**Co-Ed 5v5 Basketball Rules-League Play (1/1/21)**

**\*See League Policies for more details\***

**Roster Policy:**

* You Must Pay to be on the Roster and You Must be on the Roster to Play.
* You Must Sign in Every Game at the Scorer’s Table WITH A FORM OF ID.
* Week 4 is Deadline for official Roster (WILL BE LOCKED).
* A Rostered Player must have Paid AND Played at least 1 game by Week 4 to be on Official (Locked) Roster.
* 2 Roster Switches (Not Additions) may be made between Week 5 and Week 7 (Last Game of Regular Season) due to injury or Player Left team.
* NO ROSTER CHANGES Starting Week 8 (Start of Playoffs).
* There is no maximum number of players allowed on a team.
* All players must be at least 19 years old at the start of the season and out of High School.
* All players must sign the Holy City Sports League Waiver to play.

**Players:**

* A team will consist of 5 players: 4 males and (at least) 1 female.
* A team must have at least 4 players (with at least 1 female) present at game time to avoid a forfeit.
* You may play with more than 1 female, but must always have 1 female on the court.
* If the minimum number of players do not show up within 10 minutes of the scheduled game time, a forfeit will be called.
* Teams may have a substitute “Pick up” player only to give your team the minimum amount of players to start (4 players with at least 1 female) AND they must already be on a roster in the basketball league.
* Once you meet the minimum amount of players with your roster, the substitute “Pick up” player will not be allowed to continue playing.

**Forfeits:**

* If your team needs to forfeit a game (for whatever reason), please make sure to let us know ASAP.
* If your team forfeits a game during the season, the following rules apply:

**First Offense**: Loss of game and warning issued

**Second Offense**: Loss of game and HCSL reserves the right to remove team from league.

**Rules:**

All rules are to be followed by those set forth by the [NCAA Rules](http://www.ncaa.org/championships/playing-rules/mens-basketball-rules-game).

**Equipment:**

* Holy City Sports League will provide each team with T-shirts for its roster.
* All players must wear the T-Shirt for each game.
* Players who do not wear the Holy City Sports League T-shirt will not be allowed to play (Unless a shirt is on order).
* Players are not allowed to exchange shirts, and you must check in each game with a FORM OF IDENTIFICATION that matches the roster anyways.
* The game ball (Men’s Regulation) will be provided for each game, unless the two teams mutually agree on another game ball.
* Players must wear sports shoes and closed toes.
* Players may not wear jewelry or hats.
* Players may wear glasses or contact lenses, braces, and face protectors at their own risk.

**Timing:**

* The game will consist of two 20-minute halves, with a two minute halftime.
* The clock will run continuously throughout the game until the last two minutes of each half.
* During the last two minutes of each half, the clock will stop during all dead balls and after made shots only in the last One (1) minute of the 2nd half and Overtime.
* In the event the team does not have 4 players to start at Game time then an additional 5 min. will be placed on the clock as forfeit time (HCSL representative has final ruling on special circumstances).
* Each team will be allowed (3) time-outs per GAME. A timeout is 30 seconds and the clock will stop for those 30 seconds. The clock will NOT stop on a timeout if there is a 30 point (or more) difference (Effective in the 2nd half).
* Overtimes will be two minutes in length and the clock will stop during all dead balls and after made shots (1 Minute or less). Only (1) additional time-out is allowed each team in each overtime period on top of any timeouts carried over.
* Time-outs do carry over halves, and do carry into overtimes including 1 additional Timeout Per Overtime
* The game clock may be stopped by an official at their discretion (Injury, emergency, etc.)

**Beginning of Play:**

* Two teams of 5 players each (4 males/1 female (at least) (Must have at least 4 players with 1 being a female to avoid a forfeit).
* The game begins with a jump ball at half court with the clock starting when the ball becomes live.

**Gameplay:**

* The objective is to for each team to put the ball into its own basket, to prevent the other team from scoring, and score more points than your opponent.
* After the jump ball occurs to start the game, alternate possession takes place for any jump ball situations, which will also determine who receives the ball to start the 2nd half.
* Each substitute who desires to enter the game shall go to the scorer’s table until a dead ball situation where the official will allow the substitution to take place.
* The scorekeeper will display the score, time, possession, and team fouls. You may ask the scorekeeper about the number of fouls any individual has at that given time.
* Each team will be allowed (2) time-outs per half. A timeout is 30 seconds and the clock will stop for those 30 seconds.
* Overtimes will be two minutes in length and the clock will stop during all dead balls. Only (1) time-out is allowed each team in each overtime period.
* Time-outs do not carry over halves or overtimes
* A ball shall become dead or remain dead when: ball is lodged at rim, time expires, free throw attempts, or official blows the whistle (foul/violation or ball exits out of bounds).
* The ball is considered live when the criteria for a dead ball has not been met.
* Refer to the Timing, Fouls/Violations, and Scoring sections for any specifics of how the game operates.
* The official can answer any questions that you may have during play.
* If a game “Ends” prematurely due to unforeseen circumstances (Health Concern, Injury Concern, Refs/Scorekeeper unable to complete game), the Team Captains along with HCSL Representative will mutually agree to a resolution. If no resolution can be made then HCSL Representative has final judgement. (I.E. Designate a winner, Designate a double forfeit, Designate Co-Champions, Design alternative to complete game.)

**Fouls/Violations:**

* [**NCAA rules**](http://www.ncaa.org/championships/playing-rules/mens-basketball-rules-game) **will be in effect unless otherwise stated**.
* Common fouls: Blocking, Charging, Tripping, Holding, Elbowing, Over the Back, Illegal Screening, and contact in any way on an opponent to inhibit the freedom of movement of the opponent in any way.
* When fouls are whistled by the official, the specifics of the foul determines whether free throw attempts are awarded and which team has ball possession.
* Common violations: Palming/Carrying, Traveling, Double Dribble, 5 second inbounds violation, free throw attempt lane violation, ball goes out of bounds, backcourt violation, goaltending, 10 second violation, and 3 second violation (Offensive player in the lane).
* When violations are whistled by the official, a change of possession occurs.
* An official is not able to whistle every foul or violation that takes place. They do to the best to their abilities and need to be respected by each individual of the league.
* A 7th Team Foul in each half begins “one and one” (Bonus) free throws.
* A 10th Team Foul in each half begins “two” (Double Bonus) free throws.
* Overtime is a continuation of the 2nd Half and Team Fouls will not reset.
* 5 Personal fouls is the limit before having to exit from the game.
* 2 Technical fouls is the limit before having to exit from the game (Also counts as 2 personal fouls.)

**Free Throws:**

* Players may enter the lane as soon as the shooter releases the ball.
* The Shooter must remain behind the free throw line until the ball contacts the rim or backboard.
* On the free throw attempt, the ball must hit the rim on the last attempt or it is a dead ball and change of possession.
* Each Free throw made is worth (1) point.
* A 7th Team Foul in each half begins “one and one” (Bonus) free throws.
* A 10th Team Foul in each half begins “two” (Double Bonus) free throws.
* If a Technical foul is assessed by the official, he determines the amount of free throw attempts.

**Scoring:**

* Each Free throw made is worth (1) point.
* Each field goal (ball in basket) made inside of the three point line is worth (2) points
* Each field goal (ball in basket) made beyond the three point line is worth (3) points.
* If your foot is on the three point line, the field goal attempt is worth (2) points.
* If the ball accidentally goes into the opposite teams basket, the opposite team is awarded the points.
* If a personal foul occurs during a field goal attempt:
1. Free throw attempt if the field goal attempt was made
2. Free throw attempts if the field goal was inside the three point line and missed
3. Free throw attempts if the field goal was outside the three point line and missed
* If a personal foul occurs without a field goal attempt, the team fouled retains possession of the ball unless the Opponents Team Foul is in the Bonus or Double Bonus.

**Schedules/Standings/Playoffs:**

* Schedules will be released no later than a week before the first game of the season.
* The updated standings will be posted weekly.
* Playoff eligible teams will be determined on a league by league basis.
* Teams that have violated the forfeit policy during the regular season may not be eligible for the playoffs. This will be determined by HCSL.
* Playoffs will be a single elimination tournament immediately following the end of the regular season.
* Playoff seeding is based off of winning percentages.
* Tie Breaking Procedures:

Two Teams: Head to head then total points for/total points against

Multi-team: Total points for and Total points against

* It is all teams’ responsibility to check the league site for scheduled regular season and playoff game times and locations.

**Officials:**Holy City Sports League will provide an official for each game. However,the Holy City Sports League representative has final say over all decisions.

 **Sportsmanship:**

Unsportsmanlike conduct includes the following:

* Arguing with an official, other players, or HCSL representative.
* Abusive or insulting language to a player, official, or HCSL representative.
* Throwing equipment at another player in an unsportsmanlike manner.
* Harassing others
* Acting inappropriately when challenging a refs call
* Not maintaining an attitude that is consistent with Holy City Sports League core values
* Fighting

**In the event of unsportsmanlike conduct the following penalties will be sequentially enforced:**

**1st Offense**-HCSL representative will talk with the individual and issue a warning

**2nd Offense**-HCSL representative will remove individual from the facility and issue a suspension for the next game.

**3rd Offense**-HCSL representative will remove individual from the league entirely.

**Game Cancellation Policy**

* Games may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. HCSL will make every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. HCSL will send out communication to all captains letting them know if a game is cancelled. It is still the captain’s responsibility to inform all teammates of the cancellation. If a game is cancelled on site, HCSL will attempt to contact those teams still scheduled to play the remainder of the day/night. If we do cancel, check with the league site for the following week’s schedule. In extreme circumstances, HCSL reserves the right to run a shortened season without a refund. HCSL also reserves the right to schedule games on days other than your regularly scheduled leagues day/night if necessary in conjunction with the teams.

**Alcohol/Substance Policy:**

* Alcohol and illegal substance is PROHIBITED at all facilities and during play of all Holy City Sports League events.

**Waivers:**

* In order to participate in Holy City Sports League, each participant must sign and submit to a HCSL representative the player waiver & release form no later than the first night of play. Players not present the first week of pay will still be required to submit a waiver before participating.