



## **Adult Basketball League Rules and Regulations (Spring 2019)**

### **"The WFA Way":**

At WFA, our mission is to strengthen company culture through sports by investing in the lifelong success of Employee-Athletes. We do this by ensuring safe, structured, authentic sports environments that promotes teamwork, healthy competition, and inclusion.

We are committed to ensuring our 4 core values fuel everything we do!

### **Rules:**

The current NCAA Basketball Rules shall govern all games in the Workforce Athletics Basketball League unless otherwise specified herein. \*All rules shall be applied to both Division I and Division II play unless otherwise noted.\*

### **Player Code of Conduct:**

All Employee-Athletes and spectators shall abide by the WFA Employee-Athlete Code of Conduct. It will be the responsibility of the Team Captain to see that all players on his/her/their team are aware of and abide by the WFA Employee-Athlete Code of Conduct. (Refer to the WFA Employee-Athlete Code of Conduct).

No Employee-Athlete shall push, strike, or threaten an official, WFA staff member, spectator or any other Employee-Athlete. The officials are required to immediately suspend any violator from further play. If the charge is found to be egregious, the Employee-Athlete may be subject to suspension from participating in the WFA Program. Please note if a suspension event occurs there will be no refund issued.

Any Employee-Athlete who receives two (2) technical fouls in one game will be immediately suspended from the game and future participation will be at the discretion of WFA staff.

Any foul meant to do bodily harm shall result in immediate dismissal from the game and a minimum of one game suspension.

### **Uniforms and Equipment:**

All Employee-Athletes will be provided with reversible WFA Company Team jerseys. **Company Team jerseys must be worn in order to participate in league play.** Employee-Athletes are highly encouraged to wear **black shorts** and non-marking gym shoes at all times during games. The HOME team will always wear white while the VISITING team will always wear black. Game balls will be provided by WFA.

### **Length of Games:**

Games will consist of four (4) ten (10) minute quarters with a one (1) minute break between quarters and a two (2) minute break for halftime. WFA operates under a running clock. Stop time will occur with ten (10) seconds or less in the 1<sup>st</sup> and 3<sup>rd</sup> quarters and with thirty (30) seconds or less in the 2<sup>nd</sup> and 4<sup>th</sup> quarters, respectively (*unless a team is ahead by 20 plus points*). Games ending in a tie shall be decided by a two (2) minute overtime period. Clock stoppage will occur in the last thirty (30) seconds. If a tie still exists then play shall resume with a jump ball. The first team to score a point shall be declared the winner (*this could be one free throw made or a 2 or 3 point basket*).

All games shall start per the WFA Official Schedule.

WFA shall reserve the right to re-schedule any game or game location due to unforeseen circumstances. There are no provisions to make-up games.

If a team cannot field an approved roster when scheduled to play, there will be no re-scheduling of the game. All final decisions are at the discretion of WFA.

### **Specific Rules:**

A team may start a game with four (4) Employee-Athletes and may finish with no fewer than four (4) Employee-Athletes.

Teams are allowed a three (3) minute grace period after the scheduled game start time to provide four (4) Employee-Athletes to begin the game.

Individual player fouls will be recorded, and players will “foul out” after his/her fifth (5<sup>th</sup>) foul.\*  
*\*If a team has only 5 players (no subs) and a player commits his 5<sup>th</sup> foul, they will be allowed to stay in the game, however each foul that player commits after his/her 5<sup>th</sup> will be treated as a technical.*

Team fouls will also be recorded. Teams are considered in the “Bonus” on foul number seven (7). Teams are considered in the “Double-Bonus” on foul number ten (10).

Teams will be allowed three (3) thirty (30) second timeouts per game. Coaches and/or players are allowed to call a timeout.

There is NO shot clock.

Team fouls will carry over from the 1<sup>st</sup> quarter to the 2<sup>nd</sup> quarter and will reset back to zero at halftime. Team fouls will carry over from the 3<sup>rd</sup> quarter to the 4<sup>th</sup> quarter and will also carry over to the first and/or second overtime (OT) period should one occur.

### **Forfeited Games:**

Teams failing to appear with four (4) approved and/or rostered Employee-Athletes at game time shall officially forfeit the game.

If a team is unable to field enough players from their roster for an official game (4), the game will be considered unofficial and will be recorded as a 0-10 forfeit. However, to satisfy WFA's zero forfeit policy, WFA staff will happily facilitate a "modified" game. A modified game will be played with officials and operate under 7:00 minute quarters with a running clock. Score will be kept however stats will not be recorded for either team.

Any team found to be using unregistered or ineligible Employee-Athletes shall forfeit the games in which such Employee-Athlete/s participated.

### **Substitution Policies:**

*\*Division II Play:* To promote balanced playing time, each player will be encouraged to play one quarter per half per game, unless they are injured, don't want to and/or are unable to return. If a team has more than 10 players present the coach will ensure each player plays at least one quarter.

*\*Division I Play:* Coaches and teams are not required to adhere to the mandatory substitution policy and are allowed "free subbing." However, each player in attendance is required to start, play, and finish at least one quarter per game, unless they are injured and/or unable to play.

### **Employee-Athlete Eligibility and Requirements:**

Employee-Athletes must be an employee of their respective company they are representing for the game to be considered official. In other words, if "Company A" has two teams (Orange and Black) and "Employee-Athlete A" is rostered on "Company A Orange", that "Employee-Athlete A" may also substitute play for "Company A Black" to help them get to the minimum roster requirement of four (4) players.

All Employee-Athletes must wear the appropriate team jersey provided by WFA and black shorts (either WFA black shorts or other).

All Employee-Athletes must be pre-registered to play with team.

All Employee-Athletes agree to make their best effort to attend all practices and games.

All Employee-Athletes agree to complete WFA administered player surveys.

Employee-Athletes must have participated in at least two (2) league games to be eligible for the playoffs and/or post-season tournaments. WFA shall have the final authority regarding a player and/or team eligibility.

### **Officials:**

Officials assigned to games shall have complete control of the game. They shall have the authority to banish Employee-Athletes and/or spectators from the game, the team bench, and the gymnasium for misconduct, delay of game, or for any other reason deemed necessary to uphold the integrity and spirit of the game.

Officials and Employee-Athletes may submit a report for league review within 24 hours after any game in which a protest is requested via email to [info@workforceathletics.com](mailto:info@workforceathletics.com).

Any Employee-Athlete who continues to direct negative remarks toward the official/s, or opposing players after being banished from a game, shall be suspended from further play in the league for such length of time to be determined by WFA Professional Staff.

It will be the WFA Professional Staff responsibility to enforce all rules of proper conduct and operation of the gyms and leagues. WFA staff are responsible in assisting the officials in any manner necessary to maintain control of the game and conduct of the Employee-Athletes.

### **Responsibilities of Team Captains:**

It shall be the responsibility of the designated Team Captain to have their fellow Employee-Athletes conduct themselves in a positive manner that is conducive to spirit of the league.

The Team Captain is responsible for representing his/her company and will act as the point of contact and liaison for WFA and their company.

When not playing, the Team Captain shall see that their teammates are kept off the court while a game is in progress.

Team Captains are responsible for ensuring that their teammates know and understand the WFA Basketball League Rules and Regulations.

Team Captains are responsible for conveying any league related information and schedules to their team.

### **Playoffs**

Regular season rules and format apply to playoff games.

All teams will compete in a single elimination playoff tournament.

Tournament seeding is based off regular season record within their respective division and/or overall conference standings. Teams with the better overall record will be seeded higher.

If two teams have identical records, tiebreakers will be determined by head-to-head matchup. If necessary (teams each beat other during the season or did not play each other), point differential will be the final determining tiebreaker.