



ADULT BASKETBALL LEAGUE RULES

SECTION 1: PLAYERS AND EQUIPMENT

1. As a team coach, it is your responsibility to notify all of your team members of all policies and procedures relating to the Burleson Recreation Center's basketball league. Notifying all team members of place, date and time of the contest and see that everyone is ready to play at the scheduled game time is recommended. Team members should show up at least 15 minutes prior to their scheduled game time. **Game Time is Forfeit Time... No Excuses!**
2. All team members must sign a Roster/ Waiver at the Burleson Recreation Center on their game night prior to competing.
3. Each Men's team must have five (5) players in order to start the game. A team may only drop below five players due to injury or fouling out.
4. **Ball:** Men's teams shall use a regulation sized ball. A game ball will be provided for each game.
5. **Jerseys:** Teams are required to wear like colored jerseys with numbers on the back. Taped on numbers will not be allowed. Pennies are available if you do not have your own.
6. **Shoes:** Tennis shoes are the recommended footwear. No black-soled shoes that may mark the floor are allowed. No street shoes, boots or sandals may be worn. Barefoot and stocking feet are not allowed.
7. **Attire:** No denim/khaki shorts or pants will be allowed, the Recreation Supervisor, Daniel Shafer, will have the final say on the legality of apparel.
8. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn during play. Any player with exposed permanent jewelry (i.e. body piercing) will not be permitted to play unless the jewelry is removed.
9. **Headwear:** There will be no hats, bandanas, or hard barrettes worn during play. Cloth or elastic bands may be used to control hair.
10. **Braces:** Players may wear soft, pliable pads or braces on the leg, knee and/or ankle. Braces made of any hard unyielding material must be covered with at least ½ inch padding for safety reasons. Under No circumstances will a player wearing a cast or splint be permitted to play.

SECTION 2: GAME FORMAT

1. A game shall consist of two 20-minute halves with an intermission of 3 minutes at the conclusion of the 1st half. There will be a running clock, except the last two (2) minutes of each half, when the clock will stop for every dead-ball situation. (exception: mercy rule situations) **Section 2 Rule 6**
2. Game Time is Forfeit Time... A team must have five (5) players in order to start the game. If a team does not have the minimum number of players necessary to start the game that team must forfeit the game.

3. Time Outs: Each team will be given two (2) time-outs per half and one (1) time-out per overtime period. Timeouts do not carry over from period to period or from overtime to overtime. The clock will stop during all timeouts.

4. Overtime: If the score remains tied at the end of regulation play, an overtime period of two (2) minutes will be played. A jump ball will be administered at center court to start the overtime period. The overtime period shall consist of a running clock for the first minute and will stop on every dead-ball situation in the last minute. This procedure will be repeated until a winner is determined.

5. Mercy Rule: If any team is ahead by 15 or more points with two (2) minutes or less remaining in the game, the clock will run continuously. If a team is up by 20 or more points in the same time frame the game shall be over. If any team is ahead by 30 or more points at any time in the second half, then the game shall be declared over. Officials may end a game if teams are avoiding the Mercy Rule. This will be at the discretion of the refs.

6. Substitutions: A substitute must report to the score table and be recognized by an official in order to enter the game. A substitute may only enter the game during a dead-ball situation. In a multiple free throw situation, a substitute may only enter immediately before or after the last free throw attempt. Failure to properly report will result in a technical foul being assessed to that player.

SECTION 3: FOULS AND PENALTIES

1. A player will be disqualified (foul out) when he/she accumulates 6 fouls (any combination of personal or technical) Any player receiving 1 Technical Fouls in one (1) game will be ejected from the game.

2. Ejections: It is the team coaches' responsibility to make sure that any ejected player on his/her team leaves the gym promptly. Any player that is ejected from a game is required to meet with the Recreation Supervisor, Daniel Shafer, the following day after 2PM. An ejected player may not compete in any adult athletic event until he/she has met with the Recreation Supervisor. (817-426-9113)

3. Bonus shots will be awarded on the seventh (7) team foul and Double bonus on the tenth (10) team foul.

4. One (1) free throw attempts will be awarded for a player fouled in the act of shooting whose point try is unsuccessful, and one free throw will be awarded for an unsuccessful attempt beyond the three point line. One free throw try will be awarded for a player fouled in the act of shooting and the two or three point try is successful.

5. On all one-shot and one-and-one free throw attempts or the last free throw in a multiple free throw situation, offensive and defensive players may enter the lane when the free throw is released.

6. Technical Fouls: Two (2) free throws plus the ball at the division line for a throw in.

7. Intentional Fouls: Two (2) points and possession of the ball at the spot nearest the foul will be awarded to the offended team for all intentional fouls during an unsuccessful two-point try. (three (3) point shot = 3 free throws) For a successful two or three point try, the basket will be counted and the ball will be awarded.

8. Flagrant Fouls: On all flagrant fouls, the offended team will be awarded two (2) points and possession of the ball at the spot nearest the foul. The offending player will be ejected from the game.

SECTION 5: FREE THROWS

1. On any free throw attempt the shooting team is allowed the free throw shooter plus two more team members.
2. The non shooting team is required to have the bottom two lane spaces occupied. They are also allowed to have up to two more people in the lane area. The offense may not take the open defensive spots if they are unoccupied.
3. The lane spaces that are below the block must remain unoccupied.
4. The non-shooters may enter the lane on the release of the ball, the shooter and all players outside the lane area may not enter until the ball hits the rim.
5. The clock will stop on all free throw attempts in the final 2 minutes of each half.

SECTION 6: PLAYOFFS

1. Playoffs will be on the 9th week following the last week of the regular season, and brackets will be posted that Friday by noon.
2. **Eligibility:** The top 4 teams from any league will be seeded into a single elimination playoff bracket. (Any team with 2 regular season forfeits will not be eligible)

SECTION 7: ACCIDENTS AND INJURIES:

1. Participation in the Adult Athletic program is voluntary and at the participants own risk. The Burluson Recreation Center and the City of Burluson do not assume financial responsibility for any injuries. It is strongly recommended that each participant be certain he/she has some form of insurance which would cover claims resulting from accidental injury during athletic participation. The participants or their insurance companies are responsible for any expenses, due to injuries occurring while participating in the program. Each person must sign a team roster prior to participation in any adult sports event.