

Adult 5-Player Basketball League 2022 Rules and Regulations

- I. **GAME RULES:** The same playing rules as those used by the Minnesota State High School League will be followed, except as specifically altered herein.
- A. Games must be played in approximately one hour with the time limitations as follows: Game length will be two 20-minute halves, running time, except for the last two minutes of each half if there is less than a 20-point differential. If this 20 point differential drops below 15 points, only then will stop time again resume. There will be a five-minute half-time intermission.
 - B. If a game goes into overtime, a regulation three-minute extra period (stop time) will be played, followed by sudden death if the score is still tied at the end of the first extra period. The first team to lead by two points in sudden death shall be declared the winner. All overtime period will begin with a jump ball.
 - C. Each team is allowed two time-outs of one-minute in duration each half. Teams are entitled to one time-out during each extra period. Unused time-outs are not carried over to overtime.
 - D. **All team players must have like-colored jerseys/shirts with individually exclusive numbers on the back.** The officials will determine if a team may play as "skins".
 - E. Teams cannot start a game with less than four players. If enough players are not on the floor by the scheduled game time, it is an automatic forfeit. Official time is on the school clock. Officials and game supervisors will determine if a player's condition and proper dress will unable him to participate in the game. In the event that a team does not have enough players to start the game, the officials will work a "pickup" game if the players are interested.
 - F. Players cannot foul out during a game if a team has only five or fewer players. In this situation, on the sixth and all successive personal fouls by that individual, the fouled player will shoot two free throws followed by possession at mid-court. In those cases where a team has six or more players and multiple players foul out to reduce their number to four, one fouled out player may return to give them five players but no substitutes will be allowed. This rule does not apply to players ejected from a game. Ejected players cannot re-enter the game.
 - G. The game official must touch the ball on all pass-ins in the frontcourt except after a basket is made. On backcourt violations, the officials will only touch the ball on a foul. On other turnovers, i.e., traveling, double dribble, etc., the defensive team may simply pick up the ball and pass it in from the nearest out-of-bounds point.
 - H. The Alternating Possession Rule will be used on all jump ball situations except the start of the game and the start of any overtime periods.
 - I. Players will be permitted to enter the lane once the shooter has released the ball (NBA Rule).
 - J. Protests are not allowed. This is a recreational league and the goal is to have a good time.

II. ROSTERS

- A. Complete names, addresses, and phone numbers are needed for each player on your team's OFFICIAL ROSTER FORM. An official team roster must be submitted prior to your first regular season game. Additions to the roster can only be made by the team manager.
- C. Team rosters consist of up to 15 players maximum.
- F. To participate, players must be 18 years or older, and out of high school.

III. CONDUCT OF TEAMS

- A. The following incidents may be assessed a \$20 per violation fee:
 - Unannounced Forfeit – forfeits must be reported to jizquierdo@minnetonkamn.gov by 3 p.m. the day of your game. However, please make every effort to report forfeits much earlier.
 - Player Ejection
 - Unrostered Player

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- B. This is a recreation league and the goal is to have a good time. The conduct of teams playing in this program must be above reproach. Managers must set examples to their players of fair play and sportsmanship. Profanity on or off the floor will not be tolerated.
- C. A player disqualified for a flagrant foul, an unsportsmanlike act, or two technical fouls in a game will not be allowed to participate in the next game his team plays. A second ejection from a game during the season will result in the suspension of the player for the remainder of the season. Any team with two or more players disqualified from two games will be removed from the league.
- D. In the case of a technical foul, the non-offending team will receive two points and possession of the ball. All technical fouls will count towards an individual's personal foul total.
- E. Players who are disrespectful when addressing the officials or gesture in such a manner as to indicate resentment, or use profanity directed toward the official, will be assessed a technical foul and will be ejected from the game. In these cases, it is not necessary to receive a second technical foul before ejection.
- F. **NO DUNKING IS ALLOWED.** Players attempting to dunk the ball will cause their team to receive a technical foul. Liability for any damage done will fall on the team as well as the individual. This rule will also be enforced during any pre-game warm-up or post game activity.
- G. **The Hopkins-Minnetonka Recreation Services player code of conduct is as follows:** "At no time shall a player or spectator lay a hand upon, shove, strike, use abusive language, or threaten an official in the gym, locker room, hallways, parking lot or other. In case of such incidents, the person in question shall be suspended for a period of time determined by the league manager. The maximum penalty by the league shall be suspension from local play for life".
- L. Participants are asked to not bring young children to the gym unless they have an adult supervisor who is not playing.