

Atlanta Sport and Social Club

Official Basketball Rules

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 no later than the conclusion of the grace period.

2. Roster: Each team can have as many players as they choose as long as they meet the league fee and gender specific qualifications.

- The team fee for a Men's, Women's, or Co-Ed league covers up to 10 players. Any additional players added to the team come at an additional cost.
(Additional fee varies based on league)

3. Forfeits: Game time is forfeit time. **Minimum to start is 4 players (1 female for Co-Ed leagues).** Forfeits are scored as a 20 – 0 match final

If you know you may not be able to field a full team, please call an ASSC representative at least **48 hours** in advance if you would like to explore a rescheduling option. If it is within 48 hours, please **STILL** let us know so that we can notify your opponent! Although your team may end up forfeiting the match, there may still be an opportunity to use the space for practice or pick up games.

- Call: 678-869-4690
- Email: havefun@atlantasportandsocialclub.com

b. 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. **NO REFUNDS WILL BE DISTRIBUTED.**

4. No show officials: In the off chance that out 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 and will count as official game.

5. Roster Checks: Roster minimums must be met before week 1 of games (Minimum number of players/roster and minimum number of female players/roster in Co-Ed divisions). Roster checks will be conducted during t-shirt delivery and before the start of each playoff game. At the League Manager's discretion they may be done once or twice randomly during the regular season.

6. RAIN OUTS - The procedure for possible rainouts shall be to check ASSC's website or call **678-866-1207**. [Review the weather policy here.](#) (We understand games are played indoors however, extreme weather can cause travel or facility issues)

a. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **ASSC also reserves the right to shorten the season or move games to other nights due to excessive cancellations.**

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 an ASSC staff member.

Format

1. Teams must have a minimum of four (4) players present to start a game
 - a. Teams unable to meet the format minimums may play an official match with the consent of the opposing captain.
2. Games are played in two 20 minute halves with a 5 minute halftime.
 - a. The clock will stop in the first half with less than one (1) minute remaining on all shooting fouls.
 - b. 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.
 - c. In both regular season and playoffs, there will be one 3 minute overtime period. In regular season, if teams are still tied after the 3 minutes, the game will be scored as a tie. The clock will stop in the last minute of overtime on all dead balls.
3. Each team will receive two (2) 1 minute timeouts per half. Timeouts do not carry over. In the event of overtime each team will receive one (1) timeout per overtime period.
 - a. 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.

Equipment

1. Leagues 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.

- a. Men's regulation size 29.5"
- b. Women's regulation size is 28.5"

Scoring

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

Game Play

1. Possession

- a. The game will begin with a tip-off jump ball at half court to determine the possession arrow.
- b. Second half possession will be determined by the possession arrow.

2. Jump Ball

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

3. Throw - Ins

- a. Following a score, the opposing team may thrown-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:

- i. Release the ball without stepping in bounds with possession of the ball.
- ii. Release the ball (by throwing) within 5 seconds
- iii. Not move, more than 3-feet on either side, from designated throw-in spot.

4. Substitutions

- a. 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 substitute players. Scorekeeper must be notified of substitutes by jersey number.

5. Contact

- a. 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.
 - i. The first player to establish a position on the court without contact has priority.
 - ii. The player moving into the path of another player when contact occurs is generally responsible for contact.
 - iii. Players have the right to all space within their vertical base.

6. Dunking

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

7. Fouls

- a. 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.
- b. Technical fouls are generally committed when the ball is dead. They will result with the official team receiving two free-throws with no other players along the lane area. the offended team will receive the ball at center court. Examples of technical fouls:
 - i. disrespectfully addressing or contacting a referee
 - ii. Unsportsmanlike language, gestures, etc.
 - iii. Delaying tactics: after a score or before a throw-in
 - iv. More than the allowed number of players on the court
 - v. Fighting.roughhousing
 - vi. Hanging on the rim

8. Free-throws

- a. Awarded to a team based on the official's interpretation of the play.
- b. One free - throw for a shooter whose goal is successful but is fouled while shooting. Two for a shooter whose attempted goal is unsuccessful or any intentional foul
- c. Personal fouls will result in a 1 and 1 free throw attempt, until the shooting team is in the double bonus.
- d. One free-throw plus an additional free-throw (one and one) for a common foul after the bonus rule goes into effect.
 - i. If the first shot is successful, the second free-throw is allowed
 - ii. If the first shot is missed, play continues
- e. No free-throws are awarded for common fouls prior to the bonus for double fouls.

- f. Intentional flagrant fouls are two shot free-throws and the ball will be put back in play at the point of interruption.
 - g. Players can enter the lane upon the release of the ball by the shooter. Opponents are assigned the first space from the basket on either side of the lane.
- 9. Throw-ins:** occur after a score and may be thrown 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:
- a. Release the ball without breaking the lane of the playing court
 - b. Release the ball (by throwing) within 5 seconds
 - c. Not move from the designated throw-in spot
- 10. Bonus Rule**
- a. A running tally is made as each team accrues fouls throughout each half. When a team has more than six (6) fouls, on the seventh foul one and one free - throws are awarded for every common foul thereafter.
 - b. Once the team reaches ten (10) fouls, two (2) free-throws are awarded for every common foul thereafter.
 - i. The bonus returns to zero at the start of the second half.
- 11. Timing Violations:**
- a. 3-Second Violation: 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 in the player being in the lane.
 - b. 5-Second Violation: no player may hold or dribble in the front court while closely guarded for 5+ seconds

- c. 10-second Violation: team gaining possession in its backcourt must progress into the front court in less than 10 seconds.
 - i. Timing violations will result in change of possession.

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 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. Shooting fouls on female shooters
 - a. 3 shots for a shooting foul inside the arc
 - b. 4 shots for a shooting foul outside the arc
4. Common courtesy is to have males guard males and females guard females

Playoffs

1. All teams eligible qualify for the championship or consolation playoff tournament
2. Standings for playoffs are decided by:
 - a. overall win/loss record
 - b. overall point differential
 - c. head to head
 - d. record vs. like opponents
 - e. point differential vs. like opponents
 - f. coin toss
3. League managers will conduct roster checks before playoff matches.

- a. Rosters are locked immediately following the conclusion of the team's final regular season game. Once a roster is locked, player cannot be added or removed.
- b. All players must arrive to their playoff games with a proof of identity.

Additional Rules

Any rule not covered in this document will fall under NFHS rules. [THEY CAN BE FOUND HERE!](#)

Spirit of The Game

This is the most important rule in **ADULT RECREATIONAL AND COMPETITIVE SPORTS**. Competitive play is important, but never at the expense of following the rules, respecting other players, respecting the bar/facility, and having fun!