

**Adult Co-Ed Basketball League Rules**

1. 2-20 Minute Halves
   1. Clock will stop within final minute of each Half
   2. 4 Minute Half Time
2. 1 Timeout per half (1 Minute Timeout)
3. Men’s baskets are 1 point, Women’s baskets are 2 points
   1. Behind the Arc – Mens 2 points, Women’s 3 points.
4. Each team is allowed 6 fouls per half. After 6, Foul shots are rewarded. (2=Women 1=Men)
   1. Clock **WILL NOT** stop for foul shots, unless within the final minute of the half.
5. The 2nd team foul in the final 2 minutes of the 2nd half will result in foul shots regardless of the team foul count.
6. **NO CURSING!** This will result in a technical foul by the referee if it becomes excessive.
7. No backcourt violations. Team must cross half court within the 8 seconds.
8. Breakaway/Flagrant fouls: For safety reasons, any player fouled from behind while on their way to a layup, will receive an automatic 2 points, and the ball back.
9. Teams can sub on the fly. Try to sub on dead balls, or when on offense, if possible.
10. Regular season games **CAN** end in a tie.
    1. During playoffs, a 5-minute overtime will be played until there is a winner.
11. Games will be played 5v5
12. No more than 4 men on the court at any given time. If there are no females, teams can only play with 4 players on the court.
13. You can pick up players to avoid a forfeit. If 4 players are from the original team are present, picking up players will be not allowed.
    1. Must have 4 players to play.
       1. Can pickup from other teams within the league. League Coordinator can deny pick-ups if deemed not appropriate.
14. Picking up players is only allowed in regular season.
    1. No picking up players during playoffs.
    2. Rosters are final as of March 24, 2019.
    3. **GENDER PLAYOFF RULE – 1 woman from the team MUST be present for the game to count.**
15. Any special circumstances for roster additions or subtractions must be presented to the league coordinator and cleared before they can play.
16. Team players must compete in **AT LEAST** 3 games to be considered eligible for playoffs.
17. The league coordinator has the right to ask a player to leave a game if they feel their actions are not appropriate. If necessary, Hampden Recreation reserves the right to ask a player to cease playing in the league if inappropriate actions continued. No refunds will be given.
18. **PLEASE RESPECT THE OFFICIALS CALLS.** In order to keep league cost lower, we will only have one official. It is very difficult for one ref to see all the action, so please be understanding.
19. **ALL OTHER NORMAL GAMEPLAY RULES APPLY**
20. **HAVE FUN!**