

ADULT BASKETBALL LEAGUE RULES

GAMEPLAY

50-minute games

(25-minute running halves. Stop clock last 2 minutes of the 2nd half if game is within 10)

1 Timeout Per Half

(Clock Stops)

2 Minute Halftime

2 Minute Overtime

(Stop clock last minute)

Each team roster shall consist of a minimum of 5 players and maximum of 10 players.

All players must be on the team roster, verified by the Courthouse App, to be allowed to play, unless a sub receipt is received. Any player found to not be on the team roster will be asked to leave the game. The team will be assessed a team technical foul.

Teams must have a dark and light jersey that are either all light or dark. All teams must have a number on their jersey. Players on the same team can't have matching numbers. Players who don't have jerseys or have matching numbers will be given a technical foul and the other team will be rewarded 2 points for each technical foul. These technical fouls do not count as behavior technical fouls or team technical fouls that could result in a forfeit.

FORFEITS & FOULS

FORFEITS:

Teams must have at least 4 players at the start of the game who are dressed and ready to play.

A 5-minute grace period will be given once the game start time has passed.

For each minute a team is late the other team will be rewarded 2 points, and if the whole 5-minute grace period has passed then the game will be ruled a forfeit. NO EXCEPTIONS.

If a team arrives within the 5-minute grace period, the officials will call game time and the clock will start running at that time

FOULS:

The 6 foul out rule is in effect. On the 6th foul a player is considered disqualified and must leave the game.

Bonus fouls - On the 7th team foul the other team will shoot a 1 and 1 foul shot. On the 10th team foul the other team will shoot 2 foul shots at any time of the game.

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TECHNICAL FOULS

Any type of technical foul committed will result in an automatic 2 points, 2 foul shots, loss of possession, and the player committing the technical foul will be awarded a personal foul and will count towards their 6 fouls out rule. The team of the player committing the technical foul will also be awarded a team foul and it also goes towards the total team foul count.

If any player receives more than 1 technical foul in a game that player will be ejected from the game and suspended for a minimum of 1 league game.

Depending on the severity of the ejection, the player may be suspended for the entire season.

If a player is ejected from 2 games in a season, he/she will be suspended for the remainder of the season.

BEHAVIORAL TECHNICAL FOULS

Are defined as acts from foul language, verbal or physical abuse to anyone in the gym, and/or attempting to fight anyone in the gym and this is ruled by the officials

TEAM TECHNICAL FOULS:

Any team that accumulates a total of 3 technical fouls in 1 game will automatically forfeit that game.

DUNKING

Hanging on the rim will result in a technical foul anytime other than for unsafe reasons.

TEAM CAPTAINS:

Only the team captains will be allowed to approach the scorekeeper's table during dead ball situations.

If any teammate abuses any of the table personnel of any kind the official can and will assess a team and personal technical foul to the offender. Stay away from the referee and the scorer's table!

AGE REQUIREMENTS:

You must be 18 years old to play in this adult basketball league. If you are 16 or 17 years old and you want to apply for an exception to play, this will be done by the team captain contacting riley.bensusen@courthousefit.com.

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ADDITIONAL RULES

- No tobacco chewing, no smoking, no profanity anywhere in the building and outside of all facilities.
- League suspensions carry over to all leagues and tournaments that Courthouse Club Fitness runs.
- A team fight is a league suspension with no refund. Players have a responsibility to control or restrain their own teammates. The key is to step in and help end a bad situation before the league has to suspend or banish players. Your players need to control each other. The referees cannot prevent these situations as well as you could as players/teammates.
- If a player is ejected for unsportsmanlike conduct, that player must leave the gym on his/her own. If the player does not leave in a timely fashion, he/she may be suspended for the remainder of the season and the team may forfeit the game and face team suspensions for not enforcing the rules with their own players.
- Conduct rules: Players not able to control their behavior will be ejected from the facility and may face further suspension from the league. This rule applies to spectators as well.
- Children: Due to their short attention span, we ask that all children sit in the spectator sections next to an adult and be under their supervision at all times. They are not allowed on the team bench. This helps prevent any accidents or interference with games. If the only parent attending is playing, that parent will be responsible to have a friend supervise his/her children during the game. Due to safety concerns, children (or any other spectators) are not allowed to sit on the team bench or at the scorekeeper's table. Referees may remove a parent from the game and require him/her to supervise unruly children. Parents will be financially responsible for any damage caused by their children.
- Verbal threats will be taken very seriously: Any player, manager, or person connected with the team verbally threatening an official, player or spectator before, during, or after a game, will be ejected from the game and the facility and suspended from league play indefinitely.
- Alcohol and Drug policy: No player shall appear on the court under the influence of alcohol or drugs in such a manner that they have no control of his/her faculties to the extent that there is a chance of physical injury to him/her or others. Minimum penalty: Ejection from facility and/or suspension from team's next scheduled game and/or probation for remainder of season