

Adult Basketball Rules – LRC 2025

Game Format

- There will be a Men's League and a Women's League
- A single player cannot participate in multiple leagues.
 - The Men's League will be a standard 5 on 5 format. Call your own fouls rules apply.
 - The Women's League is a regular 5 on 5 format. They will play by the same rules
- and regulations as the Upper and Lower Leagues.

Jerseys:

- Teams must have jerseys of the same color and permanent numbers for each player in every game. – We can order if you give us 2 weeks notice before game time.
- Taped on numbers will NOT be permitted.
- Legible numbers with permanent marker will be permitted.
- Tee Shirts are acceptable. – Pennies will be available if team does not have a uniform

• Basketballs:

Games will be played with an official men's sized (29inch) basketball for

The Men's Leagues and an official women's sized ball (28.5inch) for the Women's

Leagues. Basketballs will not be provided to practice with but will be provided at the games.

• Shoes:

Standard basketball shoes or athletic shoes are permitted. No boots, dress shoes, heels, flip flops, cleats, etc.

Roster

- All teams must submit a completed roster prior to their first game.
- Rosters shall have a minimum of five players and a maximum of twelve
- Rosters need to contain a current email address for the team captain.
- Players may be added to your roster until last week of the regular season but
- players may NOT be removed from your roster unless approved by the
- commissioner of the league.

- Each player on your roster must be at least 18 years of age
- Teams must have at least four players on the court to play.

Gameplay

- Games will consist of two 20-minute halves.
- The clock will be running except:
 - The final 2 minutes of the second half. (Unless a team is leading by 20 or more

points)

- An injury occurs that requires stopping the game for longer than normal

stoppage

- A time-out is called. (Each team has 2 time-outs they can use throughout the

game)

- These games will be self-officiated. (Call your own fouls)
 - Intentional fouls on a shot of layup will be awarded the points of the shot attempt.
 - Fouls will result in a check in at the top of the key in lieu of inbounds except when intentionally fouling to prevent a bucket
 - Player Fouls will be kept track, and 5 fouls will result in disqualification

Substitutions

- You will be able to free sub “Hockey Style”
 - In/out substitution ONLY on the defensive side of the ball. Check in at the middle in front of the scorers’ table to make it easier.
 - Benches will be traded at halftime to allow for easier sub in
 - There cannot be any sub in on the offensive side of the ball to create a “cherry-picking” advantage
- This substitution will prevent the game from stopping constantly with substitutions and create the flow of the game to be better.
-

For any more questions or concerns please contact the Program Coordinator.

Brad Sells – Brad@louisburgrec.com