

BLUE VALLEY RECREATION

ADULT BASKETBALL LEAGUE RULES

THE TEAM

1. A team shall consist of 5 men or 5 women. There is no limit on the number of rostered players. However, a player may be on only one roster within a division. Any player who is not on the team roster is illegal and any game that he or she plays in will be forfeited.
2. Teams must have at least four players to start the game.
 - If either team is short players at the scheduled game time, a 10-minute grace period will be given. Time consumed by the grace period will be deducted from the first half of play.
 - Games will begin no earlier than the scheduled game time.

UNIFORMS

3. Jerseys must be the same color. Shorts do not have to match.

THE GAME

4. The home team will be responsible for providing the game ball.
5. The Start of the game and each overtime period will be initiated by a jump ball. In subsequent jump ball situations, the alternate possession rule will be in effect.
6. Games will consist of two twenty-minute halves. The clock will not stop, except for the last two minutes of each half, injuries and time outs. In the final two minutes of the game, if either team is leading by twenty or more points, the clock will not stop.
 - Half-time will be 4 minutes.
 - Overtime periods will be two minutes with a stopping clock.
7. Each team will be allowed two time-outs per half. Unused first half time-outs will not carry over to the second half. One time out will be added for each overtime period. Any unused timeouts from the second half will be carried over into overtime.
8. Dunking will be allowed during the game only. A technical foul will be called for the following:
 - Pre-game dunking, post-game dunking, or half-time dunking.
 - Hanging or holding on to the rim, except to avoid injury (official's discretion).

TECHNICAL FOULS & EJECTIONS

9. All technical fouls will result in 2 free throws and loss of possession.
Unsportsmanlike technical fouls
 - Swearing - there will be a no tolerance policy on swearing
 - Complaining or arguing with officials
 - Committing an unsportsmanlike foul
 - Any other infraction where the official deems it necessary.
10. **Player:** Out for the next 10 minutes of play for each technical foul.
 - Any player who receives **two** unsportsmanlike technical fouls in a game must leave the gym immediately. All play will stop until the player has left the gym.**Team:**
 - **Three** (player) unsportsmanlike technical fouls **in a game** will result in a forfeit of that game.
11. Ejections
 - Any player, team, or spectator who engages in fighting will be immediately ejected from the gym and could be suspended from further league play.