



Basketball Rules

Revised: 13 May 2015

Co-ed specifications in pink.

TEAM SIZE, ROSTERS & UNIFORMS

League format: 5 v 5

Team rosters must have a minimum of 7 players registered.

Each team shall field no more than 5 players on the court at one time. **There must be at least (2) female players on the court at all times, unless the opposing team agrees to allowing fewer female players.**

GAME LENGTH & TIME

During the regular season one game will be played within time allotted (warm up time is included). Play is divided into (2) 20-minute halves separated by a five minute halftime break. In the first half the clock will run unless a timeout is called. In the second half, the clock will run for the first eighteen minutes and will then stop on all whistles and timeouts in the final two minutes. During the final 2 minutes, time will remain running during made field goals. The clock will not stop in the last two minutes of the second half when one team is ahead by 15 or more points. The clock will be maintained by a PLAYNOLA scorekeeper or one of the referees. Each team is granted 2 timeouts per half; unused time outs do not carry over to the second half. If in the first 38 minutes a TO is called prior to a free throw, the time will remained stopped during the free throws until the ball is “live” again. The game ends in a tie after 2 overtime periods have been played – during regular season.

FORFEITS

Teams will have until 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 4 players. Teams fielding less than 4 players will receive a forfeit. Exception: Teams with less than 4 players may still play a “legal” game but only with the opposing teams consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win. A team that is short players can pick up substitutes from another team with the opposing team’s approval.



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BEGINNING OF THE GAME

- The beginning of the game starts with a jump ball. Possession for all following jump balls are alternate possessions. The start of all overtimes begin with a jump ball.

SUBSTITUTIONS

- There is no limit on the amount of substitutions per team. Substitutions will only occur during stoppages of play. During the course of the regular season teams are allowed to “pick up” players that are not on their roster, but are PLAYNOLA basketball participants, in order to field a full team (with approval from opposing team). Non-rostered substitutes can play with the team once they have paid their substitution fee and have signed the waiver. In playoffs no non-roster players will be allowed to play.

OVERTIME

- Each overtime period is 2 minutes. The clock runs continuously during the first minute and stops in the last minute on whistles and timeouts. Each team is awarded 1 timeout per overtime period. Time-outs do not carry over from regulation to the overtime period.

Except for playoffs, the game will end in a tie after 2 overtime periods have been played. In the playoffs 2 minute overtimes will continue until there is a winner.

PERSONAL/TEAM FOULS

Personal fouls will be recorded for all leagues. Players will foul-out after being awarded their 5th personal foul. All technical fouls will be recorded as personal fouls. • A team begins shooting one-and-one on the seventh team foul of each half and continues shooting one-and-one on any following fouls until the tenth team foul. On the tenth team foul teams will be awarded two free throws for that and every team foul during the remainder of the half. If a technical foul happens to be the seventh team foul, the team will shoot the two free throws for the technical and receive the ball, however they will not receive the bonus one and one. All shooting fouls are 2 shot fouls unless the shooter is attempting a 3 point shot. Then they will receive three shots. If a foul is an intentional foul the player will receive 2 shots and the ball.



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TECHNICAL FOULS

- Technical fouls are counted as personal fouls. Any individual that is assessed two technical fouls will be ejected from the game. (Depending on the severity of the technical foul a player can be ejected after being assessed 1 technical under the discretion of the referee.)
- All technical fouls result in 2 free throws and ball possession.

OTHER RULES

Normal rules and penalties of the NCAA apply unless exceptions have been made herein.

Backcourt violations will be in effect unless otherwise noted.

Dunking may or may not be allowed based on the facility. Check with your league monitor.

Free-Throw Rule: No one is allowed to step into the lane UNTIL the ball has touch the rim or net, the violating team will be penalized accordingly.

Any player, other than the free thrower, who does not occupy marked lane space must be behind the free throw line extended and behind the three-point line.

LEAGUE POLICIES

REFS: PLAYNOLA will provide referees for each game. Refs have the power to remove any player(s) from a game or the the facility if deemed necessary. The league, however, is run by the PLAYNOLA staff and a representative will be on-site to interpret rules and (together with the refs) will have final say in all rulings made by the on-court officials.

FORFEITS: If your team forfeits a match during the season, the following rules apply: First Offense: Loss of game and warning issued. Second Offense: Loss of game and staff reserves the right to remove team from playoffs. Third Offense: Removal from the league

If you know in advance that your team is going to forfeit a game, we encourage you to call our office to help us schedule your opponent a game. This does not mean that your team will not receive the loss and a forfeit.

STANDINGS: The updated standings will be posted weekly on our website at www.playnola.com.

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PLAYOFFS: Playoffs will begin immediately following the end of the regular season and will typically last between 1 and 2 weeks, depending on league size. After teams have been seeded according to their records all captains will receive an email with the 1st week of playoff game times. No substitutes will be allowed during playoffs. All players must have signed the waiver by the second week of the season in order to be eligible for playoffs. Playoff eligible teams will be determined on a league by league basis. In certain situations teams at or near the bottom of the standings may not advance to the playoffs. Check with PLAYNOLA office to see if this applies to your league. Playoffs are single elimination.

Seeding: Teams are seeded according to winning percentage. Teams on rare occasions may play more than one game per day/night, and/or play games on days/nights other than your regularly scheduled league day/night if necessary. PLAYNOLA reserves the right to schedule playoff games on days other than the leagues regularly scheduled league night. Any questions regarding rules, policies, or eligibility of players must be addressed before the start of the game. Any team that would like to challenge the eligibility of an opposing player must do so before the start of the playoff game. No protests will be considered valid after a game has started. No substitutes will be allowed during playoffs. All players must have signed the waiver by the second week of the season in order to be eligible for playoffs.

WAIVERS: In order to participate in the league, each participant must sign the team waiver. Waivers are provided and must be completed no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating. Players must sign the waiver in order to be eligible for playoffs.

SPORTSMANSHIP: The purpose of PLAYNOLA is to have fun: MEET. GREET. COMPETE. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league. Abuse of officials, referees, and other staff will not be tolerated. PLAYNOLA reserves the right to remove a player from a game or a league if they are considered to be bringing down the quality of the league. PLAYNOLA will not tolerate fighting! Fighting will be an automatic ejection from any game and in most cases ejection from the league for the remainder of the season.



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STAFF: To coordinate and run the league, our refs and/or staff will be available at all times to help the league run as smoothly as possible. If you have questions regarding schedules, policies, rule interpretations, directions to the bar, etc. please ask.

LEAGUE CANCELLATION/RAINOUT: Leagues may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. PLAYNOLA staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league. If the league is cancelled, PLAYNOLA staff will update the website and phone recordings immediately. Depending on the time of cancellation, some teams will have to be notified on site. If we do cancel, follow next week's schedule (ex. If April 13 is cancelled teams should follow the April 20 schedule for their next game). The games that are cancelled will be made up towards the end of the season if time allows. In extreme circumstances, PLAYNOLA reserves the right to run a shortened season without a refund.

T-SHIRTS: Each team will be given PLAYNOLA shirts to wear as their team uniforms.

These policies are designed to make the league run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information: please advise your team of these rules and thanks for playing.