



BASKETBALL RULES

SPIRIT OF THE GAME
COMPETITIVE PLAY IS IMPORTANT, BUT NEVER AT THE EXPENSE OF
FOLLOWING THE RULES, RESPECTING OTHER PLAYERS, RESPECTING THE
BAR/FACILITY, AND HAVING FUN!

I. General Rules

- a. **Schedule:** All games are to be played at the time, date and place specified on the schedule.
- b. **Roster:** Each team can have a **maximum of 10 players**
- c. **Forfeits:** Game time is FORFEIT Time. We encourage all players to arrive at the Court 10 minutes before the game starts.

At the discretion of the League Manager, a 5-minute grace period may be added from the game time in order to avoid a forfeit, but the game clock will start on game time.

- i. Minimum to start the game varies on format size:

Format	Minimum # of Players to Start official game (# of Females to avoid a forfeit)	Maximum number of males on the court
5 v 5 CO-ED	4 (1 Female)	3
5 v 5 MENS	4	N/A
5 v 5 WOMENS	4	N/A

- ii. Forfeits will be scored as a 30 – 0 final match score
- iii. Teams forfeiting more than two league games will not be eligible for the playoffs. Teams forfeiting three or more games will be removed from the schedule. Refunds are not distributed in these instances.
- iv. If you are aware of any dates that will not work for your team, please let your team captain know to put in a schedule request before the start of the season.

Team captains can put a schedule request with additional payments through email

- d. **No Show Officials:** Teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). Games will not be rescheduled. Game will count as an official game. ASSC Staff may make an exception within reason.

- e. **Roster Checks:**

Roster checks will be conducted before the start of each playoff game.

Roster checks may be done randomly during the regular season, at the League Manager's discretion.

- f. **Rain Outs:** Check your Sports Engine app, Email, or Instagram for possible rainouts. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **RISE ATL Sports reserves the right to shorten the season or move games to other than normal league nights due to excessive cancellations.**

- g. **Sportsmanship:** Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of a RISE ATL Sports staff member including an official.

- i. **If a player creates unsafe playing conditions where the game cannot be continued, the violating team will be disqualified from the game and it will count as an automatic forfeit.**

- Please keep in mind that this is a **social league** for players to have fun and be safe

II. Equipment

- League basketballs will be provided. Teams are allowed to play with a player's ball, if both teams consent. League is not responsible for any lost or damaged player items.
 - Men's regulation size 29.5"
 - Women's regulation size 28.5"
- **You are NOT allowed to wear hard-bottomed shoes on the court!**

III. Format

- a. Court Specifications:
 - i. A standard full-size court is typically used, but there are instances where you may play on a short court limited by the facility.
- b. Scoring:
 - i. Free Throw shots are worth one (1) point
 - ii. Field Goals (within the 3- point arc) are worth two (2) points. **(Three (3) points for Female in Co-Ed leagues)**

- iii. Field Goals (beyond the 3-point arc) are worth three (3) points (Four (4) points for Female in Co-Ed leagues)
 - iv. Points scored by female players, during live play of a Co-Ed League, are counted with a bonus point (CO-ED Rules)
- c. Mercy
- i. If there are more than 20 points differential with 2 minutes remaining, the game will end immediately with the score going as the official result.
- d. Game play time and halftime
- i. Games are played in two 20-minute halves. With a 2 minute halftime.
 - ii. The clock will stop in the second half with less than two (2) minutes remaining on all whistles, as long as teams are **within 10 points**.
 - iii. Each team will receive two (2) timeouts per half. Timeouts do not carry over.

IV. Gameplay

Common courtesy (NOT A REQUIREMENT) is to have males guard males and females guard females (CO-ED Rules)

● POSSESSION

- The game will begin with a tip-off at half court determining the possession arrow
- Second half possession will be determined by the possession arrow

● TIMEOUT

- Each team has two (2) 30-second timeouts per half. Timeouts do not carry over into overtime. Each team is awarded one timeout per overtime period.

● SUBSTITUTIONS

- Each team is allowed unlimited substitutions when the ball is not in play. Referee(s) must be notified of a request to substitute players. Scorekeeper must be notified of substitutes by jersey number.

● JUMP BALL

- Jump balls will be awarded based on the direction of the possession arrow
- A jump ball will occur when:
 - The ball is held steady between two opposing players
 - The ball goes out of bounds and there is uncertainty regarding last contact
 - The ball settles on the basket support
 - A double foul is charged
 - A simultaneous free throw violation by opposing players

- THROW-INS

- Following a score, the opposing team may throw-in anywhere behind the end line. Following an out of bounds infraction or non-shooting foul, the ball is given to the opponent by the referee at the spot near where the violation occurred. The inbound player must:
 - Release the ball without stepping in bounds with possession of the ball
 - Release the ball (by throwing) within 5 seconds
 - Not move, more than 3-feet on either side, from the designated throw-in spot.

- CONTACT

- To hold, push, trip, or charge into an opponent is illegal contact. This must be tempered by the fact that fast movement in the restricted area will result in some physical contact. When no advantage is gained from contact, it is generally allowed.
- The first player to establish a position on the court without contact has priority.
- The player moving into the path of another player when contact occurs is generally responsible for contact.
- Players have the right to all space within their vertical base.

- DUNKING

- Dunking during regulation play is allowed; **however, hanging on the rims is forbidden. Unnecessarily hanging on the rim can result in a technical foul.**

- FREE-THROWS

- Free-throws are awarded as follows:
 - One free-throw for a shooter whose goal is successful and is fouled while shooting
 - Two free-throws for a shooter whose attempted goal is unsuccessful or any intentional foul
- One free-throw plus an additional free-throw (one and one) for a common foul after the bonus rule goes into effect.
 - If the first shot is successful, the second free-throw is allowed.
 - If the first shot is missed, play continues.
- No free-throws are awarded for common fouls prior to the bonus for double fouls
- Intentional and flagrant fouls are two shot free-throws and the ball will be put back in play at the point of interruption.
- Players from either team must remain in position along the lane until the ball leaves the shooter's hands. Opponents are assigned the first space from the basket on either side of the lane.

- Females will be awarded an additional free throw per shooting opportunity (i.e. fouled while shooting), 3 points for a made shot inside the three-point line, and 4 points for a made shot outside of the three-point line. (CO-ED Rules)
- BONUS RULE
 - A running tally is made as each team accrues fouls throughout each half. When a team has more than six (6) fouls (meaning on the seventh foul), one and one free-throws are awarded for every common foul thereafter.
 - Once the team reaches ten (10) fouls, two (2) free-throws are awarded for every common foul thereafter.
 - The bonus returns to zero at the start of the second half
- FOULS
 - Players called for illegal contact will be charged with a personal foul.
 - Each player may accrue up to five (5) personal fouls a game prior to disqualification.
 - Men may not block a woman's shot attempt. Any contact with the ball on a shot attempt will be considered a block and a goaltending violation. Three points will be awarded for all 3 point attempts and 4 points will be awarded for all attempts behind the 3 point line. (CO-ED Rules)
 - Simply raising your arms does not count as a blocked shot and the defender must make contact on the ball. (CO-ED Rules)
 - **This rule is not in effect if a team plays with 3 women on the court for the 3rd woman. (CO-ED Rules)
 - The 3rd woman MUST BE DESIGNATED to the scorekeeper/referees and may have her shot blocked legally. (CO-ED Rules)
- TECHNICAL FOULS
 - Technical fouls are generally committed when the ball is dead:
 - Disrespectfully addressing or contacting a referee
 - Unsportsmanlike language, gestures, etc.
 - Delaying tactics: after a score or before a throw-in
 - More than the allowed number of players on the court
 - Fighting/roughhousing (May result in expulsion or suspension)
 - Hanging on the rim
 - Technical fouls will result with the offended team receiving two free-throws with no other players along the lane area. The offended team will receive the ball at center court.
- TIMING VIOLATIONS
 - Backcourt violation results if the ball goes back into the backcourt, without being touched by the defense, and is re-secured

- 3-second rule: no player may remain within the free-throw lane for over 3 seconds while on offense. One foot in or on the lane line will constitute the player being in the lane
 - 5-second closely guarded rule: no player may hold or dribble in the front court while closely guarded for 5+ seconds
 - 10-second rule: a team gaining possession in its backcourt must progress into the front court in less than 10 seconds.
 - Timing violations will result in change of possession.
- Overtime
 - There will be one **2 minute** overtime to decide a winner. If the games are still tied at this time, the score will be final.
 - The clock will stop at the last minute in overtime on all dead balls.
- INSTITUTION
 - Any rules not mentioned here will default to the National Federation of State High Associations rule book.

V. PLAYOFFS

a. General Info

- i. The playoffs begin the first week after all regular season games have been played.
- ii. MANDATORY ID checks will be done by your League Manager before playoff games
 - Rosters are finalized on Weeks 5 (or 6). If there needs to be a substitute or a replacement, please do so before the roster cutoff date.
 - RISE ATL Sports may make special exceptions under certain circumstances.
 - Any teams found playing a non-rostered player will automatically forfeit and be counted as a loss.

b. Scoring and Gameplay

- i. There must be a winner. If after overtime, there is another tie, we will repeat overtime rules until a winner is determined.
 - Other than that, all regular game rules will apply.

c. Seeding

The top four teams with the best records will advance to the playoff rounds.

- Additional teams may be added to the playoffs for larger leagues.
- Tie-breakers will be decided as followed:
 - Total Standing points
 - Point Differential
 - Head to head
 - Coin Toss