the ball switches to the other team, such as with a rebound, steal, or violation. In some cases, such as when the new offensive team does not have to travel the entire length of the court, the initial setting may be lower. The shot clock does not start to count down until a player achieves control of the ball, or in the case of a made basket, a player achieves control of the in-bounds pass. The offensive team must shoot the ball before the shot clock expires. If the shot clock expires before the ball leaves the player's hand, the team has committed a shot clock violation that results in a turnover to their

opponents. The buzzer may sound after the ball leaves the shooter's hand; this is not a violation. Near the end of a period, if the shot clock would ordinarily display more time than the game clock, the shot clock is switched off (not to 0.0). The game clock shows how much time players have to shoot, because a shot must leave the hand before the end of the period. If the offensive team is fouled and the penalty does not include free throws but just an in-bounds pass, the shot clock is reset. There are several cases where the offense does not need a full 24 seconds. The shot clock is instead set to 14 following an offensive rebound. In several other cases where the offense inbounds the ball in its frontcourt (such as a foul by the defense not resulting in free throws), the offense is guaranteed 14 seconds. On a held ball (whether decided by a jump ball or a possession arrow), the state of the shot clock depends on which team gets possession of the ball. If the defensive team acquires possession, the shot clock is reset, as it is on any other change of possession. If the offense retains possession, the shot clock is not reset, because there was no change of possession.

** In the event of no shot clock, we will have 5 second counts in play**

13. The penalty for a take foul (a foul in which the defender does not make a play on the ball) to stop a transition scoring opportunity (which exists when, following a change in possession, the offensive team is continuously advancing the ball while it has an advantage based on the speed of the play, the position of the defenders or both) will be

- The offensive team will be awarded one free throw, which may be attempted by any player on the offensive team in the game at the time that the foul is committed.
- The offensive team will retain possession of the ball.
- The defensive player who commits the take foul will be assessed a common foul.

F: Harassment of Referee or League Officials/ Code Of Conduct

1. Technical fouls shall be called in each instance of harassment, threats, intimidation, etc. of any referee or league official.
2. Repeated technical fouls may result in expulsion of the offending team or player.
3. We will hold referees to the same accord as players.
4. Players will be held accountable for any comments about the league and officials made on social medial.

G: Ejections

1. 2 Technical fouls on a player or coach they will be ejected from the game.
2. Ejected, suspended players or coaches "MAY NOT" be on the bench.
3. Fighting, profanity, threats, throwing balls, touching referees or league officials is grounds for ejection along with technical foul or suspension.
4. All Techs will be \$25 & YOU MUST PAY BEFORE YOU CONTINUE PLAY.
You will not be able to play in the current game or any game that follows if you DO NOT PAY
5. Once a player accumulates 3 technical fouls in the season, they are suspended for the following game.

H: Playoffs, Eligibility & Play In

1. Players must be on your roster by (the 3rd game of leagues season).
2. Playoffs will be held at the completion of the season. Single game elimination except for the finals, which will be the best 2 out of 3.
3. The games will go as followed:
Playoffs 1 vs 4/5 Play in (Following Sunday) winner & 2 vs 3, From each conference

I: Mercy Rule

1. The league may stop a game if a team is losing by 20 points or more with 2 minutes of regulation play remaining. If a team is up by 30 or more with at least 3 minutes remaining, the league may stop that game. If a team is up by 40 or more with at least 4 minutes remaining, the league may stop that game.

J: Scheduling/Postponements

1. The league is responsible for scheduling, rescheduling or otherwise determining postponements, delays or make-up games.
2. League will be responsible for displaying and providing copies of game schedules.
3. Any game that needs to be made up will happen on the following SUNDAY.

K: Persons Permitted on the Sidelines

1. People authorized to be on the sidelines during a game are:
 - a. Rostered Players & Coach
 - b. League Officials & City Officials
 - c. Scorekeeper, Statistician
 - d. Police
 - e. VIPS (including donors and elected officials)

Basketball Awards:

League will issue awards for:

- a: League MVP

- b: Coach of the Year

- c: “Shawn Hall”
Award
Defense Player of the Year

- d: ****6th Man of the Year****

- e: Championship Series MVP

*The league will issue appropriate awards based on statistics for:

- a. Scoring Leader
- b. Assists Leader
- c. Rebounds Leader
- d. Steals Leader
- e. Blocks Leader
- f. Most 3 Pointers Made

Player must have played in a minimum of 70% team’s games to be eligible for awards.

****To be eligible for the award, a player must come off the bench in more games than he starts.****