

# City of Fort Worth Adult Women's Basketball League Rules & Regulations

## League Governing Body:

National Federation of State High School Associations **(Modified for the City of Fort Worth)**

## Player Requirements:

All players must be 18 years or older, no exceptions.

All players must wear a jersey with a permanent number. **No blank numbers; no jersey, no play.**

## League Equipment:

- League provides game balls that are stamped and approved.

## Home/Away Teams:

- Home Team: Light Colored/White
- Away Team: Dark Colored
- No written/taped/mix-matched jerseys allowed.

## Jewelry Policy:

- No jewelry (earrings, necklaces, rings, etc.) allowed; violators receive a technical foul.
- Medical alert jewelry is an exception.

## Game Play:

- Teams must submit lineups with jersey numbers to the scorekeeper 5 minutes before tip-off.
- Late entries result in a technical foul.
- Required: Number - First Initial/Last Name (Example: #12 J. Doe)
- Games consist of four 10-minute quarters with a running clock, stopping only for timeouts and whistles in the last 2 minutes if the score is within 15 points.
- If a team leads by 16+ points with 2 minutes remaining, the clock runs continuously.
- Two timeouts per half (1 full, 1 30-second); no carryover.
- Overtime: Maximum of two 3-minute periods; clock stops for all whistles.
- One 30-second timeout per overtime period; no carryover.
- **MERCY RULE: 30 Points**

## Conduct:

- Unsportsmanlike conduct results in a technical foul.
- Two such fouls lead to ejection and 1-game suspension.
- Four unsportsmanlike fouls result in forfeit. (Per team)

### Team Fouls:

- Team fouls reset each quarter.
- Five fouls per quarter = bonus – 2 Shoots.
- 3-point line: HS 3pt Line
- 5-second closely guarded rule applies.
- All technical fouls go towards player/team count.

### Technical Foul Limits:

- Player: 4
- Team: 8
- Reaching these limits = removal from the league for minimum of 6 months or maximum ban as punishment.
- Two ejections = removal from league for minimum of 6 months or maximum ban as punishment.

### Rosters & Eligibility:

- Rosters must be finalized by the league's due date.
- Only players on TeamSideline roster with signed waiver are eligible.
- Maximum roster size: 15, including player/manager.
- **A removed player may NOT another team during the season.**
- No professional, semi-pro, college, or high school players allowed during their respective seasons.
- Only registered players count toward eligibility.

### Playing Short:

- Teams must start with at least 4 players but must have 5 by halftime or forfeit.
- **Each team only plays with their roster ONLY. No pick-ups!**
- **Only rostered players that have agreed to the leagues terms and conditions are permitted to play in season and participate in playoffs.**