

## General Rules

**1. Schedule** - All games are to be played at the time, date and place specified on the schedule. A five (5) minute grace period is given to teams if they need a little more time for players to make it to the game. The game clock will start running no later than the conclusion of the grace period.

**2. Roster:** Teams are not limited to the number of players per roster as long as they meet the league fee and gender specific qualifications.

### **3. Forfeits -**

If you know you may not be able to field a full team, please call a ASSC representative at least forty-eight (48) hours in advance and we will try our best to reschedule your game and avoid a forfeit. Two league forfeits will result in being eliminated from the playoffs. Three league forfeits will result in being removed from the league

- Call: 205-644-8341
- Email: [havefun@Asportandsocial.com](mailto:havefun@Asportandsocial.com)

**4. No show officials** - In the off chance that our league officials do not make it to the game, 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 official game.

### **5. Roster Checks**

- Roster checks are mandatory during playoff games.

### **6. RAIN OUTS -**

- SEE WEATHER POLICY

**7. Overly Competitive Players:** All ASSC sports are intended to be recreational (unless designated as a competitive league at registration.) Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of a ASSC staff member.

## **5v5 Basketball**

### **1. Format**

- Teams must have a minimum of four (4) players present to start a game. ( 1 female in Co-Ed leagues)
  - Teams unable to meet the format minimums may play an official match, with the consent of the opposing captain.
- Games are played in two 20-minute halves. With a 5 minute halftime.
  - The clock will stop in the first half with less than one (1) minute remaining on all shooting fouls.
  - The clock will stop in the second half with less than two (2) minutes remaining on all whistles, as long as teams are within 15 points.
- Each team will receive two (2) timeouts per half. Timeouts do not carry over.

### **2. 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"

### **3. Scoring**

- Free Throw shots are worth one (1) point
- Field Goals (within the 3- point arc) are worth two (2) points
- Field Goals (beyond the 3-point arc) are worth three (3) points

## 4. Gameplay

- POSSESSION
  - The game will begin with a tip-off at half court will determine the possession arrow.
  - Second half possession will be determined by the possession arrow.
- 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 inbounding 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.
- TIMEOUT
  - Each team has two (2) 1-minute timeouts per half. Timeouts do not carry over into overtime. Each team is awarded one timeout per overtime period.

- If a timeout has been called during the first thirty-eight minutes of the match prior to free-throw attempts, the clock will resume upon the start of “live” play
- SUBSTITUTIONS
  - Each team is allowed unlimited substitutions when ball is not in play. Referee must be notified of request to substitute players. Scorekeeper must be notified of substitutes by jersey number.
- 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.
- 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.

- 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 shooters hands. Opponents are assigned the first space from the basket on either side of the lane.

- 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

- 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
    - 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: 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.
- INSTITUTION
  - Any rules not mentioned here will default to the National Federation of State High Associations rule book.

## 5. Overtime

- In both regular season, there will be one 3 minute overtime period.
  - In the regular season, if teams are still tied after 3 minutes, the game will be scored a tie

- In the playoffs, there will be one 3 minute overtime to decide a winner. If the game is still tied teams will complete another 3 minute overtime until the winner is decided.
- The clock will stop in the last minute in overtime on all dead balls.

### **Co-Ed Modifications**

1. Teams must have at least 1 female to start the game and can play no more than 3 males on the court at any time.
2. Points scored by female players, during live play, are counted with a bonus point.
  - a. e.g. a basket scored by a female player inside of the 3-point line is worth 3 points.
  - b. A basket scored by a female player behind the 3-point line is worth 4 points.
3. 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.
4. Common courtesy is to have males guard males and females guard females
5. Men may not block a women'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.
  - a. Simply raising your arms does not count as a blocked shot and the defender must make contact on the ball.
  - b. \*\*This rule is not in effect if a team plays with 3 women on the court for the 3rd women.
  - c. The 3rd woman must be designated to the scorekeeper/referees and may have her shot blocked legally.

### **Playoff Rules**

#### **1. PLAYOFFS**

- Top teams will qualify for the playoffs.
- Standings for playoffs are decided by:
  - Overall win/loss record
  - Overall Point Differential
  - Head to head

- Record vs. like opponents
- Point differential vs. like opponents
- Coin Toss
- League Managers will conduct roster checks before playoff matches.
  - Rosters are locked immediately following the conclusion of
  - the team's final regular season game. Once a roster is locked, players cannot be added or removed.
  - All players must arrive to their playoff games with a proof of identity.